



# JOSS NAYLOR'S LAKES, MERES AND WATERS OF THE LAKE DISTRICT

Loweswater to Over Water: 105 miles in the footsteps of a legend

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Authors: **Vivienne Crow, Joss Naylor**

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When Joss Naylor, aka King of the Fells, describes a route as one of the best he ever ran, it is, without a hint of doubt, guaranteed to be glorious. Part guidebook, part inspirational regaling, this book celebrates the route Naylor described in exactly those words: the Lakes, Meres and Waters (LMW) route. Weaving its way from Loweswater to Over Water via 27 of the Lake District's largest bodies of water, it covers 105 ethereal miles, taking in vistas of unparalleled beauty.

Naylor, who first ran the route in the summer of 1983, did so in a jaw-dropping, record-breaking 19 hours 14 minutes. Retracing the route in the company of award-winning author, Viv Crow some 37 years later, Naylor reflects back on that magical day, sharing stories and anecdotes from, not just his run, but the 1980s fell running scene, his working life and growing up in the Wasdale Valley.

His tales, together with outstanding photography, are accompanied by basic guide notes for the LMW route, sticking as closely to his 1983 run as possible. These notes break the route up into ten stages (ranging from 9 to 14 miles), allowing runners and walkers to follow in the footsteps of the King of the Fells, albeit on a more relaxed schedule.

## Key marketing points

- A perfect read for fell runners, walkers and armchair adventurers alike, this is a book guaranteed to inspire

## About the author

Vivienne is an award-winning freelance writer and photographer specialising in travel and the outdoors. Author of more than a dozen popular walking guidebooks, she also contributes to a number of magazines, including several regular walking columns. Vivienne is a member of the Outdoor Writers and Photographers Guild.

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