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PORTRAIT OF THE EDEN VALLEY

Graham Uney

The River Eden starts its life among the wild fells of the Cumbrian Pennines, high on a bleak moorland plateau between the peaks of Hugh Seat and Archy Styrigg. The river courses through bog and peat, issuing from the rim of the fells on Mallerstang Edge before rushing northwards to the sea. On its journey the Eden passes through some of Northern England's most stunning and varied scenery, from wild flower meadows to dense woodland gorges, fertile farmland to luscious parklands, all to rival the best in the country. Characterful market towns have sprung up throughout the valley, and historic villages and farmsteads are scattered along the length of this mighty river before the flatlands of the Solway Firth are reached at Carlisle.

This beautiful collection of over 140 colour photographs, brought together in one book to reveal a perfect Eden, encapsulates the life of the valley in all its moods.



Graham Uney has spent a lifetime exploring all corners of Britain, as well as further afield. His photographic work and writing have appeared in countless magazines and newspapers, along with a handful of books and tourism brochures. Aside from working as a writer and photographer, Graham also works as a mountain walking guide. Until recently, Graham lived in the Northern Pennines, overlooking the lower reaches of the River Eden.



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HALSGROVE PUBLISHING



On the high moors of Mallerstang, where heather grows in profusion, red grouse can often be seen.



Although much of Brougham Castle is now in ruins, it is well worth exploring.

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At Long Meg Standing Stone there is an ancient circle of lesser stones, known as Long Meg's Daughters.



Frost clothes the fields beneath Knock Pike.



At the entrance to the higher part of Geltsdale there is a small hill overlooking the flatlands of the Solway Firth. This is Talkin Fell.



Example of a double page spread.