



draft cover

## The Lake District

Meg Abbott

12 May 2022

9781787138469

£15.00 | Flexibound

144pp | 210mm x 145mm

Full-colour photography throughout

**A thoughtfully curated guide to local areas and their hidden gems**

As a UNESCO World Heritage Site, the Lake District has a lot to offer – mountains, valleys, coastline, postcard panoramas and, of course, lakes. Each chapter of this book lays out a considered selection of alluring local places to eat and sleep, as well as suggested itineraries and inspiration for exploration. Activities include everything from hiking routes and wild swimming spots to seasonal activities, whether you want to get cosy in a quiet corner or wander around a bustling market town. Now, more than ever, this beautiful region is one to celebrate.

*Off the Beaten Track: The Lake District* is part of a series of books designed to celebrate the UK's greenest places and their most beautiful places to stay, eat and play.

**Meg Abbott** and **Issy Croker** are a writing and photography duo who travel and tell stories of the places that they visit. They have contributed to publications such as *Life & Thyme*, *easyjet Magazine* and *Time Out*. They created an 'At Home With' series for Food52 and were the London voices of Food & Wine's 'Around the World' web series.

- There is a renewed interest in countryside breaks
- The Lake District is frequently listed as the most popular staycation destination for Brits
- "Preference for destinations that offer nature, adventure and solitude are on the rise." – Wunderman Thompson Trend Report 2021