

SHORT WALKS IN LAKELAND BOOK 3: WEST LAKELAND

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The third and final guidebook book in the *Short Walks in Lakeland* trilogy, the series also covers walking routes in the South Lake District (book 1) and North Lake District (book 2).

This guide covers 50 walking routes around the Duddon Valley and the coast, Eskdale, Wasdale, Ennerdale and the coast, Lorton Vale, Buttermere and the north-west. The walks described are generally between 4 and 8 miles - enough to pleasantly fill a good half-day, and ideal for day visitors and family walkers.

Priority is given to the lower fells and dales, which include many worthwhile summits. Some of the walks are classics and well used. Others seek out lonely tracks which are still green and a joy to walk. Interesting features are pointed out along the way, whilst the specially drawn maps help with navigation.

The combination of detailed description and clear, easy-to-follow maps and evocative sketches makes this book ideal for anyone who wants to explore West Lakeland.

About the author

Aileen and Brian Evans, now retired have enjoyed a lifelong love of the outdoors. They have climbed, walked, skied and camped in many parts of Europe and North America.

They have always enjoyed adventure sports and sampled most, including pot-holing, wild-water canoeing and alpine mountaineering. They still particularly enjoy rock climbing and exploring little-known places away from mainstream tourist areas. Recently, with encouragement from their grandson, they have taken up mountain biking

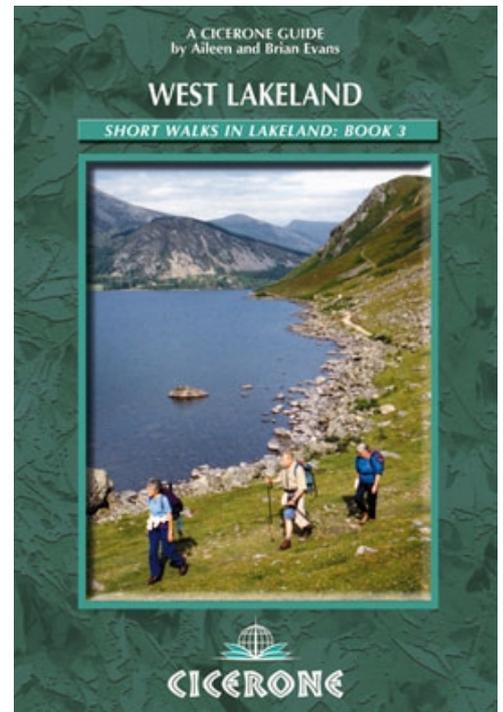
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