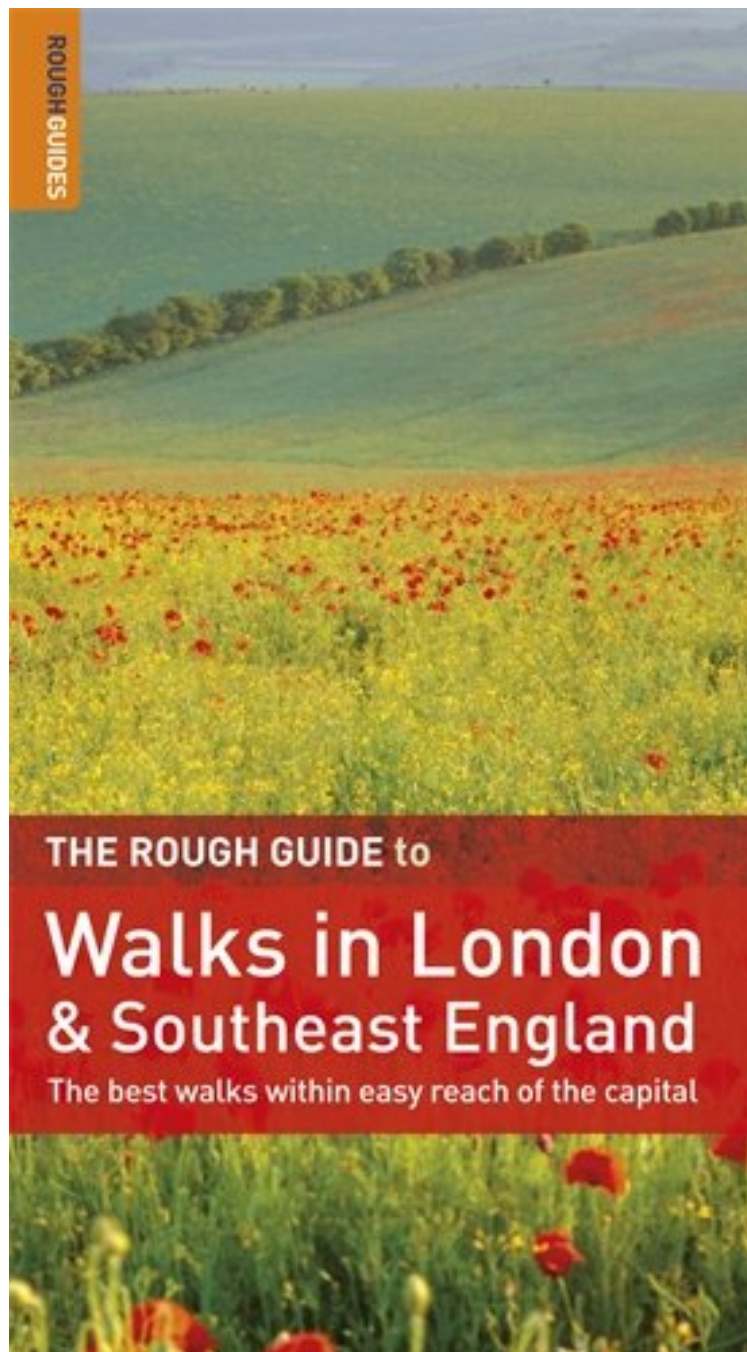


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## The Rough Guide to Walks Around London and Southeast England 2 (Rough Guide Travel Guides)

*Helena Smith*

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#3986136 in Books Rough Guides 2008-12-29 2008-12-29 Original language: English PDF # 1 7.50 x .60 x 4.18l, 1.10 #File Name: 1858281547300 pages | File size: 37.Mb

**Helena Smith : The Rough Guide to Walks Around London and Southeast England 2 (Rough Guide Travel Guides)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Rough Guide to Walks Around London and Southeast England 2 (Rough Guide Travel Guides)*:

The *Rough Guide to Walks in London and Southeast England* is the ultimate guide to walking in this richly varied region. The book is for walkers of every ability, with varied itineraries from picturesque woodland strolls in the heart of the city, to get-away-from-it-all weekend hikes through the South Downs. The routes are detailed and easy-to-follow with descriptions of sights along the way, as well as lively background features on everything from smugglers' tales to stone circles. There are great recommendations for places to eat and have a pint along the way, whether you choose a canal walk in the capital or a hike along the Ridgeway. With a full-colour introduction and accurate, easy-to-read maps, this is the must-have guide for those who aren't afraid to get their boots muddy. Make the most of your time with the *Rough Guide to Walks in London and Southeast England*.

**About the Author** After successfully completing the Three Peaks challenge, Helena Smith, has hardly taken off her walking boots, only pausing to win both the *Vogue* and *Independent* on Sunday travel writing competitions. Judith Bamber lives in London, and commutes to the countryside most weekends. Excerpt. © Reprinted by permission. All rights reserved.

**HOW THIS BOOK WORKS** All the walks in this book have been designed to be accessible from the capital as day-trips using public transport; we've also included some two-day weekend walks, for when you really need to get away from it all (although the two-day walks can also be broken down and done as separate day-trips). Each walk includes a map, route details, background historical information and a recommended lunch stop, often in one of the fine old pubs which dot the region. The walks are geared to public transport, either starting from one train station and finishing at another, or circling back to the station where you started. At the beginning of each account we've given details of the relevant train services; we haven't recommended specific trains, partly because timetables are subject to change, and also to avoid being too prescriptive. Most walks outside London are within an hour's train journey of the city, although we've stretched this criterion where we think a really great walk justifies a slightly longer journey. Unless otherwise specified, set aside a full day for each walk. For all but the very longest routes, starting your train journey at around 10am will ensure that you can get to the specified pub and do the walk in good time. (More specific guidance on departure times is given in the chapter introductions.) There's at least one circular walk in each chapter, convenient if you're driving, although virtually all the non-circular walks can also be done by drivers, who need only make a short train trip back to the beginning of the walk to pick up their cars. In the interests of making every walk a great day out, we've recommended the very best pubs and cafés along the way. These are often housed in exceptional old buildings, and we've also tried to uncover places which dish up especially good but reasonably priced food. Phone numbers are given for all the pubs listed – most stop serving lunch at 2pm, but if you think you're going to arrive later it's worth phoning ahead to say you're on your way. They will generally put aside cold food – a Ploughman's or a sarnie – for you.

**WHAT TO TAKE** Some of the items on this list are optional, some are seasonal and most are obvious. But to avoid forgetting something crucial, here's a checklist, in rough order of importance. It goes without saying that you should wear a decent pair of waterproof walking shoes or boots; muddiness can be a feature of these walks even in summer, and trudging along with wet feet is a real misery. For two-day walks, sling a spare pair of pants, a toothbrush and, where relevant, a YHA card (see above) into your rucksack. Mobile phone Handy for checking return train times and ensuring you don't miss out on a pub lunch. Water bottle Waterproof jacket/cagoule and trousers Spare layer – jumper or fleece Sunglasses Sun cream Anti-histamine Plasters Camera and film