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Walk and Eat Stockholm

By Paul Eade

Sunflower Books. Paperback. Book Condition: new. BRAND NEW, Walk and Eat Stockholm, Paul Eade, This pocket-sized full-colour guide is designed for short-break holidays around Stockholm and its archipelago with a gastronomic touch. Almost all the walks are easy grade, but the book is worth having just for the restaurant suggestions, the excursions and the information about local food. The book describes four excursions (including boat trips and a heritage railway), plus 11 easy to moderate walks, all illustrated with 1:35,000 topographical maps. Each excursion or walk recommends at least one restaurant en route serving local cuisine, with photograph, price guide, opening times, sample menus, and recipes for some of their specialities. Other sections include: planning your trip, getting about, food shopping (including health foods and local markets), glossary of food terms and restaurant mini-vocabulary. A special feature is the emphasis on natural local foods suitable for those with food intolerances. All recipes have been made by the authors and are known to 'work'. On-line updates keep readers abreast of any route or restaurant changes. Sunflower have led the field for years with their brilliant Landscapes walking and car touring guides. Now, they have raised their game even higher with a superb...



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