

THE BIG ROUNDS

Running and walking the Bob Graham, Paddy Buckley and Charlie Ramsay Rounds

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The first complete guidebook to walking and running the Bob Graham, the Paddy Buckley and the Charlie Ramsay Rounds – Britain's three most challenging long-distance mountain rounds. Includes practical information and advice, notes on access and environmental impact, plus insights and strategies from the likes of Jasmin Paris, Nicky Spinks, Charlie Ramsay, Jim Mann and Paddy Buckley.

Known to mountain runners as three of the most difficult 24-hour challenges in the world, each of the Big Rounds is a long-distance classic in it's own right, rich in the history and culture of 'fell' or hill running. Collectively, the 'Big 3' take in 113 mountain summits (including the highest peaks in England, Wales and Scotland), over 25,000meters (83,000 feet) of ascent and nearly 300kms (183 miles) across three of Britain's most distinct mountain ranges – the Snowdonia National Park in Wales, the Lake District National Park in England, and a vast area of Lochaber in the highlands of Scotland.

Designed to inform and inspire, this book is orientated at both walkers and runners (against the clock, or otherwise) keen to discover these challenging and rewarding routes. Showcasing spectacular photography, tales from the Rounds, and the history of each – as well as invaluable information to help with planning and preparing – this book is a must for anyone considering to embark on one (or all!) of these iconic rounds.

Key marketing points

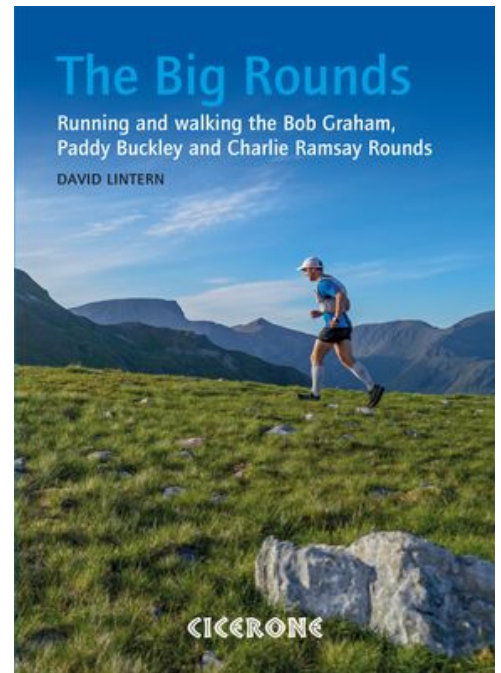
- The first guidebook available to bring together detailed information on these popular challenge routes

About the author

David Lintern is an award-winning photographer and writer, an average mountaineer and a below average runner. He has previously been a cinema projectionist, a sound engineer, a youth music worker and a university lecturer, founded a small refugee charity and worked for the John Muir Trust. After a lifetime spent in cities he now lives in the Cairngorms, writes about the uplands, and both guides and teaches outdoor photography. The Big Rounds is his first book and his website is www.davidlintern.com.

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