

WALKING IN LONDON

Park, heath and waterside walks - 25 walks in London's green spaces

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Discover a wilder side to London with this guidebook of 25 walks in and around the capital's green spaces and nature reserves. Covering both central and Greater London, they explore woods and forests, royal parks and heaths, canals and rivers. The walks range from 4 to 14 miles and take up to six hours to complete.

London is a city of 8 million people and 8 million trees, and its vast open spaces are home to 13,000 species of wildlife. This guide takes in all four corners – including Epping Forest, Hampstead Heath, the World Heritage site of Kew Gardens and Wimbledon Common – and showcases a greener, more gentle side to the city.

Using the rivers as a guide, the book is divided into four sections, and includes a wealth of information about the wildlife, history and conservation of each area. Each walk is illustrated with an OS map at a scale of 1:25,000, and includes a route description, public transport information and photos. There is also a handy route summary table.

About the author

Peter Aylmer discovered the joys of walking in London as a way of relaxing after work - first by walking back home through Epping Forest, and then by using the Regent's Canal instead of the Central Line. Over many years he has found just how good London can be to walkers, if you know where to look.

While writing this book, Peter was chair of the London branch of the Long Distance Walkers Association, which offers both long day walks and short evening walks in and around the London area. Beyond London, Peter has completed many long-distance trails and has developed his own routes from the south to the north of each of Wales, England and Scotland. Keen on Britain's wild places as much as its greatest city, he is publications officer for the Mountain Bothies Association.

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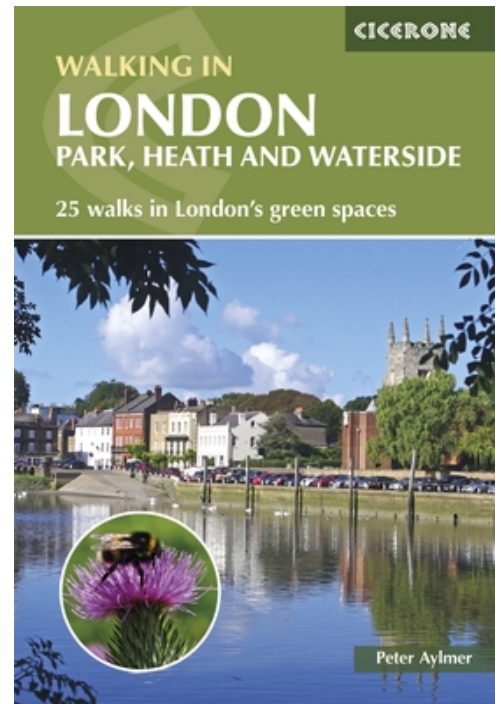
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