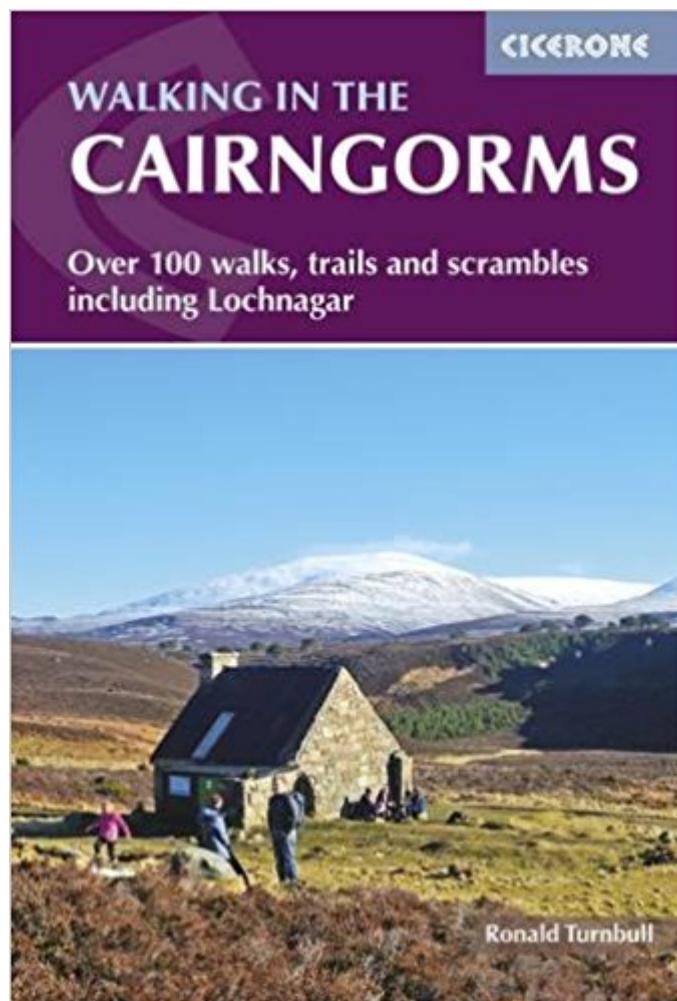


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Walking In The Cairngorms



Synopsis

This guidebook covers more than 100 hikes in Scotland's Cairngorm mountains, including the 18 Munro summits of the region. The book provides low-level, mid-level and mountain hikes, which range from 1 to 26 miles in length. For the adventurous there are rocky scrambles and the two celebrated and particularly demanding longer routes of The Cairngorms 4000s and The Lairig Ghru. For those seeking a more gentle alternative, there are easy, sandy trails wandering among the tall pines and along the banks of the great rivers Spey, Nethy and Dee. From the granite plateau and its Arctic ecosystem of gravel, boulders and late-lying snow, the glacial glens and high corries where green lochans lie below great crags of the plateau rim, to the ancient Caledonian forest, Britain's biggest mountain range is home to exceptional and varied scenery. The routes are split into seven parts, and along with the main Cairngorm range between Speyside and Deeside, cover Lochnagar. Mountain hikes are illustrated with sketch maps, while the low-level and mid-level routes have 1:50,000 mapping. Icons at the start of each route indicate type of walk (low level, mid-level or mountain) and ratings of its length and difficulty. Information on snack stops, public transport and accommodation is provided for each area, as well as a route summary table, scrambles summary and grading.

Book Information

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Customer Reviews

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.

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