

WALKING IN ESSEX

25 walks and a 96 mile 'across Essex' route

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In 25 day walks and one 11-stage end-to-end route across the county, this guide makes you rethink Essex. All the guide's walks are suitable for all abilities – any ascents being mostly short and rarely steep – and there are shorter alternatives for many of the longer routes. They range from 4 to 18 miles, are mostly circular, and cover the whole county – including the boroughs that were absorbed into Greater London in 1965.

It's fair to say that it is not the first English county that springs to walkers' minds when considering where to plan their next route, but therein lies its appeal. With a huge variety of scenery and walking landscapes, Essex surprises and delights in equal measure. It boasts a 350-mile coastline (which, away from the busy seaside resorts, is barely known), numerous estuaries and river valleys, great and ancient forests, and more green lanes than any other English county except Dorset. In addition, the Essex population is concentrated in its southern conurbations and a handful of medium-sized towns, so there is a swathe of rural countryside to explore.

With notes about the logistics of trail walking, this book is also a useful introduction to those who want to move on to the great long-distance paths of Britain. It includes comprehensive route description and OS Landranger map extracts.

Key marketing points

- Extensive coastline, which is mostly unspoilt or developed
- Includes an 11 day end-to-end route across Essex

About the author

Peter Aylmer has climbed many hills and walked many long-distance paths all over Britain, and is equally at home in a tent or bothy in the Scottish Highlands as he is in a nature reserve hidden in some unconsidered London suburb. Now, as a walk leader for the Long Distance Walkers Association, he is still developing new routes through both town and country in southern England. Peter spent his career in education, from teacher and politician to writer and editor at national level. He is now chair of trustees for the UK wing of an international aid charity.

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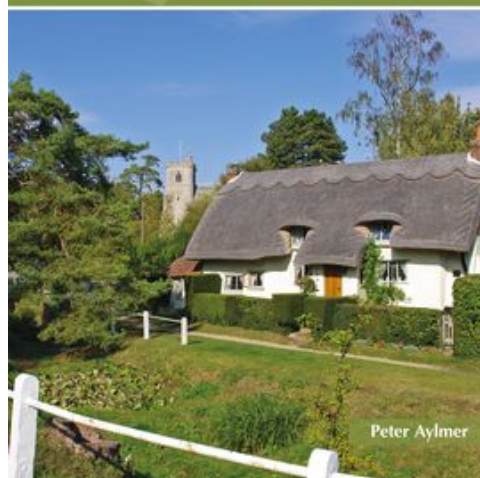
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