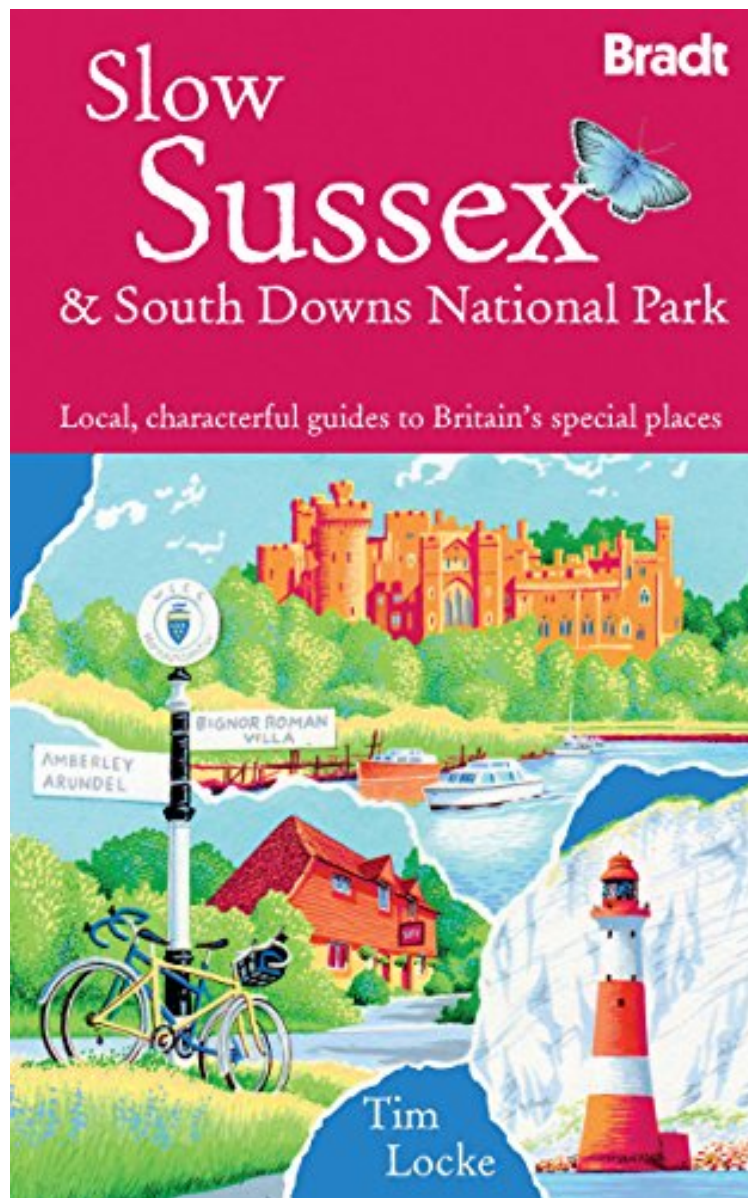


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## Slow South Downs Sussex Coast: Local, characterful guides to Britain's special places (Bradt Travel Guide Slow Sussex South Downs National Park)

*Tim Locke*

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Tim Locke : Slow South Downs Sussex Coast: Local, characterful guides to Britain's special places (Bradt Travel Guide Slow Sussex South Downs National Park)

before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Slow South Downs Sussex Coast: Local, characterful guides to Britain's special places* (Bradt Travel Guide Slow Sussex South Downs National Park):

0 of 0 people found the following review helpful. Will be visiting the area armed with a great number of off the beat itineraries as well as ...By EnricoWill be visiting the area armed with a great number of off the beat itineraries as well as deeper info regarding major stops such as Brighton.0 of 0 people found the following review helpful. Great Guide to all those things you'd miss in other booksBy CoppeiThis book really gives the insider view to the area. To do everything you'd have to live in the the area and do lots of weekend trips to the local listed. Which, by the way, I would love to do sometime!

Straddling the Hampshire Downs and the distinctive countryside of Sussex, the South Downs is Britain's newest and most visited national park, and is abutted by a long coastline and the surprisingly remote landscapes of the Weald. Slow-travel enthusiast and Sussex resident Tim Locke takes a close-up look at the best of the countryside and places in his back yard, and celebrates what makes the area so distinctive. This is not a book of dry practicalities. Locke's local knowledge leads the reader to his favourite walks, pubs and and places to stay, while his colourful interviews with local craftsmen and characters give visitors a personal acquaintance with the region. Sussex boasts a huge variety of landscapes and architecture, from the chalk South Downs to the salty marshes at Chichester Harbour. The ways of enjoying it are just as diverse, and could include foraging for fungi on the Wealden heaths, watching the unique Sussex pastime of stoolball, paragliding over the Downs or sampling a locally produced wine.

'Eye-opening and wonderful' The Sunday Times Magazine 'Slow guides take time to point the way.' Hugh Fearnley-Whittingstall 'The Slow guides are the perfect travel companion - warm, witty and stuffed with insider knowledge. I can't think of a better way to unlock the joys of Britain.' Carl Honore, author of *In Praise of Slow* 'Slow Sussex and the South Downs is full of local sussex colour.' Marie Claire 'Thanks to Tim, I'm now inspired to visit Kingley Vale for myself, not to mention Fishbourne's Roman Palace and Sussex's Purple Patch. I want to go llama trekking in the Ashdown Forest and try paragliding over the Downs, and when I do, this fascinating guide will be the first thing I shall pack.' [thetraveleditor.com](http://thetraveleditor.com) 'It's a wonderful read that will really help me with exploring my adopted county. I hope it sells well - it deserves to!' Dr Hew Prendergast, Director, Ashdown Forest Conservators 'Written in a pleasing journalistic style, with plenty of fact-filled anecdotes and personal experience thrown in. A book after Viva's own heart; and one that is likely to spend more time on the desktop or in the shoulder bag than on the bookshelf.' Viva Lewes 'A book that really gets to the heart of all that's best about Sussex, whilst taking an approach close to my own heart - a refreshingly slow and sustainable way of appreciating this beautiful corner of the country. No rush; just savour and enjoy!' Gillian Clarkson, Towner Gallery, East Sussex 'An exceptional new book ... just part of the mixture that makes Slow Sussex and South Downs National Park so compelling. This is no standard guide book. It's a fascinating blend of things to see, things to do - and perhaps how to go about it all on foot.' *Sussex Express* 'Locke's wry humour and detailed research make this a readable and informative book. The chatty tone is interlaced with the sort of recommendations that only someone with good local knowledge can provide.' [thetraveleditor.com](http://thetraveleditor.com) 'Perhaps if Jerome K Jerome had published guidebooks instead of novels, he might have written books like these... I hope this series does well and becomes international, as it is about time everyone slowed down a bit and appreciated what is around them' [www.wildlifeextra.com](http://www.wildlifeextra.com) "As much an entertaining armchair read as a practical guide, this book is perfect for newcomers to Sussex as well as locals." *Sussex Wildlife Trust magazine*About the AuthorTim Locke is a freelance travel writer with special expertise on England and Wales.