

## The Mountain Code

- Know how to use, and carry a map and compass.
- Know the weather signs and local forecast; plan within your capabilities.
- Know simple first aid and the symptoms of exposure.
- Take waterproofs and a fleece.
- Ensure somebody knows your planned route.
- Keep alert all day!

For further information about the Pennine Way National Trail email: [steve.westwood@naturalengland.org.uk](mailto:steve.westwood@naturalengland.org.uk) or visit [www.nationaltrails.org.uk](http://www.nationaltrails.org.uk)

Front cover photograph:

Swaledale © Natural England/Steven Westwood



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ISBN 978-1-84754-152-9

Catalogue Code: NE186

[www.naturalengland.org.uk](http://www.naturalengland.org.uk)

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Printed on Defra Silk comprising 75% recycled fibre.

# Pennine Way National Trail

NATIONAL TRAILS 



[www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)



## Once in a lifetime

The Pennine Way National Trail is a 268 mile (429km) walking route from Edale in Derbyshire to Kirk Yetholm in the Scottish Borders.

It crosses some of the finest upland landscapes in England, from the Peak District, through the Yorkshire Dales, across the North Pennines and over Hadrian's Wall in Northumberland to the Cheviots.

The Way can be enjoyed as a continuous walk, or in sections from day trips to multi day walks.

There are campsites, hostels and bed and breakfasts along the route. These can be booked in advance and you can if you wish, choose to have your luggage transferred between them.

All the information you need to plan your walk can be found at [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)

There is also a range of maps and guides available to help you enjoy your walk.



Golden Plover

© RSPB images

## Nature in the Pennines

The Pennine Way passes through three National Parks, The North Pennines Area of Outstanding Natural Beauty, two National Nature Reserves and 20 Sites of Special Scientific Interest.

The variety of habitats make it one of the best places in Europe to observe birds like breeding waders in the spring and early summer.



High Cup Nic

© Natural England/Steven Westwood

## Landscape

### ① Dark Peak

The southernmost section of the Pennine Way between Edale and Standedge passes through the Dark Peak area of the Peak District National Park.

The name Dark Peak refers to the colour of the underlying Millstone Grit sandstone (gritstone). A wild, open, elevated plateau of broadly rolling terrain, reaching its highest point of 636m at Kinder Scout, providing long uninterrupted views in all directions.

### ② Southern Pennines

The Southern Pennines section of the Way, between Standedge and Gargrave, has a similar landscape to the Dark Peak, but there is more evidence of human activity.

This is a large-scale sweeping landscape of exposed upland moorland and pasture. Thick horizontal beds of coarse-grained gritstone form plateaux, separated by steep cliffs (such as Blackstone Edge) from the less resistant siltstone and mudstone of the valleys below.



Kinder Scout

© Natural England/Simon Warner



Looking towards Stoodley Pike

© Natural England/McCoy-Wynne

### ③ Yorkshire Dales

The Pennine Way crosses the Yorkshire Dales National Park between Gargrave and the Tan Hill Inn. Limestone has a greater influence on the landscape here, particularly in the southern part of the Yorkshire Dales, giving it a different character to that of the Dark Peak and Southern Pennines. It is known to geologists as a glacio-karst landscape and has many distinctive features, including bare rock outcrops, cave systems, scars, gorges and limestone pavements. In the north, alternating layers of strong sandstone and limestone with weaker shales give rise to the stepped profiles of Ingleborough and Pen-y-Ghent. Gritstone forms plateaux of high exposed moorland covered with heath and upland bog, as on the bleak landscape of Shunner Fell. In places, glacial deposits have been streamlined into drumlins – streamlined elliptical hills formed parallel to the direction of ice movement – creating the hummocky landscape of Ribblesdale.