

NEW EDITION

THE LEA VALLEY WALK

INFORMATION

The Lea Valley Walk is one of the finest and most varied walking routes around the capital, and an excellent way to get out of (and into) London. It offers 50 miles of traffic-free walking, tracing the route of the River Lea from its source at Leagrave near Luton to where it meets the Thames in east London. As it follows the river it undergoes a fascinating metamorphosis from rural pathway to urban trail. So whether you choose to walk for health, fresh air or views of wildlife and countryside, to visit friends, to explore heritage attractions, to escape or simply to explore your surroundings, the Lea Valley Walk offers it all.

The Lea Valley, once London's market garden, is again recognised as a rich green lung running down the east side of the capital.

This is a walk that can be enjoyed by everybody from the keen long-distance walker to those with young children or those new to taking exercise. Thanks to the many railway stations alongside the Park, between Ware and London, the Walk can be reached easily.

AREA MAP



THE AUTHOR

Leigh Hatts has been walking the Thames towpath and exploring the river and Docklands since 1981 when he worked on the feasibility study which resulted in the decision to establish the route as a National Trail.

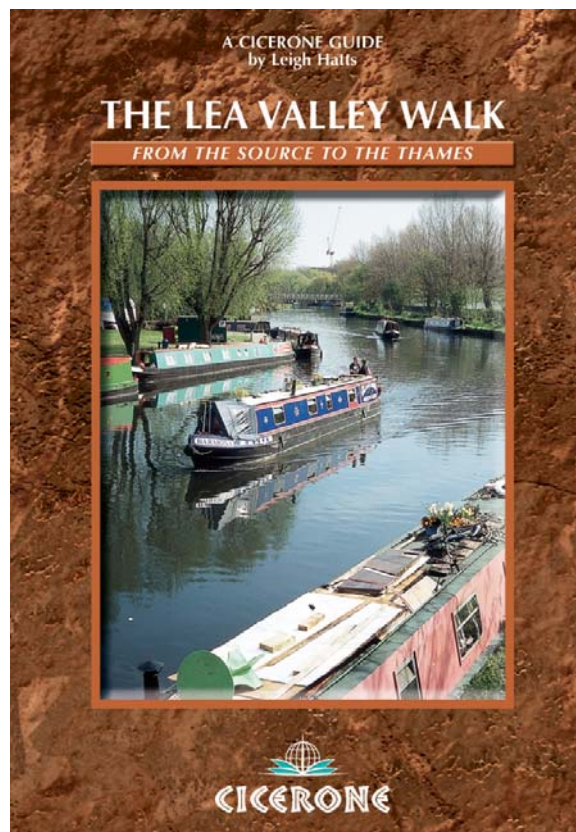
Leigh has worked as a reporter with the walkers' magazine *TGO* and as arts correspondent of the *Catholic Herald*. He is co-founder of Bankside Press and London's *in SE1* listings magazine.

OTHER TITLES

1852844361 The Thames Path

185284339X London: The definitive walking guide

1852843128 Walking in Bedfordshire



THE LEA VALLEY WALK

PRICE: £10.00

ISBN: 1852845228 (replaces ISBN 1852843136)

EAN: 9781852845223

CODE: 522

PUBLICATION: April 2007

AUTHOR: Leigh Hatts

CONTENTS: 17.2cm by 11.6cm. 160pp. Full colour throughout. PB Laminated cover.

KEY MARKETING POINTS

- Published by Cicerone in association with the Lea Valley Park Authority
- one of the finest and most varied walking routes around the capital

CICERONE

Cicerone publish over 250 guidebooks to walking, trekking, climbing, exploring and mountaineering in Britain, Europe and worldwide.

2 Police Square, Milnthorpe, Cumbria, LA7 7PY
01539 562069 Fax: 01539 563417
Email: info@cicerone.co.uk