

FOCUS

THE NETWORK FOR INTERNATIONAL PEOPLE

Places to Hike

1. Snowdonia National Park



This national park is located in northwest Wales. This park offers the highest mountain in England and Wales, as well as the largest natural lakes in Wales. There are many outdoor activities to do in Snowdonia. Half of Snowdonia's population speak Welsh. Furthermore if you visit Snowdonia, you can witness the local culture and history. "The National Park Authority's aims are to conserve and enhance the natural beauty, wildlife and cultural heritage of the area; promote opportunities to understand and enjoy its special qualities; and to foster the economic and social wellbeing of its communities."

<https://www.snowdonia.gov.wales/home>

2. The Thames Path



The distance of this path is 294 km alongside the Thames River. The Thames River is the second longest river in United Kingdom but the longest in England. This hike offers views of the different villages, Windsor Castle, Hampton Court, London's skyline, and more.

<https://www.nationaltrail.co.uk/thames-path>

3. Hastings



This is the perfect hike for castle views. The hike is 5.9 miles, starting in Hasting Old Town and ending at Hastings Castle. The site is renowned as an area of archaeological importance. This beautiful area offers soft rock cliffs, cliff top grassland, open pasture, coastal gill woodlands, lowland meadow, and more. There are rare and scarce liverworts, mosses, lichens occur within the gills. On the cliffs, there are peregrines, black redstarts, and fulmars breeds.

https://www.hastings.gov.uk/countryside_nature/naturereserves/naturereserves_hastings/hcp/

4. Lizard Coastal Walk



The distance of this hike is 7 miles and is alongside the British's southern coast. This walk offers dramatic cliff scenery, rare wildflowers, and history. The website provides more information regarding the route to take. The walk takes about 3 hours.

<https://www.nationaltrust.org.uk/lizard-point-and-kynance-cove/trails/the-lizard-coastal-walk-cornwall>



5. The Seven Sisters



The Seven Sisters & Friston Forest Circular Walk is under 8 miles and takes about 6 hours to walk. The circular walk covers Birling Gap, Seven Sisters, and Friston Forest. There is parking available, as well as refreshments along the way.

<https://www.nationaltrail.co.uk/south-downs-way/route/seven-sisters-friston-forest-circular-walk>