

# OUTDOOR ADVENTURES WITH CHILDREN - LAKE DISTRICT

40 family days with under 12s exploring, biking, scrambling, on the water and more

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This guidebook describes 40 outdoor adventures in the Lake District with children under 12, including hiking, biking, scrambling, boating, swimming, paddling, camping, bothying and hostelling. The adventures are graded, with alternatives given where they exist so families can embark on the level of adventure that suits them best. Bad weather alternatives are also provided.

With its twinkling tarns for skimming stones and craggy summits for scrambling, the Lake District is a natural adventure playground for children of all ages. It is the perfect place for families to share outdoor adventures, have fun together and inspire youngsters to love and cherish wild and rural landscapes.

The guide is designed for long-term use, so as children grow up they can progress to more exciting and challenging adventures. The routes chosen for this guide have all been rigorously road-tested and have got the thumbs up from the harshest of critics – the under-12s. In addition to OS mapping and easy-to-follow route description, the guide also includes invaluable practical information on bike/boat hire, bases and transport in the Lake District, plus notes on adventuring safely, getting close to nature and responsibly using national parks.

## Key marketing points

- Ideas for adventurous fun days out for all the family
- Covers a wide range of activities whether the sun is shining or not

## About the author

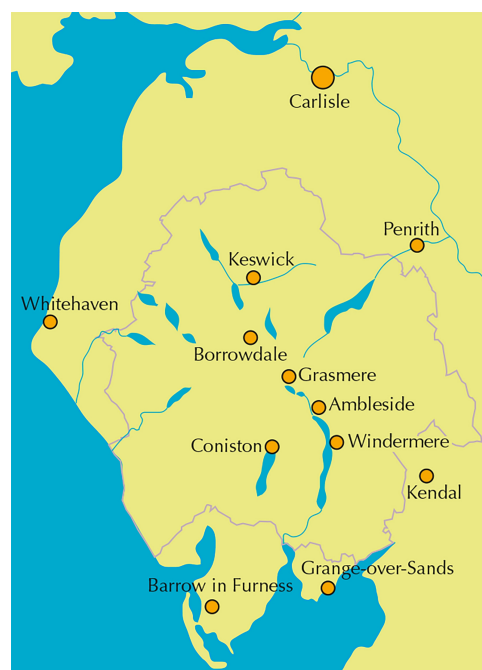
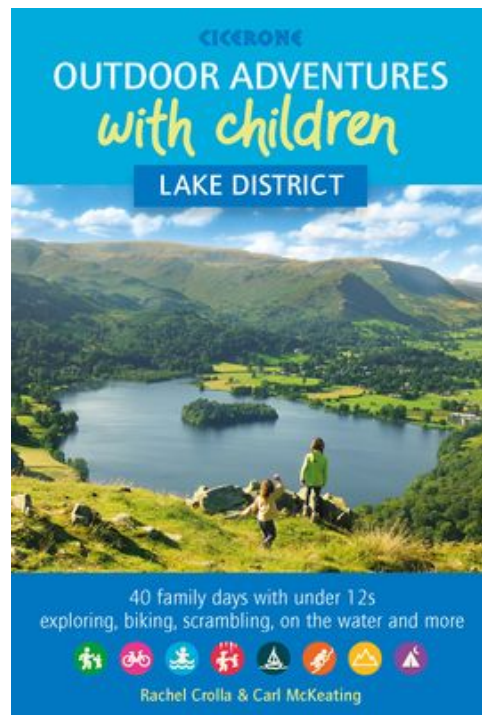
Rachel Crolla and Carl McKeating live at the edge of the Yorkshire Dales with their two young adventurers. They have visited the Lake District on family holidays since their own childhoods. They are both passionate about passing on their love and respect of outdoor environments to a new generation. Rachel and Carl are outdoors writers and photographers who have hiked, scrambled and climbed all over Europe, exploring the major mountain ranges. They also enjoy cycling.

## Related books

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