

WALKING IN CUMBRIA'S EDEN VALLEY

30 walks between the Yorkshire Dales and the Solway salt marshes

ISBN: **9781852849016** (Short Code: 901)

Publication Date: **October 2018**

Price: **£12.95**

Edition: **Second** (replaces 9781852846343)

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Paperback Gloss Laminated, 184 pages

17.2cm x 11.6cm

Guidebook to 30 graded walks in Cumbria's enchanting Eden Valley. The routes, which range from 3 to 15 miles, explore the region's diverse landscape and offer dramatic views, either of the Pennines, the Lake District or the Scottish hills.

Lying alongside the iconic Lake District, the Eden Valley is something of an underrated gem. The featured routes are designed to give the walker a taste of everything the area has to offer. From peaceful woodland strolls to serious moorland hikes, and from explorations of the limestone uplands to walks on the Solway marshes, they visit just about every nook and cranny in the valley.

The walks, which work well from bases such as Kirkby Stephen, Dufton and Appleby, are predominantly circular. All included linear routes link with the Settle-Carlisle railway. Map extracts from the 1:50,000 OS Landranger series accompany route description, and the handy route summary table makes it easy for walkers to compare routes. Information on transport, accommodation, clothing, equipment and safety is included, as are notes on the region's geology, wildlife and history.

Key marketing points

- The local author is an experienced writer and photographer
- Routes to suit all abilities in an area rich in history and fabulous scenery

About the author

Vivienne is an award-winning freelance writer and photographer specialising in travel and the outdoors. Based in north Cumbria, she has put her intimate knowledge of northern England to good use, writing more than a dozen popular walking guidebooks. She also contributes to a number of regional and national magazines, including several regular walking columns. Vivienne is a member of the Outdoor Writers and Photographers Guild.

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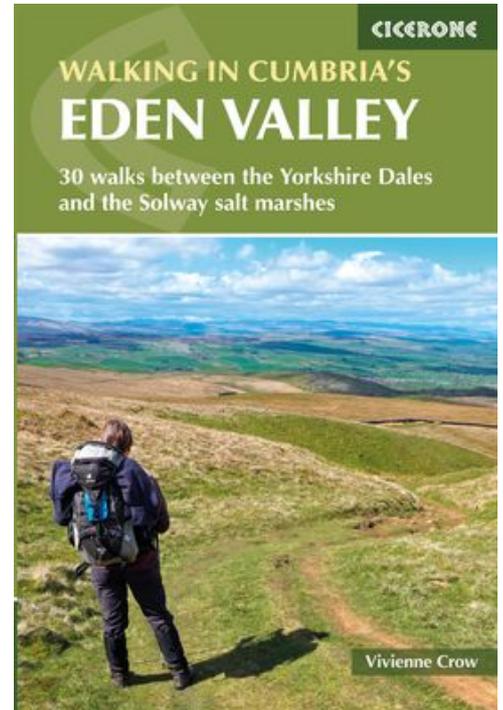
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