

Organising your own walk - Popular routes

If you are organising your own walk you may find some of these websites useful for helping you to plan your challenge.

- [Lands End to John O'Groats](#) (or vice versa)
- [Offas Dyke](#)
- South Downs Way
- North Downs Way
- [Thames Path](#)
- [Hadrian's Wall path](#)
- [Coast to Coast](#)
- Pennine Way

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Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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