

THE CUMBRIA WAY

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This guide describes the 73-mile Cumbria Way, a walking route from Ulverston in the south to Carlisle in the north. The lower-level route of the official way visits such scenery as Great Langdale, Derwentwater and Caldbeck; the guide also offers high mountain routes, which add the Coniston Fells, Glaramara and Skiddaw.

One of the British Isles' prettiest and easiest long-distance walks, the Cumbria Way features undulating paths that ease past picturesque villages, memorable lakes and low mountain tarns. The official way is easy and suitable for all; the higher routes require mountain experience.

Key marketing points

- Ideal as a first long-distance walk
- Passes through some of England's finest scenery
- Of particular interest to Cumbrian walkers
- Includes interesting high fell variants

About the author

John Gillham has been a professional writer, illustrator and photographer since 1989. He writes for several outdoors publications, and two of his books have won the Outdoor Writers & Photographers Guild Award for Excellence.

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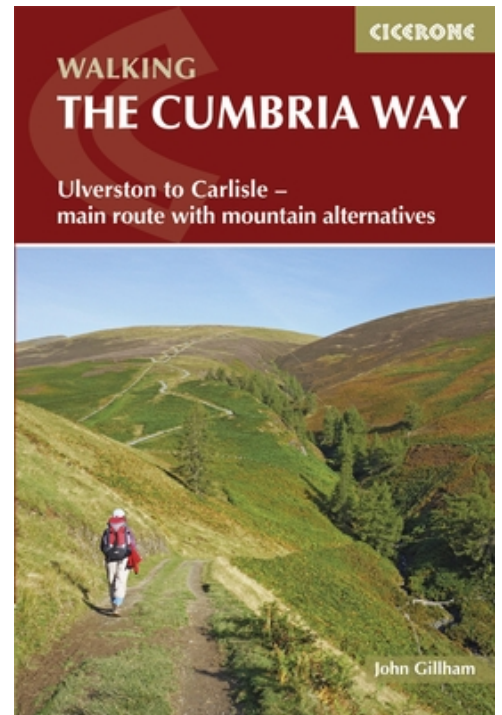
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