



Get walking...

n interactive map at bbc.co.uk/nature points users to an exciting range of animated, downloadable walks on all 56 of the BBC's Where I Live sites. The Walks Through Time develop alongside the series, so that viewers can become landscape detectives and read the clues in their own area while they walk.

Walks Through Time include:

Northern Ireland

Of the many Irish walks and places to visit online, there's a fascinating Walk Through Time in Larne Harbour. The walk along the promenade reveals a tale of transition from arid desert to warm, shallow lagoons — and a moment when the earth was rocked by a gigantic earthquake and an enormous tidal wave swept the landscape. Handy online guides explore the great diversity of Northern Ireland's landscape and walkers can share their own panorama and weather pictures in an online showcase.

Scotland

Nine Walks Through Time focus on wildlife, geology and archaeology across Scotland. These include the Great Glen of Loch Ness, Dundee Law (an extinct volcano formed around 400 million years ago) and Waulkmill Glen, to the southwest of Glasgow. Maps and guided walks, plus full listings of local wildlife and conservation activities, are available. These include bird-watching expeditions and educational tours.

Wales

With Walks Through Time across all five regions in Milford Haven, Llandudno, Welshpool, Holywell and Cardiff, walkers can discover how agriculture and landscape changed the vista for ever. Passing through woodlands, reservoirs, ancient monuments and industrial history, over 100 extra trails, tracks and treks are available online. These range from the Pembrokeshire National Coastal Park paths, home to puffins and seals, to Offa's Dyke and the industrial heritage trails around Wrexham.

Across the English Regions

Each of the BBC's 42 Where I Live websites across the English regions features a Walk Through Time — ranging from Anstey's Cove in Devon to Talkin Tarn Country Park in Cumbria. Several sites also feature multimedia extras, such as audio commentaries of the walks provided by local experts and BBC Local Radio presenters; picture galleries and slideshows of the walks; and video footage and interactive, 360-degree panoramic images of walk locations.

Walk Through Time Weekend

During the weekend of 16-17 October, the public can join BBC Local Radio presenters and experts to tread their own path through Britain's last three billion years on their local Walk Through Time. Listeners can apply to join the walk in their neighbourhood through their local BBC radio station, which will also be featuring tie-ins with British Isles: A Natural History during the series.