

# WALKING IN THE CAIRNGORMS

Over 100 walks, trails and scrambles including Lochnagar

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Taking in the best the Cairngorms has to offer, this guidebook covers more than 100 walks, including the 18 Munro summits of the region. The book provides low-level, mid-level and mountain walks, which range from 1 to 26 miles in length. For the adventurous there are rocky scrambles and the two celebrated and particularly demanding longer routes of The Cairngorms 4000s and The Lairig Ghru. For those seeking a more gentle alternative, there are easy, sandy trails wandering among the tall pines and along the banks of the great rivers Spey, Nethy and Dee.

From the granite plateau and its Arctic ecosystem of gravel, boulders and late-lying snow, the glacial glens and high corries where green lochans lie below great crags of the plateau rim, to the ancient Caledonian forest, Britain's biggest mountain range is home to exceptional and varied scenery.

The routes are split into seven parts, and along with the main Cairngorm range between Speyside and Deeside, cover Lochnagar. Mountain walks are illustrated with sketch maps, while the low-level and mid-level routes have 1:50,000 mapping. Icons at the start of each route indicate type of walk (low level, mid-level or mountain) and ratings of its length and difficulty. Information on snack stops, public transport and accommodation is provided for each area, as well as a route summary table, scrambles summary and grading.

## Key marketing points

- includes the 18 Munro summits of the region
- includes Lochnagar
- wide range of routes from short easy strolls to high mountain traverses

## About the author

Ronald Turnbull writes regularly for TGO, Lakeland Walker, Trail and Cumbria magazines. His previous books include Across Scotland on Foot, Long Days in Lakeland and Welsh 3000ft Challenges. He has written other Cicerone guides, Walking in the Lowther Hills and Book of the Bivvy.

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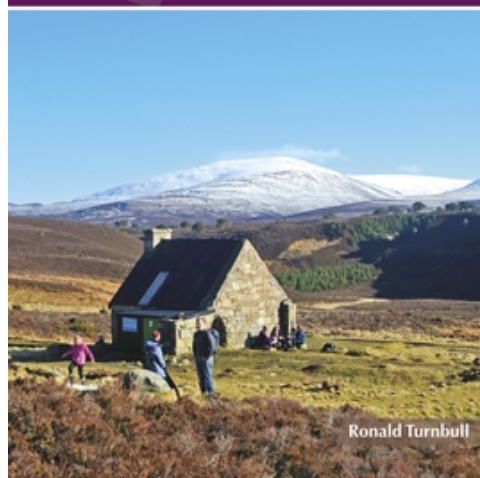
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