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Slow down and uncover the hidden corners of the Peak District with expert local author Helen Moat

- Explore the moorland wilderness of the national park and soak up the history at Bronze-age forts and mysterious stone circles.
- Visit some of the region's most charming market towns, such as Bakewell, Buxton, Matlock and Ashbourne.
- Savour the tastes of the Peak District with personal recommendations of characterful pubs, with hand-picked ales and locally sourced food.

The author had this to say on the region: 'No matter how much time I spend roaming the Peak District, there's always so much more to discover. You could spend a lifetime in the Peak District and still not cover every public footpath criss-crossing dale and moorland, nor visit every inn, hamlet or village. That's the beauty of the Peak.'

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

***Slow Travel: The Peak District* by Helen Moat**
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About the author



Helen Moat was born in Northern Ireland and spent her childhood travelling the length and breadth of the island in her Dad's Morris Minor – or so it seemed: she still suffers from wanderlust. Helen studies German and has lived in Switzerland and Germany for extended periods. Now settled in the Peak District, she is constantly inspired by the landscape and the people and places shaped by the Peak. A keen walker and cyclist, she's happiest when outdoors and on the move. As a freelance travel writer, she's always on the hunt for a good story. The Peak District gives her plenty of material.

About Bradt Travel Guides

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