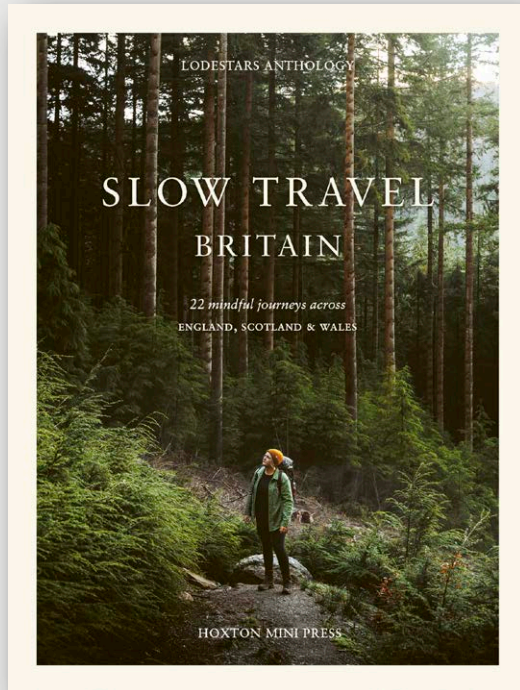




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# Slow Travel Britain

Liz Schaffer



Published 18 April 2024

£35

Hardback, 240pp

214mm x 285 mm

Travel / Photography

ISBN 978-1-914314-63-6

*Mindful journeys across England, Scotland and Wales.*

Here are 22 of the most inspiring ways to explore England, Scotland and Wales that encourage a deeper connection with their landscapes, people and culture. This is a book about travelling for those of us who'd rather take our time, focusing on authentic approaches to popular British destinations. From swimming in Snowdonia (Eryri) to walking Hadrian's Wall, eating Pembrokeshire's wild food to soaking up the history of Skye, travel is so much more than ticking off landmarks or filling an Instagram grid. Don't go far, go slow.

**Liz Schaffer** is founder and creative director of *Lodestars Anthology*, an independent travel magazine that explores a single country per issue.

## Key selling points:

Practical as well as beautiful, including genuine recommendations for where to stay, what to eat and what to do.

*Lodestars Anthology* has a large, global audience and frequently sells over 10,000 copies per issue.

Appeals to readers looking for mindful and sustainable ways of travelling.



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*Sample images*



For further information about this book or to see a review copy, please contact:  
Fiona Smith on 07831 193250 / [fiona@smithandbaxter.co.uk](mailto:fiona@smithandbaxter.co.uk)





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*Sample images*



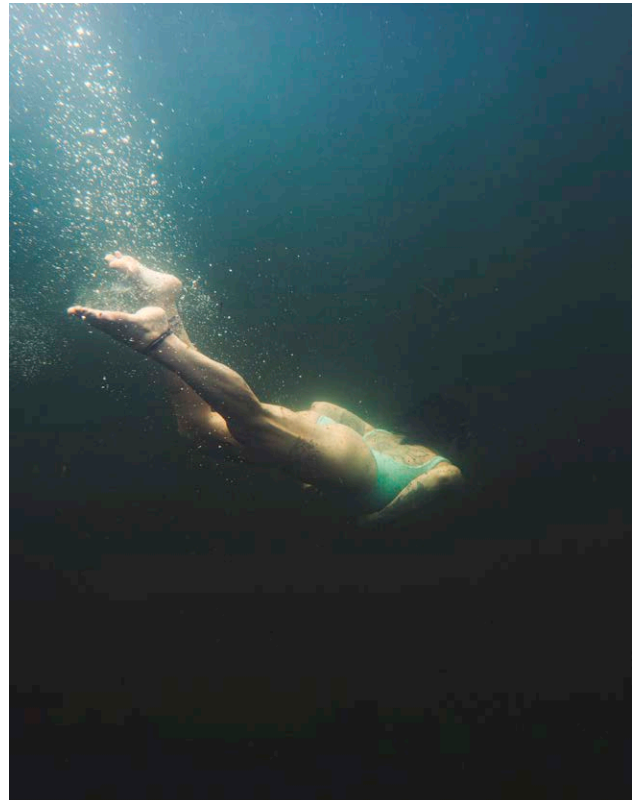
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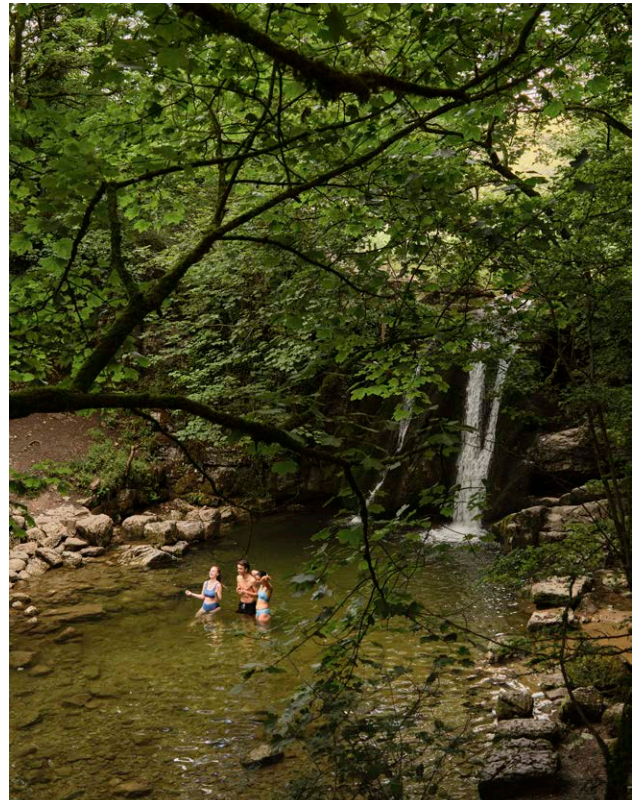
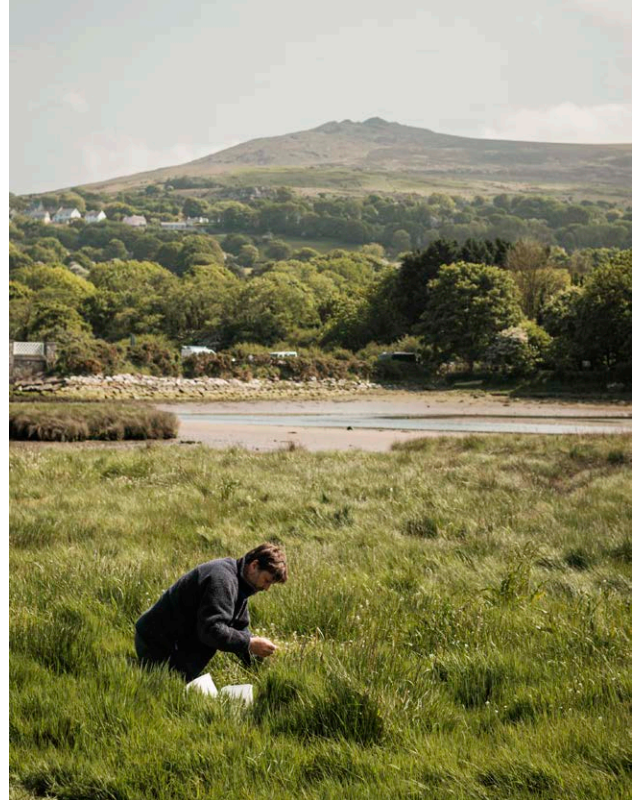




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