

PRESS RELEASE

The Highlands start here

Front cover

WALKING LOCH LOMOND AND THE TROSSACHS

70 walks, including 21 Munro summits
by Ronald Turnbull

First in the affections of many hill-goers, Loch Lomond and the Trossachs are the first, and most accessible, of the Highlands if approaching from the south. A little less savage than the mountains further north and on a smaller scale, they have a rugged charm that's all their own. This guidebook details over 70 routes in Scotland's first national park. It suggests the most straightforward routes to each of the area's 21 Munro summits of 3000ft and over – including Ben Lomond, Ben More and Ben Lui and the Arrochar Alps – but also seeks out the wilder and less walked alternatives. It covers the many smaller but equally worthwhile hills in the area, from the Cobbler to the Luss Hills and Ben Ledi. Ranging from 1 to 17 miles, the routes in the guide are graded according to length and difficulty, from short, loch-side strolls to long, challenging mountain routes that may require navigational skill and some scrambling.

From Lomond's bonnie banks to the Hill of the Fairies, from the Arrochar Alps to lowly Ben A'an, and whether you take the high road or the low, here is some of Scotland's best – and best-loved – hill country. The footways used daily by Rob Roy and enjoyed by Sir Walter Scott and the Wordsworths are re-emerging from under the spruce and natural oakwoods are being restored. The West Highland Way, along the east side of Loch Lomond, is even better if you arrive romantically on a lake ferry.

With their easy access, convenient shops and accommodation, and public transport by road, rail and water, these slightly less daunting mountains make an excellent introduction to the Scottish Highlands. Illustrated with OS mapping, the route descriptions are clear and easy to follow. There is background information on the area, practical information on getting to and around the region, and advice on what to take and when to go.

What's inside

- over 70 routes, all illustrated with OS mapping
- routes to all 21 Munros and to 30 lesser heights
- notes on access, public transport and accommodation

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 many other Cicerone guides, including Walking in the Lowther Hills, The Book of the Bivvy and Not the West Highland Way.

Key information

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- convenient for Glasgow, Edinburgh and northern England
- some walks accessible from May to October
- a perfect introduction to Scottish hillwalking

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