

TOUR OF THE LAKE DISTRICT

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Author: **Jim Reid**

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With a flavour of each of the main Lakeland valleys, and time to stop and wonder at their charms, the walk described in this book leads quickly away from the busy tourist centres to the quiet pleasures of the fell country. Designed as a scenic tour of the Lake District, the route is primarily one of valleys and passes, rather than a tick list of peaks attained. The shepherds and drovers chose their paths well, logical links from one valley to the next, and many of these ancient ways have been chosen for this walk. All footpaths and bridleways used are on established rights of way.

The walk starts at the railway terminus at Windermere town, quickly leaving the crowds behind and passes through Ambleside, the Langdale valley, Coniston, Dunnerdale, Eskdale, Wasdale, Ennerdale, Buttermere, Newlands Valley, Keswick, Borrowdale, Grasmere then Ullswater, before returning back to Windermere via the Troutbeck valley.

Key marketing points

- New trekking guide to the English Lakes, one of Britain's most popular walking regions
- One- or two-week route visiting all the best valleys, with accommodation planned into the route

About the author

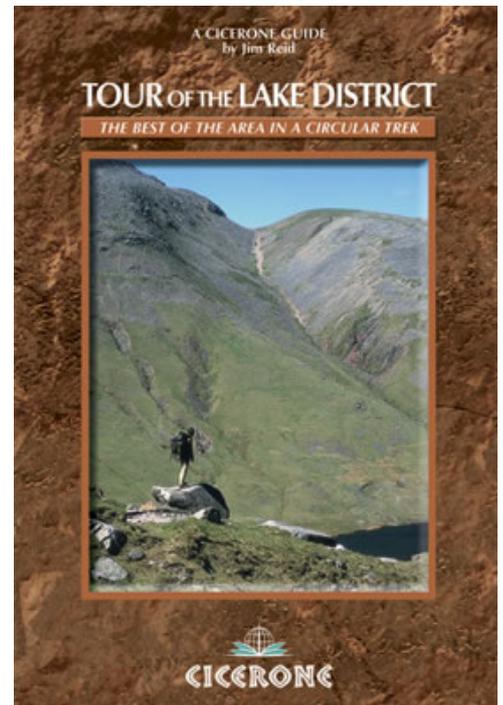
Jim Reid is 36 years old and lives on the northern fringe of the Lake District. Educated at Newcastle and Lancaster universities, he has made a living variously and precariously over the last fifteen years as an ecologist, school teacher, youth hostel warden, restaurateur and landscape gardener. When writing, subjects close to his heart are travel, food, nature and hillwalking.

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