

A BOOT UP CONISTON

Keith Wood

A new title for the "A Boot Up..." series of leisure walk books.

Coniston, famous for Ruskin, Donald Campbell and latterly Bluebird Bitter, offers great walking opportunities for either the experienced fell-walker or those seeking a more gentle stroll at lower levels amongst its spectacular and varied scenery. Although the key tourist spots of Coniston Village and the nearby Hawkshead can be busy at peak times, quiet footpaths and bridleways are quickly reached and the tranquillity of the area can be truly appreciated.

In line with other books in the series a selection of 10 walks surrounding the lake has been selected with the majority being short and easy; suitable for a half day with the family, but also including a couple of more challenging walks to give a taste of the fell walking also available.

ABOUT THE AUTHOR

Keith Wood is an experienced and much published local photographer and writer who has lived in Penrith on the edge of the Lake District for over 12 years. His work has been published in all the local interest periodicals including *Cumbria*, *Cumbria Life*, and *Lakeland Walker*. In 2007, after a 12 year mission, he successfully completed a full round of the Wainwright's (climbing all 214 summits). Additionally his work has been regularly used by Friends of the Lake District to illustrate their publications and calendars. He is a contributor to the Britain on View photo library. *A Boot up Coniston* is Keith's fourth book of Lake District Walks in the "Boot Up" series.

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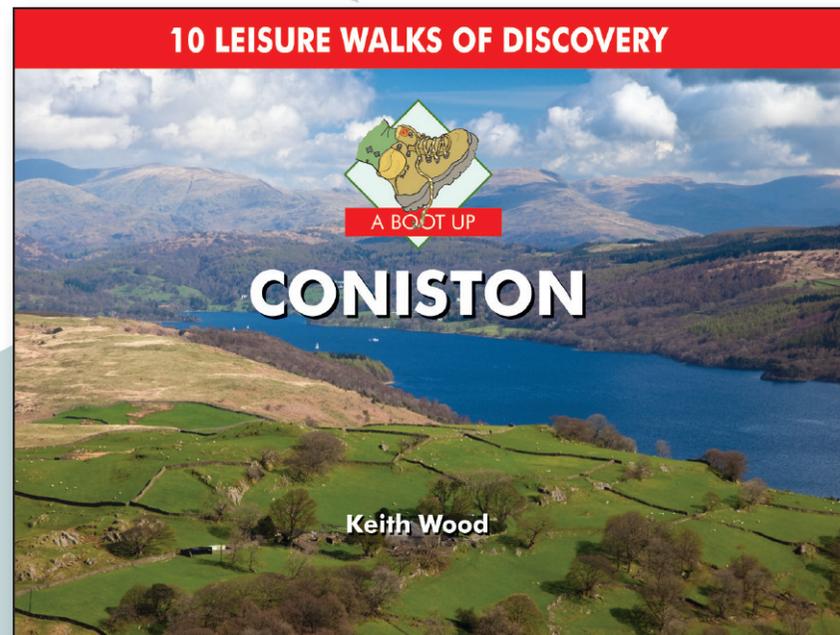
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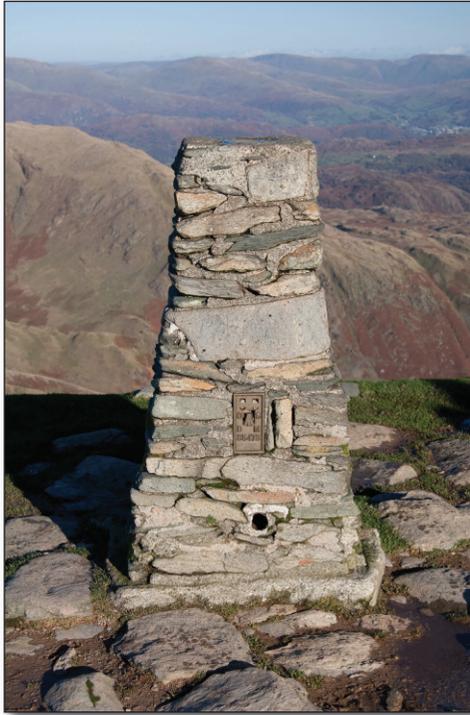
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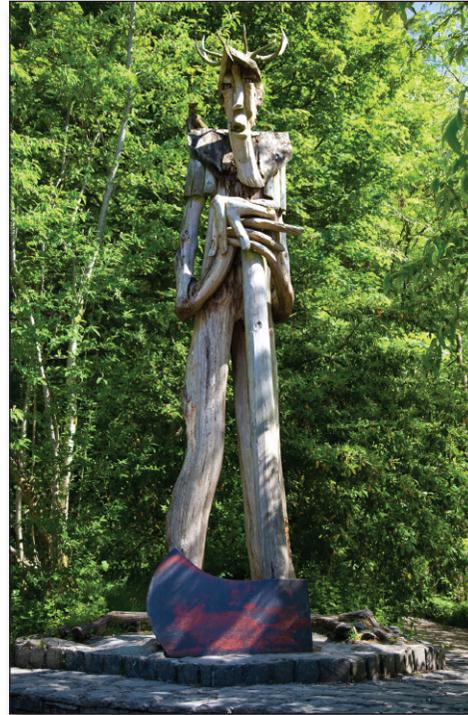


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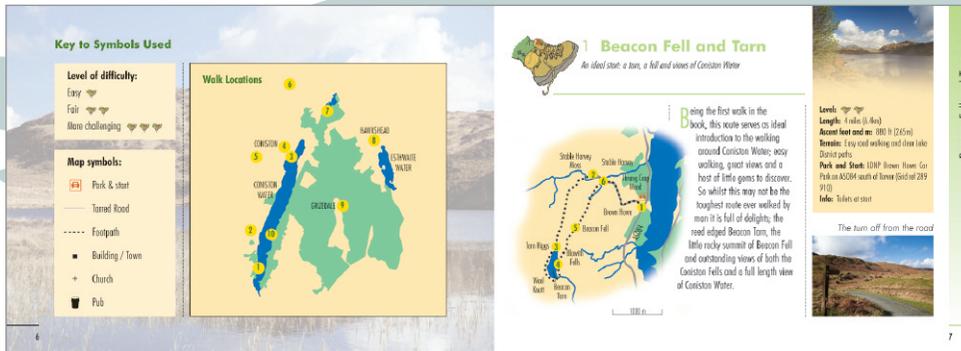
O.S. column on summit of Old Man



The Ancient Forester at Grizedale Visitor Centre



Windermere and the Fairfield Horseshoe from Latterbarrow



Example of a double-page spread.



Coniston Fells from summit of Beacon Fell