

WALKING ON HARRIS AND LEWIS

30 day walks exploring the islands

ISBN: **9781852848187** (Short Code: 818)

Publication Date: **August 2020**

Price: **£12.95**

Edition: **Second** (replaces 9781852845674)

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Paperback Gloss Laminated, 192 pages

17.2cm x 11.6cm

Buffeted by Atlantic winds and waves, Harris and Lewis in Scotland's Outer Hebrides can seem an isolated, daunting prospect. But this guidebook to 30 walks across the islands, ranging between 2 and 14 miles (4-22km) in length, provides walkers looking for empty glens and untouched mountains with a perfect escape.

On the Isle of Harris routes include a high-level horseshoe around An Cliseam, the three summits of Stulabhal, Tèileasbhal and Uisgneabhal Mòr, and Tiorga Mòr. On the Isle of Lewis there are half-day circular walks around the famous stone circles of Calanais and the Butt of Lewis lighthouse, along with routes in the Uig Hills including Mealaisbhal, Cracabhal and Laibheal a Tuath.

The guidebook presents both high level and low level routes, visiting tidal islands and deserted villages, and guides the walker into areas of wilderness visited only by the Golden Eagle and the mountain hare. With dramatic photographs, OS maps and notes on places of interest, it is an ideal companion for an island adventure.

Key marketing points

- Incredible scenery for walkers
- World famous tweed and other attractions
- 20,000 visitors each year

About the author

Richard Barrett spent his working life as a professional marketer, but still found time for climbing, winter mountaineering and sea kayaking. He first visited the Harris hills as a teenager and was a regular visitor for years. He has now relocated to Máraig in North Harris, where he and his wife run a guest house.

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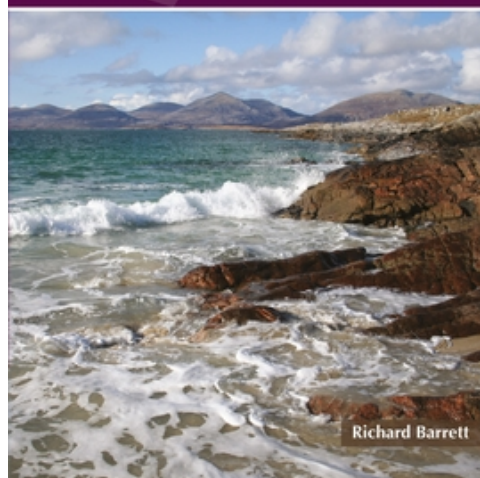
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