

National Trust Press Release

Friday 11 March

Images are available from Sally Airey

National Trust launches new coastal walks for British Tourism Week

There's nothing quite like a bracing walk by the sea, strolling along a pier and enjoying the rich variety of the great British coastline.

To celebrate British Tourism Week (12 – 20 March), the National Trust has created five, new downloadable coastal walks for the British public to enjoy. Each route offers clear directions, a map of the area and interesting facts to discover along the way – adding to hundreds of other walks available to download on the Trust's website.

The National Trust cares for over 700 miles of coastline in England, Wales and Northern Ireland, making it the perfect destination for a day out by the sea. From sandy beaches to pebbly shingle, rugged cliffs to rolling dunes, Britain's well-kept coastline offers something for everyone.

So, in British Tourism Week, there's never been a better time to explore all that's great about Britain; take a deep breath of sea air and try one of these invigorating National Trust walks:

Aberystwyth to Mynachdy'r Graig, Ceredigion, Wales

This walk travels from the historic, seaside splendour of Aberystwyth, along the beautiful Cardigan Bay coast to the ex-monastic grange of Mynachdy'r Graig. Take in great views over Cardigan Island, Ynns Enlli (Bardsey Island), the Lleyn peninsula and Snowdonia.

Bolberry Down and Soar Mill Cove, Devon

History, mystery and nature combine to create a walk taking in some of the most scenic coastline of South Devon. Beautiful and surprising in equal measure, discover a wide variety of bird, insect and plant life exploring the slopes of the Down and the rocks of Soar Mill Cove.

Dunwich Heath, Suffolk

The peace and quiet of Dunwich Heath offers a true sense of being at one with nature. This rare and precious habitat is home to species such as Dartford warbler, nightjar, woodlark and ant-lion, while the Dunwich Museum and ruins of a Franciscan friary give an insight into the area's man-made heritage.

Old Saltburn to Warsett Hill, North Yorkshire

Starting in the Victorian seaside town of Saltburn-by-the-Sea, this walk has many interesting features – both natural and man-made. Look out for Saltburn's award-winning pier and cliff lift, a variety of coastal wildlife and fascinating reminders of the area's industrial heritage.

Seven Sisters, from Birling Gap to Exceat, East Sussex

Experience iconic clifftop views of the East Sussex coastline and discover a wealth of fascinating history on this linear walk along the South Downs Way. Look out for shipwreck sites, ancient burial mounds, smugglers' coves and a wide range of coastal wildlife.

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For further press information and images please contact:

Sally Airey, Press Office, on 01793 818562 or sally.airey@nationaltrust.org.uk or
Laura Appleby, Press Office, on 01793 817709 or laura.appleby@nationaltrust.org.uk

An ISDN audio line is available – contact the press office for details.

Notes to editors:

To download the National Trust's British Tourism Week walks, please visit
www.nationaltrust.org.uk/britishtourismweek

For more information on National Trust downloadable walks, please visit our website at
<http://www.nationaltrust.org.uk/walks>

This year, British Tourism Week is set to celebrate the seaside in all its glory, with a particular focus on piers and their heritage. The week will kick off with a 'Party on the Pier' at a number of participating locations. For more information on British Tourism Week, please visit
<http://www.britishtourismweek.com>

The National Trust cares for 300 inspiring historic houses and gardens across England, Wales and Northern Ireland. From former workers' cottages to the most iconic stately homes, and from mines and mills to theatres and inns, the stories of people and their heritage are at the heart of everything it does. People of all ages, individuals, schools and communities, get involved each year with its projects, events and working holidays and over 56,000 volunteers help to bring the properties alive for the Trust's 3.8 million members. Find out more at:
<http://www.nationaltrust.org.uk/>