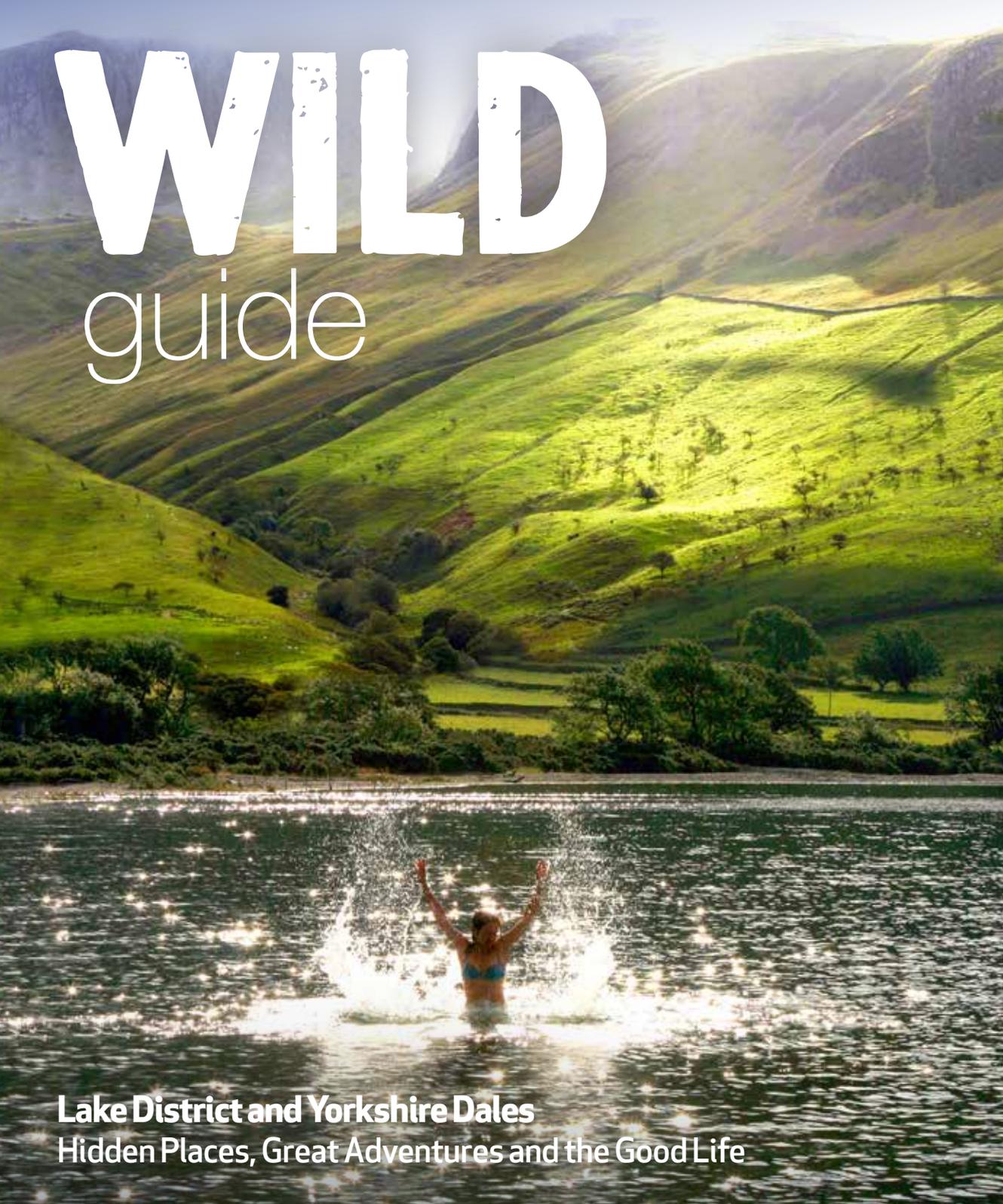


WILD

guide



Lake District and Yorkshire Dales
Hidden Places, Great Adventures and the Good Life



New from the award-winning *Wild Guide* series, this miscellany of hidden swims, ruins, meadows, wild camps and foodie delights features over 750 ideas for secret adventures and the perfect wild weekend escape. Guiding you to places no other guidebook reaches.

- **Wild swim in the best waterfalls, river pools and blue lagoons**
- **Discover secret beaches and islands to canoe to**
- **The best easy scrambles, via ferrata and gorge walks**
- **Lesser known peaks, hillforts, gorges and valleys**
- **Extraordinary caverns, caves, grottoes, follies and ruins**
- **Meadows and amazing wildlife**
- **Micro breweries, ancient inns and artisan food producers**
- **Bothies and shepherd's huts, wild camps and campfire campsites**

The *Wild Guide* is available as an ebook and app for iPhone and Android.

Also from *Wild Things Publishing*:



Daniel Start is an award-winning travel writer and photographer. He is the author of best-selling *Wild Swimming*, *Wild Guide* and *Hidden Beaches*.

Tania Pascoe is a food critic and naturalist, author of *Wild Garden Weekends* and the *Wild Guide*.

The *Wild Guide* series is winner of the Travel Guidebook of the Year awards, 2015

Inside the Wild Guide

WATER

Wild swimming		Rapid or waterfall	
Canoeing or kayaking		Island or archipelago	
Secret beach			

LAND AND WILDLIFE

Amazing wildlife		Ancient forest	
Great views		Magical meadow	
Historical site		Fantastic geology	
Ancient and sacred		Local crafts	
Cave or cavern		Festival	

FOOD

Wild foraging	
Local food	

SLEEP

Wild camping	
Camping shelter	
Proper bed	

GENERAL

Great for kids		Horse riding	
Lovely walk		Boat trip	
Adventurous		Train	
Cycling		Extra remote	

Imagine a summer spent swimming in mountain waterfalls, exploring lost ruins and caverns, and wild camping in ancient forests and meadows.

In this inspiring compendium you will discover the best wild and lesser-known places to visit in the Lake District and Yorkshire Dales, with magical places to stay and ideas to find the very best artisan food, straight from the farm or fields. Featuring stunning photography and engaging travel writing, this is the perfect book for families seeking new adventures off the beaten track, or explorers dreaming up their ultimate weekend escape.

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