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## 20 Sussex Walks

By Pat Bowen, John Woodcock

Snake River Press Ltd. Hardback. Book Condition: new. BRAND NEW, 20 Sussex Walks, Pat Bowen, John Woodcock, A good walk should do more than exercise your heart, lungs and muscles; it should enhance your mood, refresh your soul and leave you knowing a little bit more about your world. There's no better way of getting to know the land than by walking it until that you feel it in your bones - even if these do ache pleasantly after one of the more challenging outings. These 20 original walks have been designed by Sussex walk expert Pat Bowen to let you experience every aspect of the rich Sussex landscape from coast to high heathland, and on the way entertain you with historical titbits, anecdotes, nature notes, folk stories, and the kind of insider knowledge that only locals have. This work offers 20 original walks graded into simple, moderate and challenging. It is authored by an enthusiastic walk leader with 20 years' experience. All walk sites are accessible by public transport and based on OS maps. The walks explore coast and countryside, forest and downland.



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