

WALKS IN SILVERDALE AND ARNSIDE

21 easy walks exploring the AONB

ISBN: **9781852846282** (Short Code: 628)

Publication Date: **March 2018**

Price: **£12.95**

Edition: **Second** (replaces 9780902363786)

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Paperback Gloss Laminated with flaps, 160 pages

17.2cm x 11.6cm

Many are the visitors who have speeded up the M6 to the Lake District or the Yorkshire Dales, who, when they do turn off to Silverdale or Arnside, wonder why they didn't come before. The combination of the best coastal scenery and the highest concentration of intricate woodland paths in north-west England make the Silverdale area a paradise for walkers. An added bonus are the views over the glistening channels of Morecambe Bay and the Lakeland fells.

The routes explore an area of low densely wooded limestone hills rich in flora and fauna either side of the M6 in north Lancashire and south Cumbria. The many fascinating little summits include Warton Crag, Arnside Knott, Farleton Knott, Holme Park Fell and Hutton Roof Crag.

- Walks between 2 and 8 miles which can be combined for longer days out
- Many nature reserves, including Leighton Moss RSPB reserve, and sites of historic interest

Key marketing points

- New edition of established guide
- Fully updated with routes re-walked, illustrated with photographs and hand illustrations
- Excellent for walkers with coastal scenery and wooded hillsides

About the author

Brian Evans began walking in Silverdale with his parents in the 1940s, while living in nearby Morecambe. He has also trekked, climbed, skied, caved, canoed and, more recently, mountain biked all over the world but always enjoys returning to enjoy the landscapes and wildlife of Silverdale. He lives near Preston with his wife Aileen, his companion on most of the adventures.

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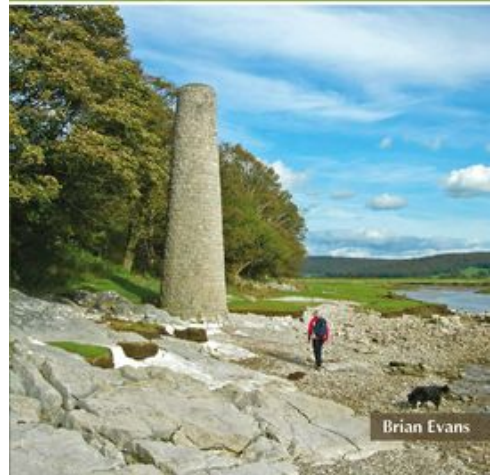
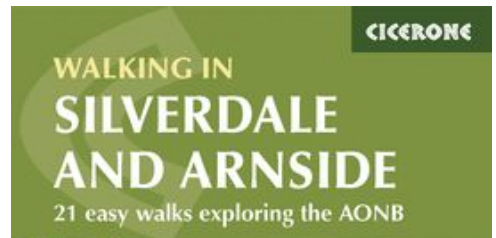
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