

TRAIL AND FELL RUNNING IN THE YORKSHIRE DALES

40 runs in the National Park, including the Three Peaks

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Guidebook to 40 great trail and fell runs in the Yorkshire Dales National Park. Ranging from 5 to 24 miles, the graded runs start from bases such as Ribbleshead, Dent, Sedbergh, Malham and Grassington and take in the region's diverse delights, from castles and waterfalls to iconic mountains such as Wharfedale, Ingleborough and Pen-Y-Ghent.

Sandwiched between the Lake District and the Pennines, the Yorkshire Dales showcases some of the finest running terrain in the British Isles. Offering a delightful mix of medium sized peaks and broad open moorland, it is a must-visit destination for those seeking off-road runs with sweet views.

The guide provides background information on local races and running clubs, and the history of running in the region, as well as practical information on safety, equipment, navigation, maps, transport and accommodation.

Key marketing points

- The growth of trail running has been phenomenal in recent years

About the author

Pete Ellwood is an experienced fell runner, running and racing in the hills for over thirty years. He has lived in the North all his life and, from his teenage years, has attempted to spend every possible waking hour on the hills and mountains. Pete holds a long service award for volunteering as a member of a Mountain Rescue Team and 'completed' the Munros in 2003. He regularly competes in fell races and mountain marathons in the North of England and Scotland, winning a class of the Saunders Mountain Marathon in 2013.

Pete lives on the edge of the Yorkshire Dales with his wife, two boys and a daily view of Ingleborough to keep him company.

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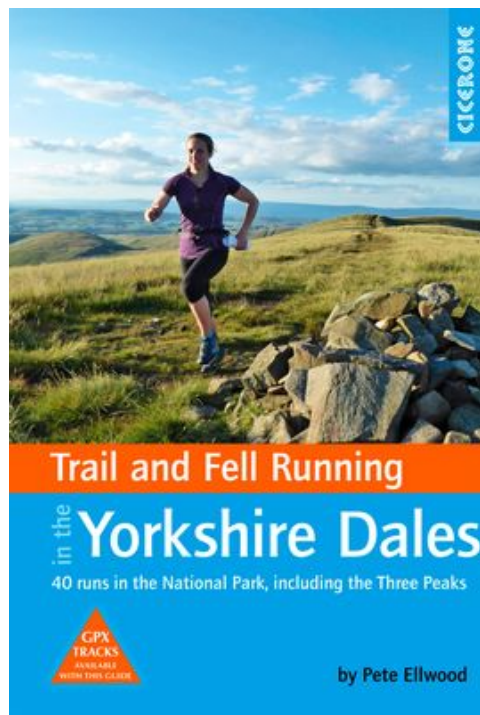
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