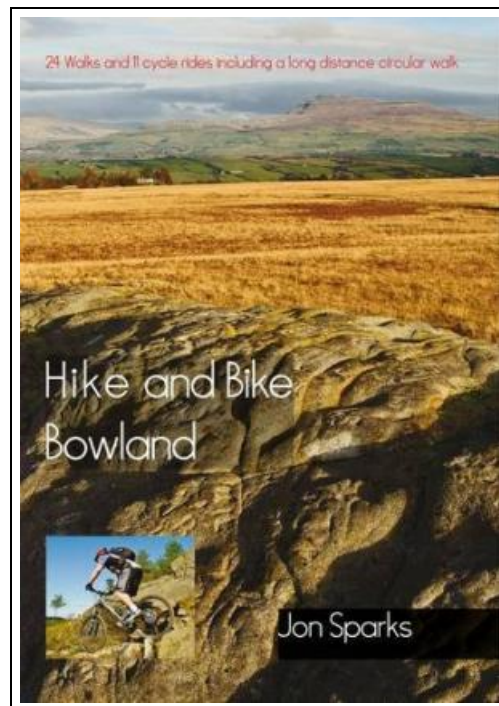


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Grey Stone Books, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. In Hike and Bike Bowland Jon Sparks will show you around. On his well chosen 24 walks, 7 road bike and 4 mountain bike rides he will take you to places high and low, by river, through woods and onto the tops. In these fine landscapes you can lean back on a warm rock and listen to the call of the curlew or amble through meadows glowing with buttercups or, for those of you with a zest for something more daring, take a white-knuckle ride on the rocky mountain bike trails of Gisburn Forest. There s even a long distance route, which can be broken up into six linear walks, with good transport links making it straightforward to tackle them individually. The author provides fascinating background information on flora and fauna, history, legend and literature. The book is sumptuously illustrated with the author s photographs and simple but clear full-colour mapping. Award winning photographer and writer Jon Sparks founded his career on photographing Lancashire and the Lake District. Today his library encompasses images from five continents, with specialist coverage of the Scottish Islands, Finland, and major Baltic destinations. He has written many highly successful guidebooks for walkers, climbers and cyclists, an acclaimed book on outdoor photography, and travel guides to Finland and to the Baltic. He writes regularly on photography and is responsible for an ongoing series of Nikon camera guides. Jon s high photographic ability turns Hike and Bike Bowland into a splendid celebration of the Forest of Bowland s extreme beauty and, being a local (Jon lives in Garstang), he has the experience to show his readers all the best routes to the best places. Although it is a guidebook, Hike and Bike...

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