

THREE PEAKS, TEN TORS

INFORMATION

A look both serious and humorous at what it takes to do a long distance challenge walk – the mental toughness, experience, the slight madness – plus notes on the best such routes.

Ever since man came down out of the trees, stood on two legs and started to walk, some other fellow has been trying to walk further. The fields and fells of England, the mountains of Wales, the forests and drove roads of Scotland: these are all about healthy exercise, the loveliness of the landscape, the pleasure of good company. Except that, from time to time, they're not. They're simply about one (probably blistered) foot in front of the other, again and again, till you reach thirty miles or seven summits or some other arbitrary mark.

The reasons for this urge are mysterious. It's the natural pleasure of exercise taken to the point where it stops being pleasure and becomes pain, and then add on another five boggy miles. It's about proving one's toughness and superiority to the rest of the world, except that the rest of the world really isn't watching.

This is a book which will inspire and engage even the least competitive amongst us. The tales of these challenges, the fun of organising the trip, and the desire to complete the routes are infectious. You just have to try them yourself. All routes are fully described.

- National Three Peaks
- Yorkshire Three Peaks
- Lancashire Three Peaks
- Three Peaks of Somerset
- Ten Tors (Dartmoor)
- Lyke Wake Walk
- Derwent Watershed
- Across Wales Walk
- Lairig Ghru
- Fifty from your Front Door (do-it-yourself)
- Welsh 3000s
- Lakes 3000s
- Cumbria's Old Country Tops
- Cairngorm 4000s
- Mourne's Seven Sevens
- Tranters' Walk (Lochaber)

THE AUTHOR

Ronald Turnbull lives close to the Carsphairn and Lowther Hills. He was one of the first people to walk the Southern Upland Way. He is a runner as well as a walker, and in 1986 was awarded the Long Distance Trophy of the Fell Running Association for a non stop journey over the 148 hills of Southern Scotland. Outside the Southern Uplands he walks, climbs and runs in the Highlands and sometimes in England.

OTHER TITLES

185284342X The Book of the Bivvy

1852844523 Walking in the Cairngorms



THREE PEAKS, TEN TORS

Long-distance and challenge walks in the UK:
Tools and techniques, routes and reminiscences

the challenge
planning
preparation
routes
schedules
environmental issues



CICERONE

by Ronald Turnbull

THREE PEAKS, TEN TORS

PRICE: £12.00

ISBN (10): 1 85284 501 5

ISBN (13): 978 1 85254 501 8

CODE: 501

PUBLICATION: February 2007

AUTHOR: Ronald Turnbull

CONTENTS: 17.2cm by 11.6cm. 256pp. Full colour throughout. PB laminated cover.

KEY MARKETING POINTS

- The best and hardest long walks in the British Isles
- By the author of the successful *Book of the Bivvy*
- Will appeal to all – challenge racers, long-distance walk novices and those who merely watch.

CICERONE

Cicerone publish over 250 guidebooks to walking, trekking, climbing, exploring and mountaineering in Britain, Europe and worldwide.

2 Police Square, Milnthorpe, Cumbria, LA7 7PY
01539 562069 Fax: 01539 563417
Email: info@cicerone.co.uk