



Walking in Cornwall (Cicerone Walking Guide)

Graham Uney

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This guidebook offers walkers 40 half to full day rambles on the coasts and inland hills of Cornwall. With routes ranging from short, 2 mile strolls to longer walks of over 8 miles, as well as plenty of opportunities to combine routes together, this guide provides plenty of variety for walkers of all abilities.

The guidebook is divided into sections, including walks on Bodmin Moor (for which good navigational skills are required), the North coast, Penwith and West Cornwall, the Inland Mining Districts, Land's End and the Lizard and Roseland Peninsulas.

Cornwall has a lot to offer walkers; stunning coastal scenery and long stretches of wild moorland, with quiet estuaries cutting through high and rocky headlands. Birdlife and wildlife, from choughs to falcons to seals are found throughout the county, as are historical sites from the neolithic, to Iron Age hill forts and a long history of mining. The towns and villages of Cornwall, from the popular spots such as St Ives, Newquay and Padstow, to quiet inland hamlets and tucked away fishing villages are also included and provide perfect bases for going out to explore the country.

Alongside the 40 walking routes, this guidebook also includes plenty of practical information on getting to and around Cornwall, as well as details on each walk's distance, timing, terrain, ascent and nearest town.

Throughout the walk descriptions, there are details of places of interest along the way, as well as annotated OS maps and stunning photography. The result is an ideal companion to stepping out and exploring the best of Cornwall.

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