



High up in the Peak District National Park in Derbyshire.

Photo: Jasminkelove, Dreamstime.com

4 Where to Go

The UK is fortunate to have 15 national parks covering nearly 9,000 square miles of the country. They range from the New Forest on the South Coast, the Broads in East Anglia and Pembrokeshire in West Wales, up to the Cairngorms in the Northern Highlands of Scotland – so you're never going to be too far from one. Between them they welcome over 100 million visitors each year, and they're completely free of charge.

For people looking to climb a mountain, some will be more exciting than others (I've explored the Norfolk Broads as a child and loved it, but it's not quite the Himalayas). Most will have something for you to walk up, and as you build up your challenges, you'll be able to venture to new places.

What all national parks have in common is that they've been created for us all to explore and enjoy.

But where can you find your nearest mountain? Well, this can be a bit tricky and obviously depends on whereabouts in the UK you're based. The South of England is rather barren when it comes to mountains. You'll struggle to find anything much above 600m and you'll have to travel to Dartmoor in the South West to find that. If you're in the South East you'll not really be able to venture higher than a few hundred metres.