



Because awards are given for all completed trails all trails will ask questions on route, these usually refer to points of interest .

An example from PT 127.

“Descend through woods to the road turn right and cross the river by the bridge. Immediately after the bridge turn right and follow footpath across the meadows towards Beeley. At end of meadow, go through gate, cross road to church.

Q1 - On notice board how old was Bert Reeve?

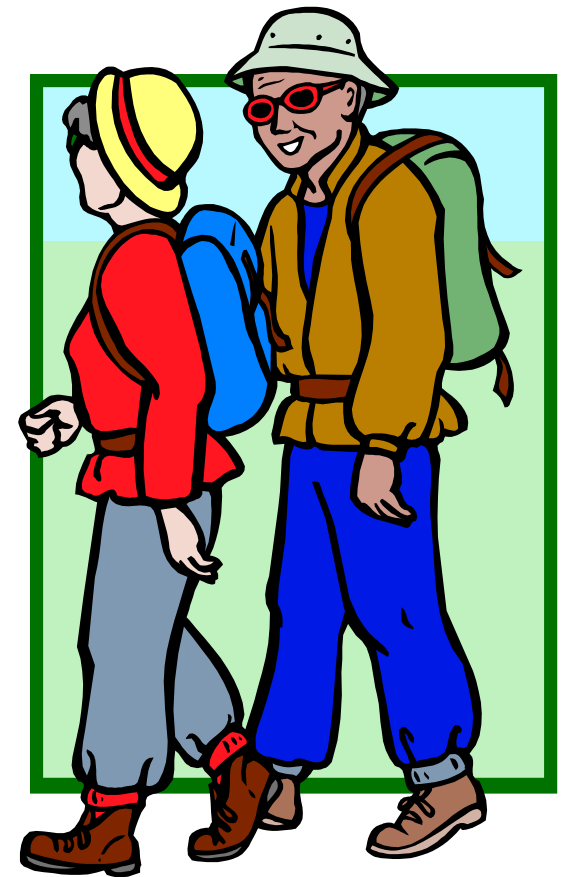
Enter churchyard and at end keep forward, at road junction turn right and follow road around to left through the village”.

Our routes are well written, informative and easy to follow, starting points are given on the web site and some can be reached by public transport or joined at any point in the route for convenience.

Nationally there are over 150 permanent trails including the long distance National Trails such as the Pennine Way and Hadrian's Wall.

Trails can be found as far north as the 11k walk in Aviemore, Scotland and we have 10 trails available in Jersey, 2 in Cornwall, 1 in Kent all places in between, all are run by different member clubs of the British Walking Federation and can be accessed via the web site.

www.bwf-ivv.org.uk



**BRITISH
WALKING
FEDERATION—
PERMANENT
TRAILS**

Autumn 2013

Contact Us :

<http://www.bwf-ivv.org.uk/index.html>

Face book <https://www.facebook.com/pages/British-Walking-Federation/198867560154997T>

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Permanent Trails are year round trails available to walk in your own time. Route descriptions are available from the web site or via the organisers details available in the membership book.

Typically a trail will be a distance of 10k but these do vary from walk to walk the longest available being 430k the Pennine Way and the shortest route being 5k. 5k walks are always linked to a 10k and can be combined to increase the distance to 15k but only 1 event stamp can be claimed.

IVV stamps are available for all registered routes and national long distance trails are also included in the scheme.



The British Walking Federation offers 24 Permanent Trails, the most northerly being the Aviemore Trail (PT 131) an 11km Grade 2 walk and the most southerly is Lustleigh Cleave (PT 124) 13km Grade 2+ walk. They also administer 20 National trails which require pre-registration.

The trails are a mix of town walks,



Dover, Tiverton and York, historic trails Cissbury Ring and Bolton Priory & Strid as well as country walks in the Lake District and stately homes of Derbyshire



We find that town walks offer an alternative in winter to muddy fields but do still encourage us to walk even in the worst of the weather.

Most town walks are designed to follow a tourist trail taking in sights, parks, rivers and areas of interest but they do stick to well walked paths and are mostly tarmac or designated dirt tracks.

This gives us the opportunity to continue with walking even in the worst of weathers and pub lunches, coffee shops and visitor interests can give a welcome break from cold winds & wintry weather.

Visit our web site :

<http://www.bwf-ivv.org.uk>

to see full details of our Permanent Trails.