

British Walking Federation –List of Registered Medium Distance Walks (MDW)

MDW NO.	TRAIL NAME	AWARD KM	EVENT STAMP
1	LEA VALLEY WALK	85	4
2	LLANGOLLEN CANAL WALK	80	4
3	DANELAW WAY	95	4
4	THREE LOCHS WAY	53	2
5	THE MENDIP WAYS	80	4
6	SOLENT WAY	97	4
7	THE CUCKOO WAY	74	3
8	CHESTERFIELD ROUND WALK	55	2
9	HERTFORDSHIRE CHAIN WALK	63	3
10	POOLE HARBOUR TRAIL	72	3
11	STOUR VALLEY PATH	96	4
12	FEN RIVERS WAY	80	4
13	SHIPWRIGHTS WAY	84	4
14	WORCESTER & BIRMINGHAM CANAL	50	2
15	WOKINGHAM WAY	89	4
16	WILBERFORCE WAY	97	4
17	PLOGSLAND ROUND	76	3
18	THREE CASTLES PATH	96	4
19	BASINGSTOKE CANAL TOWPATH	53	2
20	THE TEST WAY	74	3
21	JUBILEE GREENWAY (LONDON)	60	2
22	THREE FOREST WAY	96	4
23	CALDERDALE WAY	80	4
24	WEST SUSSEX LITERARY TRAIL	89	4
25	STOUR VALLEY WAY (DORSET)	97	4
26	WEAVERS WAY	98	4
27	BOUDICCA'S WAY	60	3
28	WHERRYMANS WAY	60	3
29	THE COPPER TRAIL	97	4
30	NEW LIPCHIS WAY	63	3
31	COLERIDGE WAY	82	4
32	WHITE HART LINK	77	3
33	UTTLESFORD WAY (ESSEX)	92	4
34	NORTH TO SOUTH SURREY WALK	69	3
35	FOX WAY	63	3
36	TANDRIDGE BORDER PATH	80	4
37	STOUR VALLEY WALK (KENT)	82	4
38	WEST DEVON WAY	58	2
39	DARTMOOR RAMBLE	80	4
40	BOURNMOUTH COAST PATH	60	3

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41	RIVER TEIGN WALK	71	3
42	BREANDOWN TO MINEHEAD (ECP)	93	4
43	FOUR PITS WALK	63	3
44	MIDDLESEX GREENWAY	72	3
45	MACMILLAN WAY LANGPORT	64	3
46	St PETERS WAY	66	3
47	SUFFOLK COAST PATH	90	4
48	STOUR & ORWELL WALK	68	3
49	SANDLINGS WALK	95	4
50	DEVONSHIRE HEARTLAND WAY	69	3
51	EAST DEVON WAY	61	3
52	DARTMOOR PERAMBULATION	80	4
53	ARCHANGELS WAY	61	3
54	PEATLANDS WAY	80	4
55	WEY SOUTH PATH	58	2
56	DOWNS LINK	58	2
57	DISUSED RAILWAYS OF SUSSEX	55	2
58	LELAND TRAIL	51	2
59	RIVER PARRETT TRAIL	80	4
60	ITCHEN WAY	50	2
61	LELAND -LIBERTY TRAIL	90	4
62	1066 COUNTRY WALK	50	2
63	LEEDS BOUNDARY WAY	97	4
64	NEV COLE WAY	93	4
65	GRITSTONE TRAIL	56	2
66	JOHN MUSGRAVE HERITAGE TRAIL	61	3
67	TAMAR VALLEY DISCOVERY TRAIL	50	2
68	TWO COUNTIES WAY	90	4
69	EXE VALLEY WAY	84	4
70	St EDWARDS WAY	51	2
71	BLACK & WHITE VILLAGE TRAIL	69	3
72	NIDDERDALE WAY	87	4
73	St SWITHUNS WAY	55	2
74	TELFORD T50	80	4
75	GREENSAND RIDGE PATH	64	3
76	HANGARS WAY	35	1
77	CLARENDON WAY	43	2
78	STAUNTON WAY	34	1
79	ALAN KINGS WAY	68	3
80	MIDHURST WAY	47	2
81	CERNE VALLEY TRAIL	42	2
82	RIVER AVON TRAIL	40	2
83	LIBERTY TRAIL	45	2

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84	GRAND WESTERN CANAL	38	1
85	TWO CASTLES TRAIL	38	1
86	DRAKES TRAIL	34	1
87	NORTHAMPTONSHIRE ROUND	87	4
88	WATERSHIP DOWN TRAIL	39	1
89	WATERCRESS WAY	43	2
90	CERNUNNOS & CATHERINES WAY	35	1
91	PILGRIMS TRAIL WINCHESTER TO PORTSMOUTH	47	2
92	PORLOCK PILGRIMS TRAIL	47	2
93	MINERS WAY TRAIL	47	2
94	WICKLOW WAY IRELAND (SHORT ROUTE)	70	3
95	MACCLESFIELD CANAL	47	2
96	TRING BOUNDARY WALK	45	2
97	TESROD ELDDROD	53	2
98	RIDGE TOO FAR	32	1
99	INTER-CITY CHALLENGE	32	1
100	HARDY HOBBLE	44	2
101	PURBECK STEAM PACKAGE	39	1
102	OUTER AYLESBURY RING	85	4
103	BEAMINSTER MILENIUM WALK	47	2
104	KINGFISHER WAY	34	1
105	BRIDPORT to SHERBORNE LINK	60	3
106	HORSHAM ROUND	43	2
107	GRANTHAM/NOTTINGHAM CANAL	53	2
108	PURBECK WAY	43	2
109	LOCUS CLASSICUS	43	2
110	CROSS WIGHT TRAVERSE	43	2
111	TEST & DEVER WAY	32	1
112	BRACKNELL FOREST ROUTE	42	2
113	SUSSEX DIAMOND WAY	97	4
114	OXDROVE WAY	40	2
115	SUSSEX OUSE VALLEY WAY	68	3
116	FOUNDERS FOOTPATH	42	2
117	MARY'S CRESCENT WALK	76	3
118	THE TRISKELION WAY ISLE of MAN	60	3
119	SANDSTONE TRAIL	51	2
120	HERITAGE TRAIL ISLE of MAN	40	2
121	ABBOTS WAY DARTMOOR	37	1
122	AVON VALLEY PATH	55	2

Current at 20th December 2023

List will be updated periodically and added to the BWF website