## A BOOT UP GRASMERE & LANGDALE

Keith Wood

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

Langdale and the adjacent valley of Far Easedale are deservedly popular valleys for walking in the Lake District. Surrounded by Wainwright's Central fells including the Langdale Pikes, Pike of Blisco and Helm Crag there are walks suitable for all abilities.

In line with other books in the series 10 walks have been selected with the majority being short and easy; suitable for a half day with the family, but also including a couple more challenging walks to give a taste of the fell walking 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 Grasmere and Langdale is Keith's fifth book of Lake District Walks in the "Bootup" series.

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#### **10 LEISURE WALKS OF DISCOVERY**

# GRASMERE & LANGDALE

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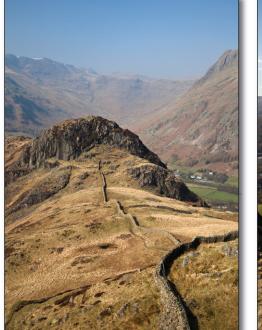
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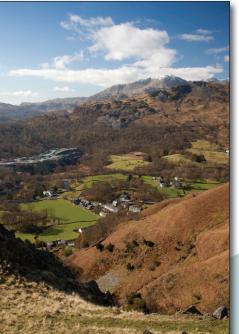


## Great Books from your Local Bookseller

# ш & LANGDAL GRASMERE 4 H O $\mathbf{O}$ $\mathbf{\Omega}$ ∢

Side Pike





First glimpse of Langdale



Great Knott, Crinckle Crags and Bowfell from the slopes of Pike of Blisco

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**Easedale Tarn** incuit of a famous high level tarn passing spectroolar falls natural bowl at 925' high is overshed-owed by the diffs of Tam Crag and Blea Rigg and serves as the source to one of the three Sour Milk Gills in the Lake District. This set of fails are passed on the way up to the three and users been are former. casedale Tam is one of the most popular excursions undertaken from the village eet and m: 1100" (330) of Grasmere. The tam which lies in a deep Stony paths and some boggy Park and Starts Red Bank Car Park, to the tam and were known as Churr Grosmene (Grid nel 335 073) Infee: Public tallets and refreshments in Milk Force to Dorothy Wordsworth when she and her more famous poet bother William lived in Grosmere in the early nineteenth century Leave the Red Bank Road Car Park and head straight across the road around 1000 m

Example of a double-page spread.



Bridge over Great Langdale Beck, Elterwater