

TRAIL AND FELL RUNNING IN THE LAKE DISTRICT

40 runs in the National Park including classic routes

ISBN: **9781852848804** (Short Code: 880)

Publication Date: **November 2020**

Price: **£14.95**

Edition: **First**

Author: **Kingsley Jones**

Paperback Gloss Laminated, 240 pages

17.2cm x 11.6cm

There is a rich history of mountain running in the UK, and for many the Lake District is the spiritual home of fell running. This guidebook presents 40 of the best trail, fell and skyrunning routes in the Lake District, including Helvellyn skyline, Langdale Horseshoe, Borrowdale and Scafell Pike direct.

The guide is split into four areas - South-east, South-west, Northwest and North-east - and all the runs are graded so that runners can easily select a route that suits their ability or aspirations for the day. Most runs can be done at any time of the year.

The description of each run is accompanied by a map and profile of the route, along with a box of key facts, including distance, ascent, descent, timings, maps and transport.

There is a useful introduction explaining the history of trail and fell running in the Lake District, along with advice about the best bases for a trail running holiday, equipment and adapting to running off road.

About the author

Kingsley's love of the mountains started as a 5 year old. It wasn't a big surprise that he studied geography and glaciology at university. He has climbed the north faces of the Eiger, Matterhorn and Grandes Jorasses in the Alps, and led expeditions to mountains all over the world. Through mountaineering he developed a passion for a minimalist approach in the mountains, and soon discovered trail running as an ultimate form of fast and light travel. He runs a mountain running and guiding company (www.icicle.co.uk), and so divides his time between the Alps and the Lake District each year.

Related books

9781852846213 - Mountain Adventures in the Maurienne

9781852846633 - Chamonix Mountain Adventures

9781852847722 - The Big Rounds

9781852848002 - Trail Running - Chamonix and the Mont Blanc region

9781852849221 - Trail and Fell Running in the Yorkshire Dales

9781852849573 - Fastpacking

9781852849580 - Innsbruck Mountain Adventures



We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL
www.cicerone.co.uk - Contact sarah@cicerone.co.uk - Or call 01539 562 069