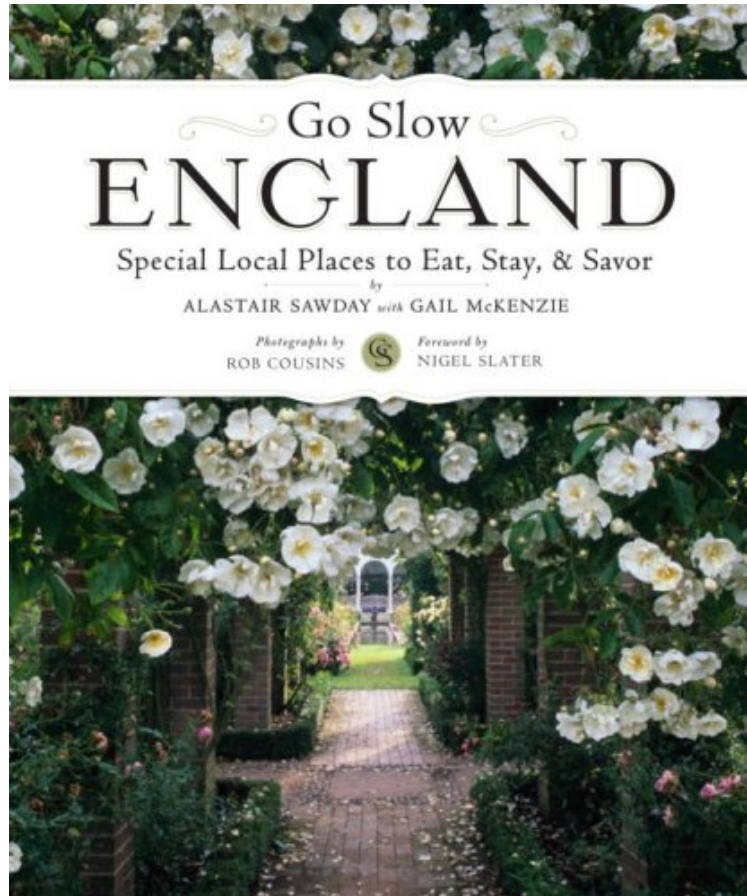


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## Go Slow England: Special Local Places to Eat, Stay, Savor

*Alastair Sawday*

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**Alastair Sawday : Go Slow England: Special Local Places to Eat, Stay, Savor** before purchasing it in order to gage whether or not it would be worth my time, and all praised Go Slow England: Special Local Places to Eat, Stay, Savor:

13 of 13 people found the following review helpful. A Slow MeanderBy Kindle CustomerI thought this book was a lovely way to visit parts of England that I may never see. It was also an opportunity to meet people who love the work they do creating these many individual BBs. Each one is unique and has so much to offer. The book has beautiful photography and great written descriptions of the areas and the BBs and their histories. You also get to know the people who have opened their homes to so many diverse people.I would recommend it to anyone who wants to armchair visit or who will be making an actual visit it England.2 of 2 people found the following review helpful. Indispensable!By Pam WeingartI used this book to help plan a four week trip to England, Wales, and Scotland. Every review that I used was accurate and very helpful. The guide was useful for getting to places we may not have discovered otherwise.6 of 6 people found the following review helpful. When Can We Go?By James T. HigginsWonderful book, and we've spent hours pouring over it wondering when and where to go. I could only wish

for more information on traveling from one place to another for travelers who might not have a car.

Forty-eight of the loveliest places to stay throughout England are celebrated in this lushly photographed guide to slow food, places, and lodgings which have been chosen with environment in mind. In this guide, these ecological concerns translate into some of the most inspired settings and delicious food in England. There are cottages and castles surrounded by wild and rambling gardens or a bluebell wood, guestrooms tucked under the eaves, fitted with down comforters and luxurious bathrooms. You'll dine on home-baked bread and ice cream churned by hand; local meat, fish and produce; eggs laid by the chickens wandering across the lawn; fruit from the orchard across the way and libations from local breweries or vineyards. For each area of England there are dozens of recommendations for slow things to see and places to dine on artisanal, organic, homemade local food. There are supplementary listings of additional pubs and inns. Also with: maps of the seven areas of England, useful websites, how to travel to the special places, and information about How to be Slow.

"Go Slow England is a luscious guide to BBs high on charm but low on environmental impact." --Conde Nast Traveler  
"Alastair Sawday's Go Slow England is the latest in a series of exhaustively resourceful guides to local secrets. It's organized by county and illustrated with maps as well as with many misty-watercolor photos of countryside Britannica--the author never met a chicken coop he didn't like." --The New York Times Magazine  
"Alastair Sawday's Go Slow England suggests places to eat, stay and 'savor' in England, from Cornwall to Northumberland, that follow the 'go slow' movement, a philosophy that resists the homogenization of contemporary culture, instead promoting local food and customs...The 48 places featured here, whether cottages, castles, farmhouses or country houses, embrace a slower pace and a healthier way of life. The book also includes ideas for slow travel (such as taking the train from Penzance to St. Ives) and features recipes from several of the inns (plum fudge pudding, roasted squash and red onion risotto)." --The Chicago Tribune  
"Farms, inns, bed breakfasts of all sorts dot Go Slow England, a collection of insights written into the best Slow places to stay in the English countryside...this book, with its lush green photos and beaming portrait of the Slow, summery lives of innkeepers, is apt to cause envy and/or personal transformation. Anyone considering a trip to England, however, will get not only a smorgasbord of intimate introductions... to nearly 50 places to take a guilt-free break, but a vast array of enticing photographs and comprehensive lists of nearby landmarks, pubs, markets, and so on to round out your Slow holiday. There's even a smattering of recipes to get ones stomach rumbling for hearty English fare." --Treehugger  
Go Slow England is...aimed at people looking to leave the fast line for a peaceful break. Inspired by the Slow Food revolution, it recommends 48 individual places nationwide where you can stay in a treehouse, tipi or wooden hut, as well as distinctive BBs, inns and small hotels... This book is the perfect companion for you on an English drive. Sainsburys Magazine (UK)  
Slow is a philosophy. It means taking time to appreciate the simple things in life, such as buying produce from your local farm shop or growing your own vegetables. Fundamentally, slowness is about happiness; its claim being that the faster and more materialistic a society is, the less happy its members are. This colourful book offers you a choice of eco-friendly and community-centred places in which to stay, along with information on the best greengrocers, wine-makers and farmers, all of whom have embraced the slow ideology. The National Trust Magazine (UK)  
If one books sums up what life is like outside Englands cities, this is it... Beautifully designed and unpatronisingly written. Sunday Times (UK)  
Travel Magazine  
a magnificent guidebook. It features artisan producers and unusual, elegant places to stay with useful sections on slow travel, restaurants and food producers. BBC Good Food Magazine  
Dreamy farmhouses, traditional local produce, pretty towns that have resisted homogenisation grab a copy and slow down to a crawl. Wanderlust (UK)  
...a sharp reminder that, when it comes to downshifting, most of us really do have a choice. BBC Countryfile  
Alastair Sawdays Go Slow England covers a selection of places to stay where the emphasis is on all things eco, whilst championing a leisurely pace of life. With a list of the best slow activities and slow food in each area, this book inspires and informs travellers to destinations across the UK. Food Travel (UK)  
Keep this book by your favourite armchair and, whenever life leaves you feeling frazzled, dip inside. Celebrating the unhurried and simple, distinctive and individual, Go Slow England is all about slow travel, slow food and the places and people who embrace these ideals...  
Go Slow England will make you want to re-evaluate your life (and probably re-decorate your home) and is the perfect antidote to the stop-watch mentality of the modern world. Country Living (UK)  
A lavish, beautifully-produced book, full of places I'd love to stay and food I'd like to eat. The Bookseller (UK)  
...a new type of travel guide with a philosophy attached... In contradistinction to the prevailing pack it all in and have it all attitude, Sawdays guide puts the accent on taking life at an unhurried dawdle, sniffing the air and observing nature... Eminently readable but also aesthetically pleasing, this book is a real pleasure and a superb celebration of the best of English life. Good Book Guide (UK)  
About the Author  
Alastair Sawday is a writer and publisher who focuses on environmental issues. He has been a tour guide through France, guided disaster relief teams in Turkey, worked for the an international charitable relief organization in Papua New Guinea, and, in 1992, stood for Parliament with the Green Party. In 2006 his publishing company was awarded a Queens Award for Sustainable Development.  
Rob Cousins is an English photographer who works with editorial, publishing, and commercial clients. His work has been used in newspapers or

their and magazines throughout Britain. His clients include the BBC, The National Trust, and Good Homes Magazine. Nigel Slater has been the food columnist for The Observer for fifteen years. Author of seven cook books, an autobiography and host of the BBC television series A Taste of my Life, his latest book is Eating for England, a personal portrait of the British at table.