

WALKING IN THE CHILTERNNS

35 walks in the Chiltern hills - an Area of Outstanding Natural Beauty

ISBN: **9781786310187** (Short Code: 1018)

Publication Date: **September 2018**

Price: **£12.95**

Edition: **Second** (replaces 9781852847005)

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Paperback Gloss Laminated, 224 pages

17.2cm x 11.6cm

Guidebook to walking in the Chilterns, an Area of Outstanding Natural Beauty stretching through Oxfordshire, Buckinghamshire and Hertfordshire. Despite its relative proximity to the country's capital, the region abounds in peace and tranquility making it an idyllic destination for a day's walk in the countryside. This guide describes 35 walks, ranging from 4 to 12 miles. Covering relatively low-level terrain (though there are some steep climbs and descents) the routes should be suitable for most walkers.

A chalky landscape famed for its beech and oak woods, the Chilterns showcase an impressive array of natural delights. Walkers can wander along dappled forest tracks, over high escarpments, through valleys and beside rivers. There are also Iron Age forts to discover, thatched villages to explore, stately homes to marvel at and medieval churches to admire.

Clear and concise route description is accompanied by OS map extracts. Information on the region's geology, history and fauna is also provided, as is practical advice on accommodation, transport and refreshments.

Key marketing points

- Unspoilt countryside with easy access from London and south east England
- Walks in favourite locations and new exciting routes
- 35 walks throughout the Chilterns AONB
- Good range of routes, from short walks to full-day expeditions

About the author

Steve Davison is a freelance writer and photographer who has lived in Berkshire for over 25 years. He has written several guidebooks as well as articles for magazines and newspapers, specialising in hill walking and UK and European travel. A keen hill walker, Steve holds a Mountain Leader Certificate and is a member of the Outdoor Writers and Photographers Guild.

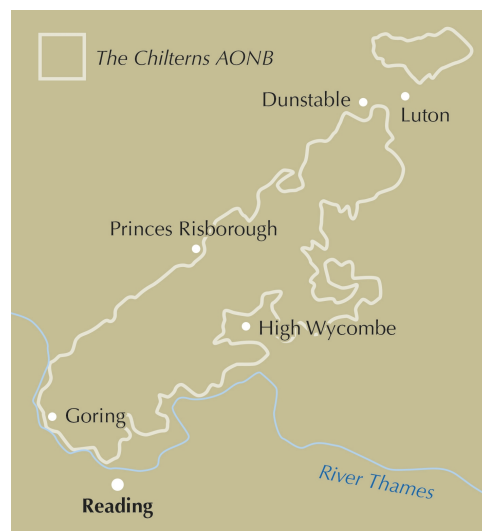
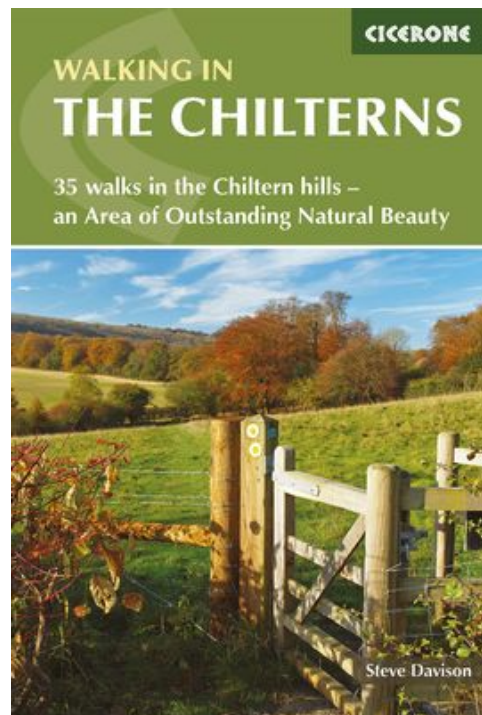
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