

PRESS RELEASE

30 reasons to visit the Eden Valley

WALKING IN CUMBRIA'S EDEN VALLEY

Front cover

30 walks between the Yorkshire Dales and the Solway salt marshes
by Vivienne Crow

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

Situated next to the iconic Lake District, the Eden Valley is often overlooked as a walking destination. This works in its favour – it is as quiet as it is scenic – making it the perfect destination for those looking to escape the crowds. 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 1:50K OS Landranger series accompany route description, and the handy route summary table makes it easy for walkers to compare routes. Invaluable information on transport, accommodation, clothing, equipment and safety is included, as are notes on the region's geology, wildlife and history.

What's inside?

- 30 scenic, graded walks, ranging from 3 to 15 miles
- useful practical information on accommodation, public transport options and more

About the author

Vivienne is an award-winning freelance writer and photographer specialising in travel and the outdoors. A journalist since 1990, she abandoned the constraints of a desk job on regional newspapers in 2001 to go travelling. On her return to the UK, she decided to focus on the activities she loves the most – hill-walking, writing, travelling and photography. 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.

Key information

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By Vivienne Crow

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

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