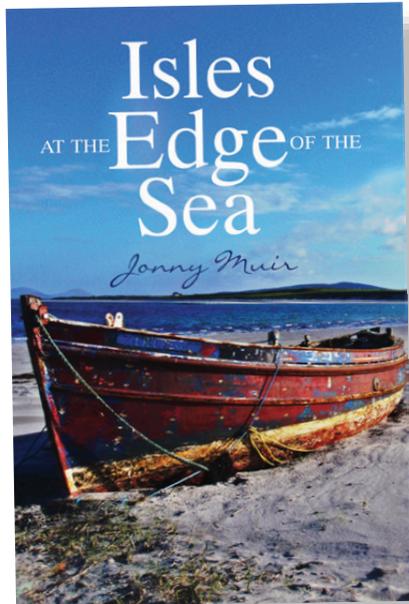




Isles At The Edge Of The Sea



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Rising off the western seaboard of mainland Scotland are hundreds of islands, hidden worlds. Beginning on Arran, Jonny Muir sets out to explore these places with a single ambition: to reach the faraway St Kilda archipelago, the islands at the edge of the world. On the way he attempts to find his inner peace on Holy Island, takes part in a punishing foot race across the misty mountains of Jura, confronts the Inaccessible Pinnacle on Skye and walks along the white-sand beach on Berneray that became the face of a Thailand tourism campaign.

Island life is not without its challenges. 'Man-eating' midges live up to their reputation on Rum and a furious Atlantic storm threatens to rip his tent to shreds on Barra – with him inside. An intensely personal account of a journey through some of Britain's most extraordinary landscapes, *Isles at the Edge of the Sea* is a celebration of Scotland's west coast islands, from the people who inhabit these fragile places to the ever-changing vistas created by the collision of land, sea and sky.

AUTHOR

Jonny Muir is an adventurer, runner, writer and proponent of UK-inspired travel. Born in Birmingham in 1981, he grew up and was educated in north Worcestershire, before studying history at the University of Exeter. Jonny visited the UK's 91 historic county tops in a continuous 5000-mile cycling and walking adventure over a three-month period in 2006. His first book, *Heights of Madness*, published in 2009, is an account of that unique journey.

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