Walk further

If you have never walked a long distance path before this is the ideal introduction: The Coleridge Way can be easily walked over a leisurely week, alternatively download the route guide and choose sections to do one at a time. Either way, the information in this guide can be used to help make your trip enjoyable and easy to plan. The Coleridge Way also links with other promoted routes including the **South West Coast Path** and Two Moors Way if you wish to walk further!



Where there's a Quill there's a Way



along the way such as apps,



Stay over

many providers will offer baggage transfers or

Travel this way

number of options to help you travel from one end schedules - **0871 200 22 33**). The **MoorRover**



Discover Moor

Exmoor, the coast and Quantock Hills have so

For full details visit www.visit-exmoor.co.uk

Ride the Coleridge Way

For those on horseback or mountain bike there is also the Coleridge Way Bridleway from Nether Stowey to Exford (33 miles). Visit the website for information and a route guide.



The Coleridge Way

The Coleridge Way runs between two protected In the Footsteps of the Romantic Poets landscapes, the Quantock Hills AONB and Exmoor National Park. Nationally protected landscapes exist in part thanks to the Romantic poets.

Coleridge, Wordsworth, Byron and Shelley all wrote about the beauty of the 'untamed' countryside and saw wildness as a metaphor for the human heart. This began a shift in public consciousness towards valuing nature and natural beauty. Wordsworth famously claimed the Lake District as "a sort of national property, in which every man has a right and interest who has an eye to perceive and a heart to enjoy"

Protected Landscapes

This statement began a journey lasting 150 years towards protecting the country's most beautiful landscapes for the nation to enjoy. Exmoor National Park was designated in 1954. The **Quantock Hills** was the first Area of Outstanding **Natural Beauty** (AONB) to be designated in England in 1956.



Walk the Coleridge Way to discover the landscapes that inspired the Romantic Poets

The route is signposted in both directions making use of the quill logo. The website offers a full route guide and mapping to download. Walkers are advised to also carry **OS Explorer Maps 140** (Quantock Hills & Bridgwater) and OL9 Exmoor.





The Coleridge Way, **Romantic Poets** and literary links

Somerset and North Devon.

walks over the Quantocks and Exmoor with his along streams, composing poetry which resulted

'In Xanadu did Kubla Khan

A stately pleasure dome decree'

Doone shot Lorna in Blackmore's novel (1869). Arriving at Lynmouth you pass Shelley's Hotel whence the poet Shelley, 1792-1822, fled by boat to Wales with his wife and sister-in-law.

The Coleridge Way In the Footsteps of the Romantic Poets

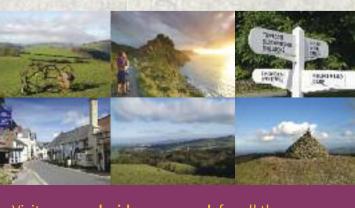
Walk 51 miles through the breathtaking countryside of the Quantock Hills, the Brendon Hills and Exmoor National Park. An area so beautiful it inspired writers such as Samuel Taylor Coleridge who produced some of his best known work, often composed and planned out whilst walking in these wild and remote landscapes.

The route takes you up over open moorland, down ancient wooded valleys and through historic villages, finishing on Exmoor's dramatic coastline in Devon.

The walk can be completed over a leisurely week, making the Coleridge Way a perfect introduction to long distance walking. Stay along the way in a choice of high quality accommodation, all offering a warm welcome and friendly local advice.

Photos courtesy of Exmoor National Park Authority, Quantock Hills AONB and Ruth Luckhurst. Front cover photo by Jon Coole.





Visit www.coleridgeway.co.uk for all the information you need to plan a visit. If you have any questions call either of the friendly teams at Porlock Visitor Centre on **01643 863150** or Lynton Tourist Information Centre on **0845 4583775**.



