



## cool canals WEEKEND WALKS

The best canal walks aren't just about walking – they're no fuss adventures, steeped in the wonders of the waterways. Towpaths ramble Britain's hidden green landscapes, yet you can't get lost and there are no cows in the way!

Martine & Phillipa have handpicked some of the best walks & highlights from their end-to-end towpath trek. Each walk in this book is different, with easy walking that's never short of thrills.

Walk as far as you want, stop to sightsee as often as you want; and it's never a sin to linger too long over lunch in a canalside pub.

- Easy walks from 2 to 12 miles
- Waterways highlights
- Canalside pubs, teashops & picnic spots
- Waterside places to stay
- Dog-friendly info

Title: Cool canals Weekend Walks (Britain)  
 Authors: Phillipa Greenwood  
 & Martine O'Callaghan  
 UK Publication date: 15/3/10  
 Format: B (148mm x 190mm) Paperback  
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 Classification: Active outdoor pursuits

### Key sales points:

- Over 250 inspiring colour photographs
- Walks from across the whole of the UK
- The first guide of its kind to walking canal towpaths
- Each walk has been personally researched by the authors and handpicked from their end-to-end canal trail which has attracted media interest
- General interest in the canals is at an all-time peak and growing, with over 250 million annual individual visits

### The authors, Phillipa and Martine:

Waterways nomads Martine & Phillipa have a passion for canals that leads them to extremes: from their narrowboat 'good life' with their 4 cats, to walking over 2,000 miles along the canals from the sands of Cornwall to the Highlands of Scotland.

Along their travels they've discovered some of the best waterside walks and hope to inspire you to pull on some comfy boots, explore the waterways, and enjoy locally brewed real ale and tuck into some good food along the way, of course.

### “ What the Daily Telegraph says about the authors:

*Perhaps, in their paeon to canals, these two wacky, counter-cultural women really have captured something of the Zeitgeist. Coolness isn't a fast car any more. It isn't a crowded cocktail bar. It certainly isn't a Caribbean beach, rubber-necking at celebrities. It is knowing when to slow down, take time out, commune with nature, savour pleasures too precious to be rushed.*

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