

WALKING IN ESSEX

25 day walks and a cross-country route

ISBN: **9781852846978** (Short Code: 697)

Publication Date: **November 2013**

Price: **£12.95**

Edition: **First**

Author: **Peter Aylmer**

Paperback Gloss Laminated, 208 pages

17.2cm x 11.6cm

In 25 day walks and one 11-stage end-to-end route across the county, this guide makes you rethink Essex. 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 on its southern conurbations and a handful of medium-sized towns, so there is a swathe of rural countryside for walkers to explore.

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 between four and 18 miles, are mostly circular, and cover the whole county – including the historic boroughs that were absorbed into Greater London in 1965.

Key marketing points

- Extensive coastline, which is mostly unspoilt or developed
- Year-round walking routes suitable for most abilities
- Includes an 11 day end-to-end route across Essex
- High level of day visitors from London and south-east.

About the author

Native east Londoner Peter Aylmer discovered walking as a pastime as a young man. Since then he has climbed many hills and walked many long-distance paths all over Britain, but he still relishes the surprise on people's faces when he tells them some of his favourite walking is within his home county of Essex.

Related books

9781852846367 - Walking in Norfolk

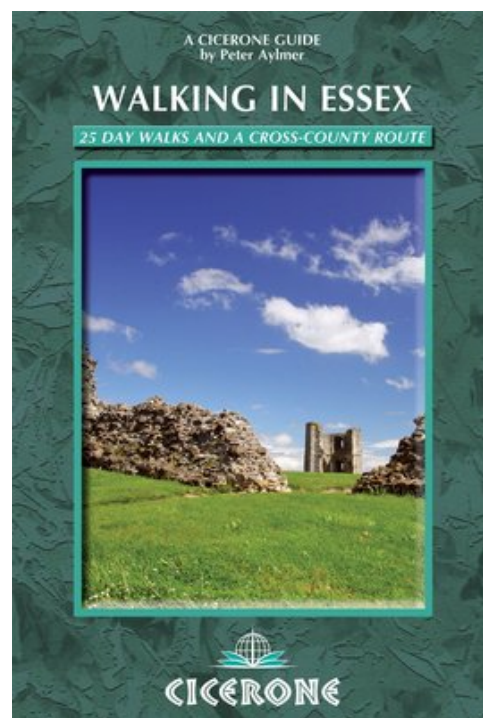
9781852846541 - Suffolk Coast and Heaths Walks

9781852847074 - The Peddars Way and Norfolk Coast Path

9781852847746 - The Lea Valley Walk

9781852848132 - Walking in London

9781852848293 - The Thames Path



We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL
www.cicerone.co.uk - Contact sarah@cicerone.co.uk - Or call 01539 562 069