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SCRAMBLES IN THE LAKE DISTRICT NORTH

110 scrambling and mountaineering routes



Brian Evans

Scrambles In The Lake District North

Rudolf Abraham



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Scrambles in the Lake District R. Brian Evans, 1982-01-01 Scrambling has become a popular pastime in recent years and this guide provides information on scrambles in the Lake District which aim to inspire the adventurer **Mountain Biking in Slovenia** Rob Houghton, 2017-03-31 Guidebook to 35 full and half day mountain biking routes in Slovenia The graded routes which range from technically not difficult but requiring a reasonable level of fitness to highly technical requiring a high level of fitness and confident bike handling skills vary in length from 12km to 59km Routes are located in Gorenjska Soca Valley the South as well as Central and North Eastern Slovenia Full route descriptions are accompanied by gradient profiles and 1:75 000 mapping together with practical information such as getting to and around Slovenia travelling with the bike arranging accommodation and dealing with emergency situations A handy Slovenian language glossary is also included Showcasing a remarkably diverse landscape Slovenia is an idyllic mountain biking destination From the towering peaks of Gorenjska and the stunning riverside trails of the Soca Valley to the tremendous limestone caves of the Karst region and the forests of the Nanos plateau in the country's south there is endless opportunity for tough climbs long descents and technical trails as well as slow scenic trips lakeside and through vineyard laced landscapes making it a perfect travel destination for the avid mountain biker Great Mountain Days in Snowdonia Terry Marsh, 2011-06-07 A guidebook to 40 great mountain walks and scrambles in Snowdonia The inspirational routes in this larger format book range right across the Snowdonia National Park and are divided into 8 geographical regions Snowdon and Moel Eilio the Glyderau the Carneddau Eifionydd Siabod and the Moelwynion Rhinogydd the Harlech Dome Migneint and the Arans and Cadair Idris and the Tarrens All routes are graded from moderate to strenuous and illustrated with Harvey map extracts topo diagrams by Mark Richards and lots of stunning photographs Some routes include mild scrambling or long days in rugged country and many can be enjoyed all year round The walks have been chosen to encourage you to try something new in this much loved region while at the same time offering clear descriptions of classic routes for those new to Snowdonia **Walking the Cape Wrath Trail** Iain Harper, 2022-05-15 This guidebook describes the Cape Wrath Trail a long distance trek from Fort William to Cape Wrath crossing the wild northwest of the Scottish Highlands The route is described from south to north in 14 stages with 6 alternative stages along the way allowing for a flexible itinerary of between two and three weeks A long tough trek with no waymarking this is for the tried and tested backpacker The guidebook includes OS mapping route profiles and detailed route descriptions and gives you all the information you need about accommodation including hotels bothies B Bs and bunkhouses campsites and amenities en route to help you plan and prepare for this epic challenge The Cape Wrath Trail is regarded as the toughest long distance route in Britain and offers unparalleled freedom and adventure to the experienced and self sufficient backpacker prepared to walk for many days in remote wilderness Travelling through the wild and rugged landscapes of Morar Knoydart Torridon and Assynt it will test the limits of your endurance Scottish Wild Country

Backpacking Peter Edwards, David Lintern, Stefan Durkacz, 2022-08-15 Stunning backpacking routes in the Scottish Highlands and Islands are covered in this inspiring large format guidebook 30 routes are described ranging from 1 4 days with most suitable for a long weekend The routes are divided between the Western Highlands and Inner Hebrides the Central and Eastern Highlands the Northwest Highlands the Far North and the Outer Hebrides They are suitable for those with the experience and self reliance to navigate proficiently and stay safe in an environment which can easily become inhospitable Although some routes visit bothies most call for at least one night s wild camping Each walk includes overview data route description and 1 100 000 mapping and they are illustrated with stunning photos An introduction offers background information about the Highlands rich geology plants and wildlife and the historical and cultural context of Scotland s wilderness There is also practical information on preparing for an incursion and advice for those looking to expand their experience of wild country backpacking The Highlands and Islands of Scotland are home to the most ruggedly beautiful expansive and challenging backpacking country in the British Isles This is a land for those who love open spaces vast horizons and the domination of nature

Trekking the Cami dels Bons Homes Nike Werstroh, Jacint Mig, 2024-05-30 A guidebook to walking the Cami dels Bons Homes GR107 from Foix in France to Berga in Catalonia Covering 225km 140 miles this long distance hike follows a Cathar trail through the French and Spanish Pyrenees Some sections of the trail are long and somewhat demanding so a reasonable level of fitness is required for the trek The route is described from north to south in 10 stages each between 16 and 36km 10 22 miles in length GPX files available to download 1 100 000 maps included for each stage Handy stage facilities planner that highlights information about accommodation facilities and public transport along the route Advice on planning and preparation

Walking on the Amalfi Coast Gillian Price, 2024-05-16 A guidebook to 32 day walks on Italy s Amalfi coast Exploring the dramatic scenery of this UNESCO World Heritage site the walks are suitable for beginner and experienced walkers alike and cover the Amalfi coast as well as the Islands of Ischia and Capri Walks range from 3 to 11km 2 7 miles in length and can be enjoyed in 1 5 hours The walks have been designed to allow you to combine routes to create longer days out and are easily accessible from Sorrento Positano and Amalfi Local points of interest are featured including the Gulf of Naples Sketch maps included for each walk Detailed information on accommodation facilities and public transport

Walking in the Dolomites Gillian Price, 2017-01-20 A guidebook to 25 multi day treks in the Dolomites of north east Italy The routes range from moderate to challenging in difficulty with varying degrees of mountain traverses scrambles and exposure so a good head for heights is needed The treks range from 11 to 41km 7 25 miles with daily distances of between 5 and 15km 3 9 miles Each trek is designed to be hut to hut and last 2 4 days The routes explore the major mountain groups of the UNESCO World Heritage site including Sella and Marmolada 1 100 000 maps are included for each walk Treks feature notes on access difficulty and recommended maps for navigation on the ground Public transport and accommodation options are detailed

Trekking Chamonix to Zermatt Kev

Reynolds,2024-03-19 A guidebook to the Walker s Haute Route a classic trek between Chamonix in France and Zermatt in Switzerland Covering 215km 134 miles this long distance trek linking Mont Blanc and the Matterhorn takes around 2 weeks and is suitable for trekkers with Alpine experience The route is described west to east in 14 stages each between 9 and 20km 6 12 miles in length The route takes in 11 passes and 14 000m of ascent with several route alternatives included allowing you to select the itinerary that suits you 1 50 000 mapping included for each stage GPX files available to download Detailed information on mountain huts facilities and refreshments along the route Advice on planning and preparation **The Ridgeway National Trail** Steve Davison,2025-01-09 A guidebook to walking the Ridgeway National Trail between Avebury in Wiltshire and Ivinghoe Beacon in Buckinghamshire Covering 139km 87 miles this mostly low level route is suitable for all abilities and takes 6 to 9 days to hike The route is described in both directions and in 12 stages ranging from 8 to 16 km 5 10 miles in length Detours and diversions are included to historic and archaeological sites close to the Trail Contains step by step description of the route alongside 1 50 000 OS maps Includes a separate map booklet containing OS 1 25 000 mapping and route line Handy route summary table and trek planner help you plan your itinerary Packed with historical information as well as detail maps showing nearby historic and archaeological sites Details of refreshments accommodation and public transport given for each route stage *Hiking and Cycling the California Missions Trail* The Reverend Sandy Brown,2022-10-15 A guidebook to walking or cycling the California Missions Trail The 802 mile 1291km pilgrimage route from Sonoma to San Diego links 21 Christian missions founded by the Spanish over 200 years ago It can be enjoyed by walkers of all abilities or alternatively 95% of the route is also suitable for road bikes The Missions Trail is described in 20 stages of between 16 and 60 miles 26 97km with alternative options for cyclists It can be walked in 50 60 days or cycled in 12 20 days GPX files available to download 1 100 000 mapping plus larger scale town maps for key locations Handy route summary tables and pilgrim lodging listings help you plan your itinerary Detailed information about refreshments and facilities along the route Advice on planning and preparation The history of the missions as well as the story of the Native Americans who originally shaped the landscape *Trekking in Mallorca* Paddy Dillon,2023-04-19 A guidebook to trekking the GR221 also known as the Drystone Route through the spectacular mountains of Mallorca s Serra de Tramuntana Best suited to those with some experience of long distance walking the route is mostly on clear paths and tracks but some of these can be rough underfoot and occasionally steep and some sections require careful route finding The main route extends 141km 88 miles from Port d Andratx to Pollen a and is described in 10 detailed stages of between 9 and 20km 5 12 miles Also included are alternative starts from s Arrac es Capdell and Calvi and alternative finishes to Cala Tuent Alar Orient Caimari and Port de Pollen a 1 25 000 Alpina mapping for each stage Extensive information on public transport accommodation and refreshments including accommodation listings Optional detours to climb neighbouring peaks Advice on preparation and planning History plants and wildlife and local points of interest *The River Rhone Cycle Route* Mike Wells,2022-12-07

Guidebook to the River Rhone Cycle Route an 895km bicycle ride from the Alps of central Switzerland to the Mediterranean Sea near Marseille France The route which is mostly downhill except for an optional 15km climb to the start point at Furkapass is divided into 20 stages averaging 45km per stage and can be completed by most cyclists in 12 14 days The route uses two waymarked national cycle trails the Swiss R1 Rhone Route and the French ViaRhona which together have been adopted by the ECF European Cyclists Federation as EuroVelo route EV17 The guide provides detailed route descriptions and 1 150 000 mapping for each stage as well as two route options along either the north or south shore of Lake Geneva It also includes plenty of practical advice such as preparing for the journey transport options there and back what to take accommodation en route and a French German glossary The Lancashire Cycleway Jon Sparks,2017-02-23 The 265 mile 425km Lancashire Cycleway showcases the idyllic scenery of England s historic Red Rose County Comprising of two distinct loops that intersect at Whalley in the Ribble Valley the Northern Loop contrasts the quiet lanes and peaceful countryside of northwestern Lancashire with the thrill of the open moors of the Forest of Bowland AONB the Southern weaves its way between the villages and towns in the south of the county an area rich in social history Easily accessible from the region s rail network the route which is all on road can be cycled either as a tour or a series of day rides This guidebook presents the Lancashire Cycleway in 11 stages of 16 5 30 9 miles 26 6 49 7km plus two short connections to link the loops to the major regional stations at Lancaster and Wigan as well as 17 varied day rides for those wishing to explore the county further Detailed route description and 1 200 000 mapping is presented alongside a wealth of information on local points of interest and facilities and the magnificent colour photography offers a small taste of what the routes have to offer The guide also includes useful advice for those new to cycling or cycle touring **Walking in Norfolk** Laurence Mitchell,2024-03-07 A guidebook to 40 day walks in Norfolk Exploring the coast Fens Brecks and Broad s the walks are suitable for beginner and experienced walkers alike The circular walks range from 6 to 19km 4 12 miles and can be enjoyed in 2 4 hours Some routes use parts of long distance paths including the Peddars Way Norfolk Coast Path Boudica s Way and Weavers Way 1 40 000 OS maps included for each walk Sized to easily fit in a jacket pocket Refreshment and public transport options are given for each walk Easy access from Norfolk King s Lynn and Great Yarmouth **Walking in the Cotswolds** Damian Hall,2024-02-14 A guidebook to 30 circular day walks in the Cotswolds Exploring the Cotswolds National Landscape across Gloucestershire and Wiltshire there s something for beginner and experienced walkers alike The walks range in length from 9 19km 6 12 miles and take between 3 and 6 hours to complete Suggested extensions and shortcuts are also given for many routes allowing you to adapt the walks to you 1 50 000 OS maps included for each walk Detailed information on refreshments and public transport are given for each walk Easy access from Cheltenham Gloucester and Bath Local points of interest are featured including sections of the Cotswold Way National Trail Trekking in Torres del Paine Rudolf Abraham,2023-11-08 A guidebook to 8 walking and trekking routes in Chile s Torres del Paine National Park and Argentina s Los Glaciares National

Park Exploring the beautiful scenery of Patagonia the routes are suitable for trekkers with some experience The routes are presented as 4 multi day treks ranging from 3 to 11 days in length and 4 shorter day walks The 10 day 141km 88 mile Torres del Paine circuit or O and 5 day 71km 44 mile half circuit or W are detailed with side trips to the towers and the Valle Franc s A 4 day 39km 24 mile trek in the Cerro Fitz Roy area of Los Glaciares National Park is also described Sketch maps included for each walk Detailed information on accommodation and facilities Advice on planning and preparation Highlights include excursions from Puerto Natales and El Calafate *Walking in Ticino* Andrew Beattie,2024-01-10 A guidebook describing 38 walks in Ticino Switzerland Exploring the lakes and mountains of this beautiful Italianate region routes are graded by difficulty from gentle strolls suitable for family outings to strenuous mountain routes sometimes involving scrambling The walks range from 4 to 19km 2 12 miles and can be enjoyed in 1 8 hours They are presented in four sections covering Lugano Locarno Bellinzona Biasca and Airolo Clear route description illustrated with 1 50 000 maps GPX files available to download Information on refreshments given for each walk Local points of interest including St Gotthard Pass Easy access from Milan

Walking La Via de la Plata and Camino Sanabres Nicole Bukaty,2023-09-28 A guidebook to walking the V a de la Plata and Camino Sanabr s between Seville and Santiago de Compostela Covering 995km 619 miles this pilgrimage route through Spain takes around 6 weeks to hike and is suitable for any reasonably fit walker The route is described from south to north in 43 stages each between 11 and 35km 7 22 miles in length An extension to Astorga for those wishing to join the Camino Franc s is detailed as well as alternative Ourense route options via Laza or Verin 1 100 000 mapping plus larger scale urban maps for key locations GPX files available to download Handy stage planning tables and pilgrim lodging listings help you plan your itinerary Detailed information about refreshments and facilities along the route Advice on planning and preparation **Trekking the GR11 Trail** Tom Martens,2024-05-28 A guidebook to hiking the 850km 520 mile GR11 La Senda Pirenaica trail between Irun on the Atlantic coast and Cap de Creus on the Mediterranean Over the years it has become a well defined hiking trail which mostly goes over good hiking paths through largely unspoilt and wild mountains and is suitable for experienced mountain hikers The GR11 is one of the long distance trails which crosses the whole Pyrenees staying on the Spanish side of the border It is presented here in 47 stages of 7 31km 5 19 miles four sections are given to allow the route to be broken into shorter treks Step by step route description and 1 100 000 mapping provided for each stage Highlights include Navarre Ordesa Monte Perdido Valles Occidentales Posets Maladeta Parc Natural Alt Pirineu Route Summary Table and Stage Facilities Planner to help plan itineraries Detailed information on planning local flora and fauna and accommodation GPX files available to download

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