

PRESS RELEASE

50 big walks in our local wilderness

GREAT MOUNTAIN DAYS IN SCOTLAND

50 classic hillwalking challenges
by Dan Bailey

Scotland's mountains are among the wildest in Europe, thinly populated and still lightly touched by modern development. This is a hard empty land of rock, loch and bog, sculpted by glaciers and dominated by the elements. And this inspirational guide from Cicerone offers experienced walkers, backpackers and fellrunners 50 great ways to explore it all, from Galloway to the Far North and from Lewis to the Cairngorms.

Few walking destinations are better suited to routes at the longer, tougher end of the scale. Some of the routes described are well known classic challenges – such as the Mamores, the Cairngorms 4000-ers and the Fisherfield Six – while others approach a favourite mountain in a novel way or combine several in a testing round. Ranging from 12 to 25 miles in length, they can be crammed into a single hard day or backpacked over two. Many include optional scrambles and others can be approached by kayak or mountain bike for a bit of variety.

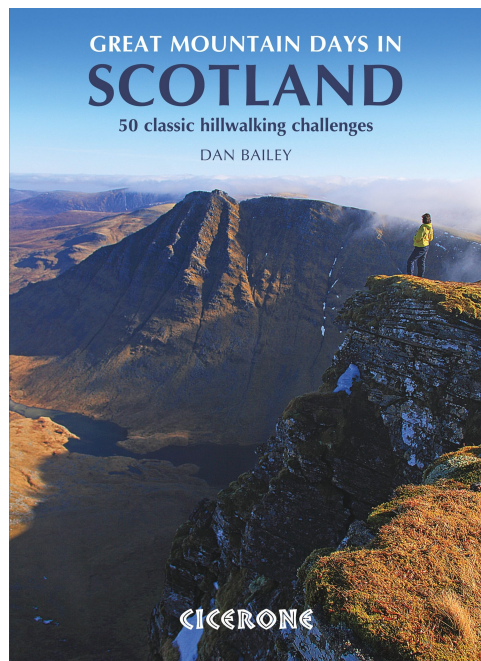
All route descriptions are accompanied by custom-drawn colour contoured maps and include information on public transport, accommodation and wild camping options, as well as notes on what to bear in mind in wet or winter conditions. The guide also includes general advice on winter conditions, scrambling grades, river crossings and access for anyone unfamiliar with mountaineering in Scotland and lots of useful contact information for planning your expedition.

So what's inside?

- 50 challenging walking or backpacking routes across Scotland, from 12 to 25 miles long, many with optional scrambles and approaches by kayak or mountain bike
- custom-drawn contoured maps, based on OS data, and inspirational photographs
- an index of over 270 summits and ranges featured in the book

About the author

Dan Bailey has a consuming passion for the mountains of Scotland. A refugee from southern flatlands now based in Fife, he enjoys everything from winter mountaineering and rock climbing to hill walking and long-distance backpacking. This is his third title for Cicerone.



Key information

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By Dan Bailey

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- the only guide to describe challenging routes from all over Scotland
- routes suitable year-round for experienced walkers, with all scrambles optional
- experienced professional author based in Scotland

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