

Date: 05.04.2019

Join James Proctor as he explores the Faroe Islands - one of Europe's best-kept secrets.

- Pack your thermals and waterproofs – you'll soon discover why the Faroe Islands have such a prominent place in the BBC's Shipping Forecast!
- Go puffin spotting on Mykines, or marvel at the Vestmanna bird cliffs on a boat trip.
- Soak up history, culture and traditional Faroe cuisine when you visit the capital Tórshavn.

James Proctor had this to say about why the Faroe Islands are such a fascinating place to visit: "The combination of wild weather and unforgiving landscape in the Faroe Islands is like nowhere else. After my first trip to the Faroes, I soon became a devoted fan of these 18 remote, windswept islands lost in the North Atlantic and quickly added them to my list of special places. I hope you will, too."

To request a review copy or arrange an interview, Q&A or talk with James, please contact: marketing@bradtguides.com. Competition giveaways and reader discount codes are also available for this title.

***Faroe Island* by James Proctor**

Published by Bradt Travel Guides, 5 April 2019

9781784776329, £16.99

About the author



James Proctor first visited the Faroe Islands in 1992 on board the Smyril ferry sailing from Aberdeen and has been back and forth ever since. James divides his time as a freelance travel writer between the south of France and his home in North Yorkshire. He has also written Bradt's *Lapland* and *West Sweden* guides and co-written other guides to Iceland, Reykjavík, Sweden and Finland.

About Bradt Travel Guides

Founded in 1974, Bradt is now the largest independently owned travel guide publisher in the UK, with more than 200 titles currently in print, over half of which have no direct competition from other guidebook lists. The company has won many awards including gold in the Top Guide Book Series category at the 2019 *Wanderlust* awards.

