

Walking in the Lake District Charlie Hedley

Did you know it’s National Walking Month? We’re all being encouraged to get outside, leave other transport behind and walk this May.

Those at Living Streets are leading the way and have plenty of reasons why getting on your feet is so great – and we agree! Not only is walking free, fun and healthy but also a great way to discover new sights and places.

Travel with us across the UK to find some fantastic places to walk, all of which have been transformed thanks to money raised by National Lottery players.

Starting in Omagh, take the Drumduff and Drumnakilly Mountain View Trail for amazing views of Mullaghcarn Mountain and the wildlife living in the bog and birch woodland landscape.

Up to the heart of Loch Lomond, the Great Trossachs Path links together three of Scotland’s Great Trails: the West Highland Way, the Rob Roy Way and the Three Lochs Way.

Now into a beautiful part of Durham’s landscape where you can walk in the footsteps of naturalist and author George W. Temperley and meet the wildlife which inspired his book *The History of the Birds of Durham*.

Certainly worth a visit, and a walk, is the gorgeous Lake District with miles of lovely scenery and sights.

Linking Liverpool and Leeds the trans-Pennine canal passes through different landscapes offering 127 miles of exciting and unique walks.

Over into Wales and the Taff Trail, Trevithick Trail and river walk in Merthyr Tydfil provide fantastic walks into the past of South Wales.

Crossing over the Ironbridge Gorge, why not tackle one of the ten walks being celebrated by the Ironbridge Gorge Walking Festival – you have until the 11th of May!

Celebrate Northamptonshire's wildlife with a walk through Rockingham Forest, rumoured to be William the Conqueror's favourite hunting forest.

Further south and Norfolk's heritage is brought to life in the village of Overstrand where listening posts weave memories, music and poetry together to create walking trail through history.

Down to the South East coast where Eastbourne's piers and promenades provide miles of walks complete with lots of entertainment and lovely sea views!

Finishing in the South West, our final walk takes us from St Ives to St Just along the Tinners Way, complete with prehistoric sites, ancient walkways and a number of historical Christian sites.

Thanks for joining us! We'd love to hear where National Walking Month takes you, why not share your favourite heritage walks with us on Twitter @heritagelottery, #WalkThisMay.