



## **Beautiful Buggy Walks**

### **Wellies, Wheels and Wonderful Walks**

**A new book featuring the very best buggy friendly walks in England**

Publishing on 1<sup>st</sup> May 2012, *Beautiful Buggy Walks* ([www.beautifulbuggywalks.co.uk](http://www.beautifulbuggywalks.co.uk)) is a new book from Punk Publishing (the company behind the *Cool Camping* and *Wild Swimming* titles) which promises to inspire new parents to don their wellies or walking boots and get out into the great outdoors with their new offspring in tow. This fully illustrated new guidebook is the first of its kind and details 50 buggy friendly walks around some of the most picturesque areas of rural England. The walks include secret city ambles, thrilling highland rambles, epic coastal paths and meanders through elegant country estates.

Written by father and self-confessed rambler Richard Happer, *Beautiful Buggy Walks* allows families to venture into the countryside without the fear of getting stranded on precipitous cliff-top paths or being stumped by a stile. Walks range from a quick stroll around a scenic lake to a five-mile ramble through the dramatic Northumbrian countryside and each walk has easy, unhampered access.

Whether you wish to roam the cliff-tops of Perranporth on Cornwall's Atlantic shore or stroll through remote moorland around Kielder Water in Northumberland, the walks cater for all tastes. Richard used his son Harry as guinea pig for the various routes and all have been given a two-year-old 'thumbs up' seal of approval.

Particularly useful is the quick reference guide to each walk that details all the necessary information such as route maps, OS co-ordinates, length and time of the walks and difficulty ratings. Symbols detail at a glance the nature of the terrain and the type of buggy most suitable for that trail. Also included are anecdotes about the area, wildlife watch stops, *Dad Facts* such as Bronze Age ships in Salcombe or Upton Dyke's 12<sup>th</sup>-century windmill, rest and refresh stops that recommend child-friendly pubs and eateries, as well the best picnic spots and nearest loo.

Author Richard Happer says, "Every new parent yearns to introduce the world to their child and their child to the world. A walk in the fresh air is great exercise and cheaper than the

gym. It's a perfect way to bond with your new family, involve siblings in the fun and ensure that your buggy doesn't hamper progress when a gentle track transforms into rocky scramble. All of the chosen strolls are guaranteed not to leave the walker mired in fields or stuck in impenetrable forests!"

### **About the Author**

From a young age, Richard Happer developed a great fondness both for books and the outdoors. After several years spent trying to work out how to combine those two passions, he eventually emerged with his first novel *The Hills Are Stuffed with Swedish Girls*, followed by *365 Reasons to be Cheerful*. Now a full-blown outdoors addict, he has written for both *Extreme Survivors* and *Ramblers Best Walks Britain*. He lives in Edinburgh with his wife Rachel and son Harry.

- **Tarr Steps, Exmoor** is a fantastic river and woodland walk. The river is knee-high to a toddler in the summer months and excellent for a splash around; there's a meadow that aches to be picnicked in and a 3000-year-old clapper bridge. The woodland walk is a national nature reserve that offers the opportunity of spotting red deer, dormice and even the elusive otter.
- **Brimham Rocks, Yorkshire**. This spectacular stroll through typical Yorkshire moorland ends in open-mouthed amazement amongst weird and wonderful rock formations. Legend has it that the bizarre groups of rocks were a giant's idea of ancient garden design. There are 50 acres of gravity-defying, naturally sculpted stones to be seen, perfect climbing for older siblings and picnicking spots galore.

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For more information go to: [www.beautifulbuggywalks.co.uk](http://www.beautifulbuggywalks.co.uk)

***For further media information, publishing details, review copies, interviews, extracts, competition copies as well as high quality images please contact  
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### **Notes to Editors:**

- The book features 50 of England's most beautiful buggy walks in a handy sized full-colour book.

- *Beautiful Buggy Walks* presents walks with thoroughly researched practical information: timings, directions, difficulty ratings and interesting facts and additional information about each area.
- *Beautiful Buggy Walks* is Richard Happer's fourth book, published by award-winning independent publishing company Punk Publishing (publishers of *Cool Camping*, *Wild Swimming*, *Escape Routes*, *Taste Britain* and *Tiny Campsites*).

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