

PRESS RELEASE

Escape to the idyllic Chiltern Hills AONB

WALKING IN THE CHILTERN

35 walks in the Chiltern hills - an Area of Outstanding Natural Beauty
by Steve Davison

Little more than an hour – yet a world away – from inner-city London, the rolling chalk hills of the Chilterns promise peace and tranquility amongst lush green countryside and picture-postcard villages that are quintessentially English. This guidebook presents a varied selection of 35 walks in the Chiltern Hills AONB, showcasing its scenic beauty, attractive settlements and rich heritage.

The routes range from 4 to 12 miles and cover fairly low-level terrain, and in spite of a handful of short, steep uphill and downhill sections, they should be suitable for most walkers. Step-by-step route directions are illustrated with clear OS mapping. There is a wealth of information about sites of interest along the way, as well as background notes on the region's rich geology, history and plantlife, and practical advice on accommodation, transport and refreshments.

The walks take you on a journey through this classic Chiltern landscape of softly flowing rivers and rounded hills and valleys, covered in a mix of broadleaved woodland and open farmland. The region has been shaped by human activity for thousands of years: the routes visit a number of fascinating historic sites, in addition to colourful gardens, interesting churches and quaint villages with thatched cottages and cosy pubs. Surrounded by these idyllic pastoral views, you'll soon find cares melt away, to be replaced with cherished memories.

What's inside?

- 35 walks split across six geographical divisions: North of Luton; Dunstable to Berkhamsted; Wendover to Stokenchurch; Amersham to High Wycombe; Watlington and Nettlebed; Along the Thames
- background information on geology, history and wildlife, and notes on numerous places of interest passed along the way
- Ordnance Survey 1:50,000 map extracts, scaled up to 1:40,000 for greater clarity

About the author

Steve Davison is a writer and photographer who has spent 30 years walking in the Thames Valley region. He has written a number of books, as well as articles for magazines and national and local newspapers, specialising in hill-walking and UK and European travel. He is also a member of the Outdoor Writers and Photographers Guild and counts nature, geology and the countryside among his interests.

Front cover

Key information

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- Unspoilt countryside with easy access from London and south east England
- Walks in favourite locations and new exciting routes
- 35 walks throughout the Chilterns AONB
- Good range of routes, from short walks to full-day expeditions

For further information, or to receive a review copy please contact Hannah

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