



Press Release

The Rough Guide to Walks in London & Southeast England



Had enough of Christmas repeats and turkey sandwiches? Dreading the post Christmas slump? Get off the sofa and experience some of England's most beautiful countryside with the **Rough Guide to Walks in London & Southeast England**. Covering over 40 walks, this guide is sure to get you making the most of the great outdoors in this richly varied region.

For walkers of all abilities, the book contains varied itineraries from picturesque woodland strolls in the heart of the city, to get-away-from-it-all hikes in the surrounding countryside for a day or whole weekend. A must-have guide for those who aren't afraid to get their boots muddy!

The routes are detailed and easy-to-follow with descriptions of sights along the way, and lively background features on everything from smugglers' tales to stone circles. The guide also features recommendations for pubs and places to eat so you can stop for a pint along the way.

The guide includes outstanding maps sourced from **Ordnance Survey** and an **extended London section**. It has **sixteen new walks** and a strong focus on **public transport**.

5 walks to whet your appetite:

The Ridgeway, North Wessex Downs - A 2 day walk along what is thought to be the oldest surviving road in Britain, incorporating the famous Vales of the White Horse and an abundance of prehistoric monuments.

Regent's Canal, London – A number of routes to choose off this canal, including a 5km walk from the streets of Camden market, finishing up at picturesque little Venice.

The Eden Valley, Kent - An 11km route through rolling Kent countryside across fields and meadows, past orchards and vineyards, with a stop off for tea at the Fir Tree House tea rooms.

Hampstead Heath, London – A walk over sweeping grassland, ancient woodland and jaw-dropping urban vistas, finishes at the grand Kenwood House.

Woburn Estate, Bedfordshire – A 15km circular walk beginning at Aspley Guise, taking in the country's largest safari park and the charming Georgian village of Woburn.

And don't forget the pubs, here are our top 5...

The Garden Gate – A cheerful, place with a big garden on the edge of Hampstead Heath with generous portions of food and farm cider on tap.

The Harrow Inn – An archetypal Kentish village pub, serving award-winning grub.

The Ram – Spectacularly located at the foot of the South Downs with good lunches, local ales and a ghost upstairs.

The Stag and Huntsman – A cheery and busy place, located in the brick and flint village of Hambleden in the Chilterns.

The Swan – Tasty organic food is the draw at the 17th century Swan on the edge of the North Wessex Downs.

NOTES FOR EDITORS:

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