17th March 2011, London, UK

Rough Guides Bring You 500 Unmissable British Experiences

Make the Most of Your Time in Britain presents 500 of the best travel experiences from across the country bringing together Rough Guides' top picks for the most inventive, exciting and downright bizarre things to see, do and explore in Britain.

With the best of Blighty at your fingertips, you'll be inspired to explore your own back yard. Discover you don't have to leave the country to experience breathtaking beaches, award winning food, to ski, scuba dive or explore world-class galleries, architecture, and festivals.

Fourteen chapters cover different aspects of travel in Britain, from 'great places to stay', 'myth, heritage and nostalgia', 'art and architecture', 'beaches and coastline' or 'wildlife and nature'. Detailed indexes, listings and maps, along with an indication of prices make it easy to plan ahead and control, or blow, your budget.

Throughout the book you'll also find Rough Guides' themed picks, from Welsh castles, weird and wonderful east end attractions, child-friendly museums, blow the budget hotels, music festivals or wild swimming spots.

The Top 5 – The Editors Pick:

189 Honister's Via Ferrata Cumbria – The country's most ridiculously thrilling high-mountain adventure. Never has 2126 feet seemed so impossibly high or so dramatically alluring that you can't wait to do it all over again.

033 Through the keyhole at Dennis Sever's House – become part of the family as you explore this east London house that recreates its Georgian past in meticulous detail, a unique theatrical experience.

330 Island hopping in the Scillies – Discover this unique archipelago which has one of the mildest and sunniest climates in the country with white sand beaches and crystal clear waters.

481 Narrowboating the Llangollen Canal – This famous canal runs high above the town on the Dee Valleys steep slope. Negotiate the dramatic Pontcysyllte Aqueduct in a narrowboat and, with a sheer drop on one side, you can enjoy the dizzying panoramas of verdant pastures.

152 Dancing a ceilidh in Ullapool - Homely, boisterous and above all, huge fun, one of the best places to learn how to ceilidh is the Highland town of Ullapool on the eastern shores of Loch Broom.

Notes for Editors:

Make the Most of Your Time in Britain Published: 23rd April 2011 ISBN: 9781848366855

RRP: £16.99 www.roughguides.com

For more information, to request review copies of these titles, to discuss extracts or to organise an interview with a spokesperson, please contact rachel.sprackett@uk.roughguides.com or call 0207010 3701