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Discover the natural beauty, breathtaking landscapes and slow lifestyle of the Yorkshire Dales with local expert Mike Bagshaw.

- Explore even more of the Yorkshire Dales National Park in this new edition – it's increased in size by 24% thanks to an extension to its western boundary.
- Get on your bike and cycle the impressive Tour de Yorkshire route.
- Savour the tastes of the Yorkshire Dales with suggestions for restaurants, pubs and food stores packed full of locally sourced food and drink.

Mike Bagshaw had this to say about the process of writing the guide: "The welcome opportunity to write this guide has allowed me to see familiar places in a new light, and discover corners I had unwittingly missed. It also gave me the incentive to go and do some of those things that I'd always promised myself, like watch an early-morning black grouse lek, or brave the descent of Gaping Gill cavern. Best of all, it's rekindled my desire to go out exploring, and see what else I might have missed in this wonderful county."

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

***Slow Travel: Yorkshire Dales* by Mike Bagshaw**
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About the author



On leaving school in his home town in Lancashire, **Mike Bagshaw** moved to the rival county of Yorkshire and loved it so much that he has lived there ever since. After studying zoology and training as a teacher at Sheffield University, almost all of his working career has been spent in an outdoor education centre in North Yorkshire. Many happy hours were passed river canoeing with school children or sitting alone up on the high fells of the Yorkshire Dales monitoring Duke of Edinburgh expedition groups through binoculars - tough work, but somebody had to do it.

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.

