

# Which long-distance walk fits *you*?

Six great trails, honestly compared — England sea to sea, 630 miles of clifftop, the Mediterranean's finest coastal path, the valleys of Cappadocia, the pilgrim road to Rome, and the oldest place humans ever built.

## Three questions that do most of the work

### 1 • How many days do you actually have?

**4–7 days:** Cappadocia (a perfect base-camp week), a Coast to Coast or South West Coast Path section, or the final Via Francigena stages into Rome. **Two weeks:** the full Coast to Coast, a serious Lycian Way stretch, or the classic Tuscany-to-Rome Francigena run. **"I'll collect it over years":** the South West Coast Path was made for you.

### 2 • Point-to-point commitment, or a comfortable base?

The Coast to Coast, Via Francigena, Lycian Way and SWCP are journeys — you sleep somewhere new most nights, and your luggage either travels with you or ahead of you. Cappadocia and Göbekli Tepe are the opposite: one comfortable base, spectacular walking and visiting by day, the same bed every night.

### 3 • When can you go?

British trails peak May–September. The Turkish trails are the mirror image: spring and autumn are glorious, high summer is for the coast-loving and heat-proof. Between the six, the network has genuinely good walking in every month of the year — the calendar on page 9 shows it month by month.

Trail	Distance	Typical time	Style	Best months
Coast to Coast	190 mi / 306 km	12–15 days	Point-to-point	May–Sep
South West Coast Path	630 mi / 1,014 km	Sections of 3–7 days	Point-to-point, in pieces	Apr–Oct
Lycian Way	540 km	Sections of 4–10 days	Point-to-point	Apr–May, Sep–Nov
Cappadocia	Day walks	4–7 days, one base	Base camp	Apr–Jun, Sep–Nov
Via Francigena (Italy)	Final Italian stages	5–14 days	Point-to-point pilgrimage	Apr–Jun, Sep–Oct
Göbekli Tepe	Site visits	2–3 days, one base	Heritage travel	Mar–May, Sep–Nov

# The Coast to Coast

**190 mi**

306 KM

**12–15**

DAYS, FULL ROUTE

**3**

NATIONAL PARKS

**May–Sep**

BEST WINDOW

Wainwright's famous line from St Bees on the Irish Sea to Robin Hood's Bay on the North Sea — dip your boot in one sea, walk across England, dip it in the other. In between: the Lake District's grandest fells, the quiet green geometry of the Yorkshire Dales, and the heather sweep of the North York Moors.

It's a walk with a beginning, a middle and an end in the truest sense, which is why finishers talk about it the way other people talk about weddings. Villages arrive at comfortable intervals; pubs and B&Bs are part of the fabric; luggage transfer is a well-oiled local industry, so you can walk with a daypack.

## WALK IT IF

You want the classic English journey — a real crossing with a story arc, good pubs, and the satisfaction of a finished thing.

## LOOK ELSEWHERE IF

You can't take two weeks and section-walking feels like cheating to you — or you want guaranteed sunshine. This is England.

**Guides, stages, planning:** [walkcoasttocoast.co.uk](http://walkcoasttocoast.co.uk)

# The South West Coast Path

**630 mi**

1,014 KM

**3–7**

DAYS PER SECTION

**No.1**

ENGLAND'S  
LONGEST TRAIL

**Apr–Oct**

BEST WINDOW

England's longest National Trail hugs the entire south-western edge of the country — Somerset, the two coasts of Cornwall, Devon, and Dorset's Jurassic cliffs. It is relentlessly, absurdly scenic: harbours, coves, lighthouses, cliff-top switchbacks, cream teas earned the hard way.

Almost nobody walks it in one go, and that's its charm — it's the great collectable trail. Pick a section that matches your week and your legs, finish it, and come back next year for the next one. The climbing adds up (walked end to end it out-climbs Everest several times over), so don't let "it's a coast path" fool you about effort.

## WALK IT IF

You want sea views every single hour, flexible section lengths, and a trail you can build a relationship with over years.

## LOOK ELSEWHERE IF

You want one continuous epic with a finish line this year, or your knees hate repeated steep ups-and-downs.

Guides, stages, planning: [walksouthwestcoast.co.uk](http://walksouthwestcoast.co.uk)

## The Lycian Way

**540 km**

FULL ROUTE

**4–10**

DAYS PER SECTION

**Swim**

MOST DAYS, IN  
SEASON

**Apr–May · Sep–  
Nov**

BEST WINDOWS

Turkey's flagship trail runs the Teke peninsula between Fethiye and Antalya — pine forest, turquoise coves, mountain villages, and the ruins of ancient Lycia scattered along the way like someone lost them. You'll walk through amphitheatres and past rock tombs that would be fenced-off national monuments anywhere else; here they're often yours alone.

It's rockier and wilder underfoot than the English trails — proper boots, real ascents — but the rewards are Mediterranean: a swim at the end of a hot stage, village breakfasts, pension owners who treat walkers like returning family.

### WALK IT IF

You want drama — coastline, ruins, mountains — and the idea of swimming after a day's walk sounds like the whole point.

### LOOK ELSEWHERE IF

You want gentle groomed paths and a pub every four miles. This is the wilder end of the network.

**Guides, stages, planning:** [lycianway.co.uk](http://lycianway.co.uk) · **Boats, tours & experiences:** [explorelycia.com](http://explorelycia.com)

# Cappadocia on foot

**1 base**

SAME BED NIGHTLY

**4–7**

DAYS IS PERFECT

**Valleys**

ROSE · RED ·  
PIGEON · IHLARA

**Apr–Jun · Sep–  
Nov**

BEST WINDOWS

Everyone knows the balloons. Fewer people know that the valleys beneath them hold some of the most surreal day-walking on earth: fairy chimneys, hand-carved cave churches with thousand-year-old frescoes, and paths that wind through rock formations no photograph quite prepares you for.

This is the network's easiest logistics: stay in one cave-hotel town, walk a different valley each day, be back for dinner. It's the right answer for mixed-ability groups, first big walking trips, and anyone who wants maximum wonder per kilometre of effort.

**WALK IT IF**

You want unforgettable scenery without point-to-point logistics — or you're introducing someone you love to walking holidays.

**LOOK ELSEWHERE IF**

You need the narrative of a long continuous journey. These are day walks, magnificent ones.

**Guides, valleys, planning:** [walkcappadocia.com](http://walkcappadocia.com)

## The Via Francigena — walking to Rome

### Rome

THE DESTINATION

### 5–14

DAYS, ITALIAN  
STAGES

### 1,000+

YEARS OF PILGRIMS

### Apr–Jun · Sep– Oct

BEST WINDOWS

The old pilgrim road to St Peter's, walked for over a thousand years. Our guide covers the classic Italian approach: Tuscany's cypress-lined hills, medieval towns where the evening passeggiata hasn't changed in centuries, Lazio's lakes — and then the moment every Francigena walker remembers, the first sight of the dome.

It's the most cultural walk in the network: history, food and wine are as much the point as the path. Terrain is kind, stages are flexible, and arriving in Rome on foot is an experience that changes how the city feels forever.

#### WALK IT IF

You want a walk that ends somewhere that matters — and you believe lunch is a legitimate reason to cross a country slowly.

#### LOOK ELSEWHERE IF

You're after wilderness and solitude. This is a walk through living, working, delicious Italy.

Guides, stages, planning: [walkviafrancigena.com](http://walkviafrancigena.com)

## Göbekli Tepe — the oldest place

**12,000**

YEARS OLD

**2–3**

DAYS, ONE BASE

**UNESCO**

WORLD HERITAGE

**Mar–May · Sep–  
Nov**

BEST WINDOWS

Not a trail — a pilgrimage of a different kind. Göbekli Tepe in southeastern Türkiye is the oldest known monumental site on the planet: carved stone circles raised before farming, before pottery, before almost everything we call civilisation. Standing in front of it rearranges your sense of time.

Pair it with the old stone city of Şanlıurfa and the region's astonishing food, and it makes a profound two-to-three-day extension to a Turkish walking trip — or a short journey worth taking entirely for itself.

### GO IF

History is why you travel — or you're already in Türkiye for the Lycian Way or Cappadocia and can add the flight east.

### LOOK ELSEWHERE IF

You're purely here to rack up walking miles. The walking is modest; the wonder is not.

Visiting guides & planning: [gobeklitepei.com](http://gobeklitepei.com)

## Where to walk, month by month

Month	First pick	Why
January	Plan & book	The quiet season — routes fill for May–September from now. Cappadocia under snow is magical for the adventurous.
February	Plan & book	Book Coast to Coast accommodation now; the popular stages sell out first.
March	Göbekli Tepe	Mild days in the southeast; the site without summer crowds.
April	Lycian Way	Wildflowers, cool walking, warm-enough swims by late month. Cappadocia wakes up too.
May	Cappadocia · C2C	Cappadocia at its greenest; the Coast to Coast season opens properly.
June	Coast to Coast	Long English days, fells at their best. SWCP before school holidays.
July	SWCP (north coasts)	Sea breezes beat inland heat; start early, swim often.
August	SWCP	Peak season — book ahead; harbour towns in full life.
September	Via Francigena	The grape harvest, golden light, Rome without the scrum. LW season reopens.
October	Lycian Way	The connoisseur's month: warm sea, cool trails, empty ruins.
November	Lycian Way · Göbekli	Türkiye's south stays walkable well into the month.
December	Dream & gift	Give someone a walking year: the guidebook, the boots, the promise.

## NEXT STEPS

# Chosen? Here's how to make it real.

### 1 • Open the trail's own site

Every trail in this guide has a dedicated platform with stage-by-stage guides, maps, accommodation and honest practical detail — built by us, kept current: [walkcoasttocoast.co.uk](https://www.walkcoasttocoast.co.uk) • [walksouthwestcoast.co.uk](https://www.walksouthwestcoast.co.uk) • [lycianway.co.uk](https://www.lycianway.co.uk) • [walkcappadocia.com](https://www.walkcappadocia.com) • [walkviafrancigena.com](https://www.walkviafrancigena.com) • [gobeklitepeai.com](https://www.gobeklitepeai.com) — and for boats, tours and experiences on the Lycian coast, [explorelycia.com](https://www.explorelycia.com).

### 2 • Let the trip planner draft your itinerary

Each site has a free trip planner: tell it your dates and fitness, and it drafts a stage-by-stage plan you can fine-tune. The concierge on each site answers the questions guidebooks dodge — honestly.

### 3 • Stay on the letter

The Trailivo newsletter brings routes, stories and guides from all of these trails, occasionally and only when it's worth your time. If someone forwarded you this guide, join at [trailivo.com/newsletter](https://www.trailivo.com/newsletter).

Happy trails,

**The Trailivo team**

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