

THE SPIRIT OF CUMBRIA

Jason Friend

Cumbria is home to the deepest and largest lakes as well as the highest peaks to be found in the country. These all fall within the boundaries of perhaps the most famous of all of the English National Parks – The Lake District.

However, there is much more than the Lake District National Park to explore here. The Howgills and the northern Pennines afford commanding views across the county to the visitor originating from the east, whilst the distant form of the fells and peaks, for any visitor heading from the north or south, offers a more subtle introduction to the region. The Irish Sea borders the west of the county with the nearest neighbours being the Isle of Man and Scotland, whose uplands can be viewed rising from across the peaceful Solway Firth.

Overall Cumbria offers some of the most stunning scenery in Britain. Jason Friend has travelled the length and breadth of the county to reveal in more than 60 classic images the true spirit of Cumbria.



ABOUT THE AUTHOR

Jason Friend lives in the North East of England. He is a regular contributor to *Outdoor Photography* and *Country Walking Magazine* and supplies images to a number of worldwide image libraries. This is Jason's fourth book – his previous title was *Portrait of the Borders*, also for Halsgrove.

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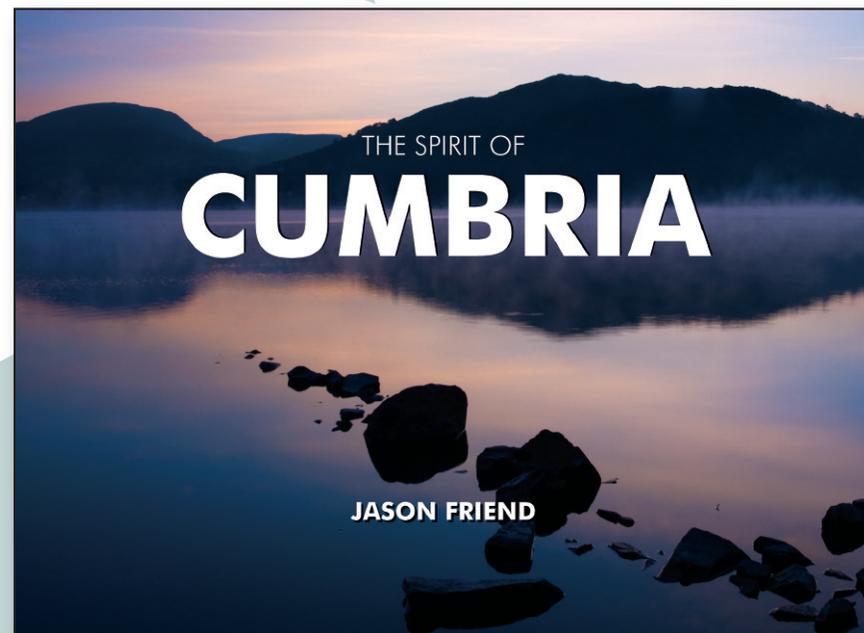
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www.halsgrove.com
e-mail: sales@halsgrove.com

HALSGROVE TITLE INFORMATION



Format: Hardback, 64 pages, 110x155mm, profusely illustrated in colour

Price: £4.99

ISBN: 978 1 906887 00 1

Imprint: PiXZ

Published: March 2009



Halsgrove Sales Contacts:

Sue Rhodes-Thompson – DDI 01823 653770 suet@halsgrove.com

Roger Start – DDI 01823 653773 rogers@halsgrove.com

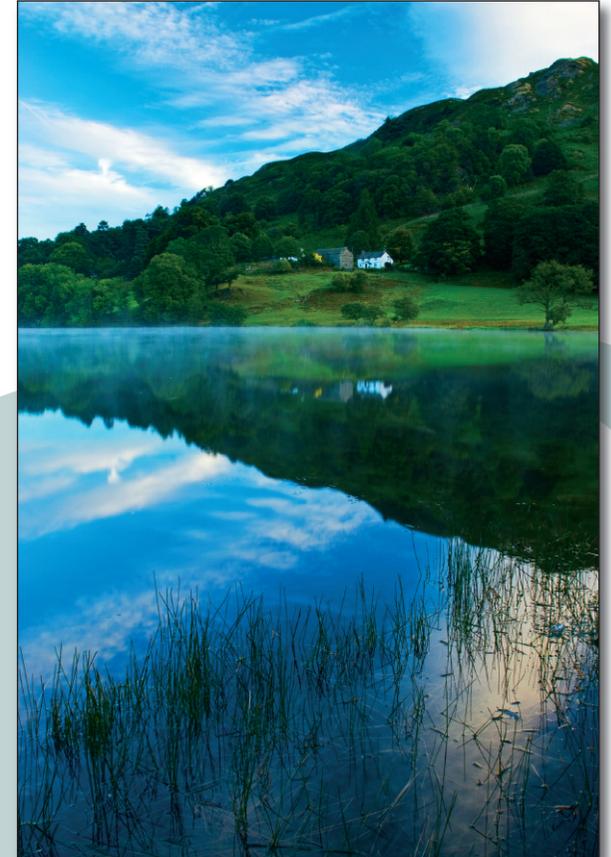
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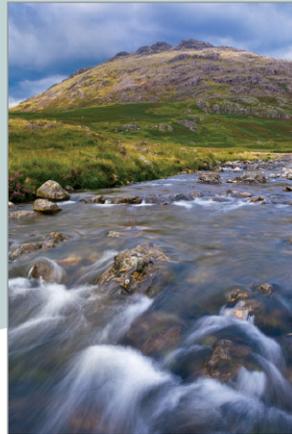
Above left: Brief shafts of light break through storm clouds illuminating the features of the Newlands Valley.

Above: The name of the Sunkenkirk stone circle, also known as Swinside, is derived from the ancient belief that the circle of stones is what remains of an ancient church (kirk) sunk into the ground by a strike from the Devil.

Right: Stereotypical Lake District scenery reflected in the still waters of Loughrigg Tarn.

Left: View from Cats Bells near Derwentwater, looking towards Skiddaw and Bassenthwaite.

Example of a double page spread.



River Duddon and storm clouds above the Little Stand and Ulpha Fell.

Opposite page:
Soft evening light bathes a solitary cottage situated within the barren landscape of the Pennines, near the isolated town of Alston.

