

10 Leisure Walks of Discovery A Boot Up THE MENDIPS

Rodney Legg

One thousand-feet high, the Mendip Hills rise between the Somerset Levels and Bristol's countryside. Uplifted limestone from the Coal Age offers an outdoor lesson in landform geology. The great ridge is riddled with caverns and cut by streams that disappear into underground rivers.

These have created the most famous cave systems in the British Isles. At Burrington Combe, Cheddar Caves, Ebbor Gorge and Wookey Gorge we explore rocky chasms. On Brean Down and Crook Peak you rise above the holiday coast. The type of walking varies with the terrain from uphill scrambles to long lengths of easy-going green lanes.

The ten selected walks, ranging from 3 to 8 miles, suit the needs of families, groups of friends or individuals looking for a gentle stroll or a longer walk, and reflect the many varied facets of the area – its people, its history, and its working landscape and will help first time visitors to experience some of the great scenery the area has to offer. Many of the walks feature a pub along the route.

Halsgrove's new-format guidebook, containing maps, photographs and useful information will ensure a great walking experience. Packed with colour, the book is an ideal reminder of a visit to the Mendips.



ABOUT THE AUTHOR

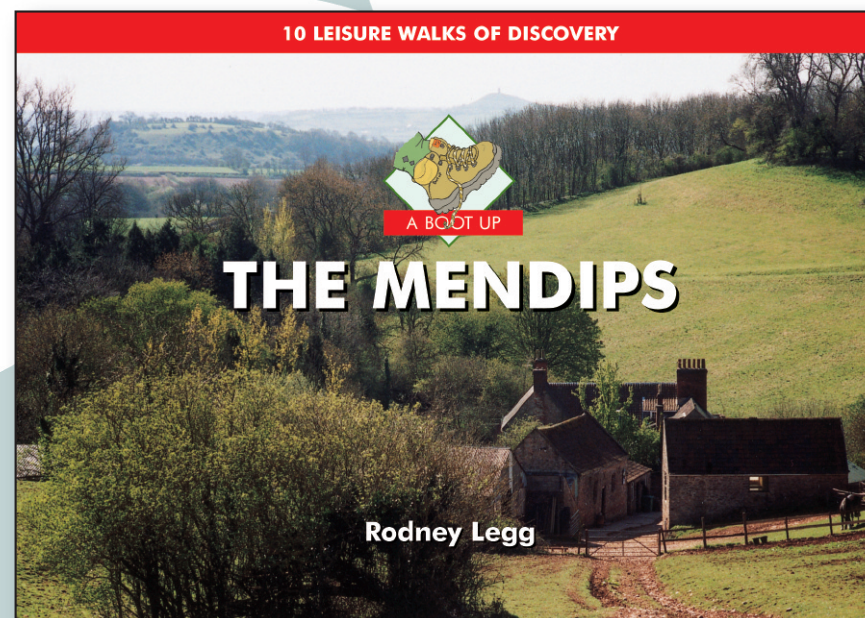
Rodney Legg is a prolific author and historian who has published hundreds of country walks. Nationally he is active in the environmental movement having been chairman of the Open Spaces Society since 1989 and a member of the ruling council of the National Trust from 1990.

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A BOOT UP THE MENDIPS

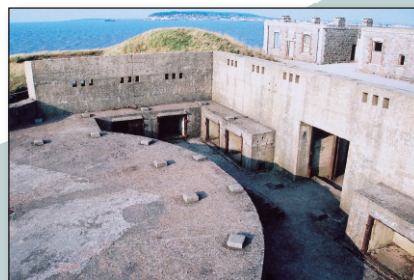


Above: Weston Bay

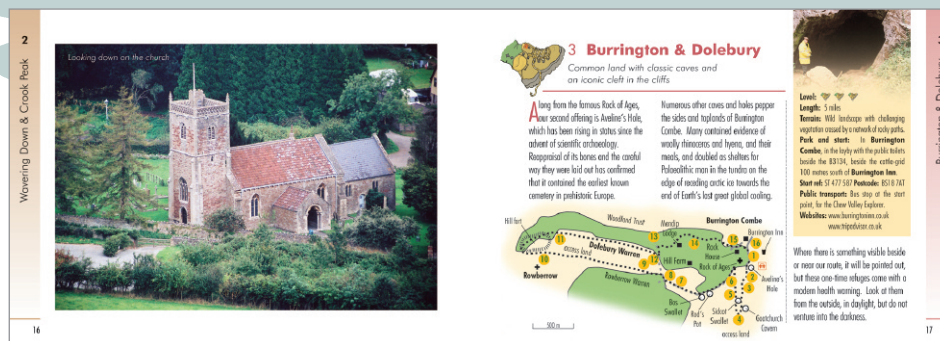


The Fosse Way

Right: Palmerstonian fortifications



Below: Example of a double-page spread



Crook Peak summit



Cheddar Cliffs