

# PRESS RELEASE

## A gentle multi-day walk through the beautiful Yorkshire Dales

### THE DALES WAY

From Ilkley to the Lake District through the Yorkshire Dales  
by Terry Marsh

Take a walk through the Yorkshire Dales, one of Britain's most evocative landscapes. Follow rivers great and small through spectacular limestone scenery and rolling farmland, across moorland and through woodland and meadows. Discover characterful towns and villages and uncover the rich history of the region, as you explore ancient monuments, monastic ruins and historic roads, bridges and churches. The 79-mile Dales Way passes through the heart of North Yorkshire and celebrates the unique charm of this very special corner of England.

The fully waymarked trail extends from Ilkley to Bowness-on-Windermere, linking two of England's most celebrated national parks. Well served for accommodation and facilities, and with easy walking on riverside paths, it is one of the gentlest multi-day walks in Britain and therefore an ideal introduction to long-distance walking. This guide presents the walk in six daily stages of 7–19 miles (with suggestions for alternative schedules), with route description in both directions.

The comprehensive route description is accompanied by 1:100,000 mapping, and a trek planner, showing where facilities are available, is included to facilitate planning. Accommodation listings and useful contacts can be found in the appendices. A separate, conveniently sized map booklet located in the back-cover sleeve provides all the OS 1:25,000 mapping needed to complete the trail, eliminating the need to carry multiple paper maps. Offering a wealth of information on local points of interest, geology, history, plants and wildlife, as well as all the necessary practicalities such as when to go, how to get there and what to take, this guide is an ideal companion to enjoying this delightful route.

#### What's inside?

- the Dales Way, described in both directions over six stages
- accommodation listings and useful contacts
- map booklet showing the line of the trail on OS 1:25,000 maps

#### About the author

Dr Terry Marsh is a Lancashire-based award-winning writer and photographer who specialises in the outdoors, the countryside, walking and travel. He has been writing books since the mid-1980s, and is the author, co-author or revision author of over 120 titles.

Terry has an extensive interest in Cumbria and the Lake District, the Yorkshire Dales, Lancashire, the Peak District, Wales, the Scottish islands and the Isle of Man.

Front cover

#### Key information

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- Popular and accessible long-distance route
- Includes OS 1:25K map booklet of the route
- The only guide available which includes the route description in both directions

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

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