

## **About the author**

Hugh Westacott was born in 1932 of parents who were enthusiastic walkers. In the immediate post-war years he was also a keen cyclist until increasing traffic drove him back to walking. He pursued a successful career as a librarian both here and in the United States until, following the publication of the *Walker's Handbook*, taking early retirement to concentrate on writing books and articles about walking and backpacking in publications such as *The Great Outdoors*, *Trail* and *Country Walking*, and leading walks at home and abroad specializing in trips for ex-pat Americans living in London.

In 1992, he was recruited by Wilderness Travel, one of America's leading adventure travel companies, to set up and lead walking tours in Britain including Wainwright's Coast to Coast Walk, the Cornish Coast Path and the Pembrokeshire Coast Path.

In the course of a long life of walking and backpacking spanning seven decades, which includes nearly fifty years as a walks guide, he has explored on foot:

Wainwright's Coast to Coast forty-eight times

The Pennine Way six times

The South West Coast Path twice

Most of the national trails and national parks of England and Wales

Backpacked from Land's End to Fort William, and from London to Land's End

Knoydart, the Cuillins, the Cairngorms and other areas of Scotland

The French and Swiss Alps

Provence

The GR 20 in Corsica

Cinque Terre and Tuscany in Italy

Crossed Iceland

Big Bend and the Guadalupe Mountains national parks in Texas, Yosemite, Death Valley, and the Grand Canyon

He is a Life Member of the Ramblers' Association and also a member of the Charles Close Society for the Study of Ordnance Survey Maps, and the Long Distance Walkers' Association.

## **By the same author**

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*The Illustrated Encyclopaedia of Walking & Backpacking; Places, People & Techniques.* Oxford Illustrated Press, 1991.

# **The Walker's Handbook**

Everything you need to know about walking in  
the British Isles

5th edition

by

**Hugh Westacott**



**Footpath Publications**

For my beloved son, Austin, who was not only the best sixtieth birthday present that any man could wish for, but is also an engaging and caring companion over mountains, on fieldpaths, and in a tent.

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Footpath Publications

46A Station Road

Amersham

Buckinghamshire HP7 0BD

[www.walkwithwestacott.com](http://www.walkwithwestacott.com)