

THREE PEAKS, TEN TORS

And other challenging walks in the UK

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A look both serious and humorous at what it takes to do a long distance challenge walk – the mental toughness, experience, the slight madness – plus notes on the best such routes.

Ever since man came down out of the trees, stood on two legs, and started to walk, some other fellow has been trying to walk further. The fields and fells of England, the mountains of Wales, the forests and drove roads of Scotland: these are all about healthy exercise, the loveliness of the landscape, the pleasure of good company. Except that, from time to time, they're not. They're simply about one (probably blistered) foot in front of the other, again and again, till you reach thirty miles or seven summits or some other arbitrary mark.

The reasons for this urge are mysterious. It's the natural pleasure of exercise taken to the point where it stops being pleasure and becomes pain, and then add on another five boggy miles. It's about proving one's toughness and superiority to the rest of the world, except that the rest of the world really isn't watching.

This is a book which will inspire and engage even the least competitive amongst us. The tales of these challenges, the fun of organising the trip, and the desire to complete the routes are infectious. You just have to try them yourself. All routes are fully described.

Enjoy the tales and reflections from a man who has been there!
From the author of the award-winning "The Book of the Bivvy".

Key marketing points

- By the author of the successful "The Book of the Bivvy"
- Will appeal to all - challenge racers and those who merely watch.

About the author

Ronald Turnbull lives close to the Carsphairn and Lowther Hills. He was one of the first people to walk the Southern Upland Way. He is a runner as well as a walker, and in 1986 was awarded the Long Distance Trophy of the Fell Running Association for a non stop journey over the 148 hills of Southern Scotland. Outside the Southern Uplands he walks, climbs and runs in the Highlands and sometimes in England.

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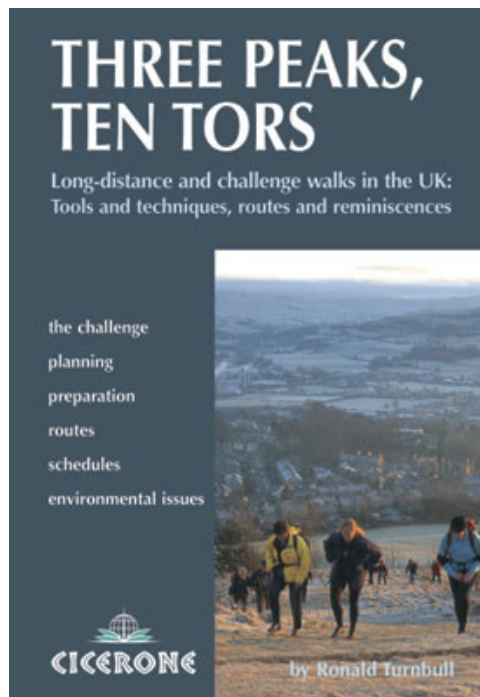
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