

# THE LUNE VALLEY AND HOWGILLS

40 scenic fell, river and woodland walks

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Lying between the Lake District and the Yorkshire Dales national parks, the Lune Valley offers walks to suit every taste and inclination. The 40 routes in this guide include something for everyone, from novices to experienced ramblers. They range from 3 to 11 miles (4.8 to 17.7km) and are either circular or there-and-back walks. While the lengthier walks require a degree of physical fitness, none demands scrambling or climbing ability. Arranged geographically, the walks start in the north of the region and follow the River Lune 50 miles southwards to the sea.

With little habitation and no industry along its course, the Lune is one of England's cleanest rivers and rich in wildlife. Flowing from the high reaches of the Howgill Fells, it enters Lancashire below Kirkby Lonsdale and passes between the borders of both the Forest of Bowland and Arnsdale and Silverdale Areas of Outstanding Natural Beauty. Lower down it flows through Lancaster to Morecambe Bay and the Irish Sea.

Walks are accompanied by 1:50,000 mapping and each route description begins with a box that provides essential information, including distance and time and details of useful facilities such as refreshments, toilets and parking. There is also a route summary table, a description of a longer route from one end of the Lune Valley to the other and a useful list of contact details.

## About the author

Dennis and Jan Kelsall have long held a passion for countryside and hill walking. Since their first Cicerone title was published in 1995, they have written, contributed and illustrated over 50 guides to some of Britain's most popular walking areas and have become regular contributors to various outdoor magazines. Their enjoyment of the countryside extends far beyond a love of fresh air, open spaces and scenery. Over the years Dennis and Jan have developed a wider interest in the environment, its geology and wildlife, as well as an enthusiasm for delving into local history, which so often provides clues to interpreting the landscape.

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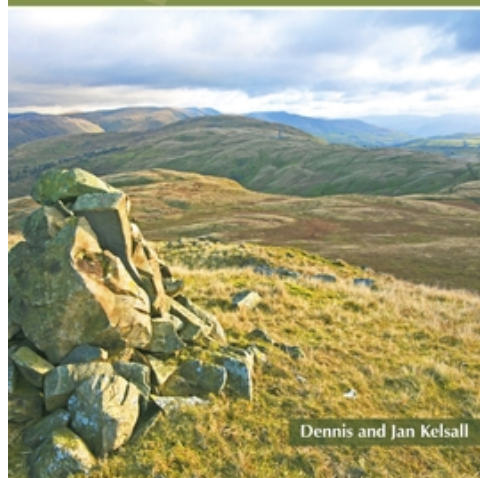
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