

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 "Boot up" series.

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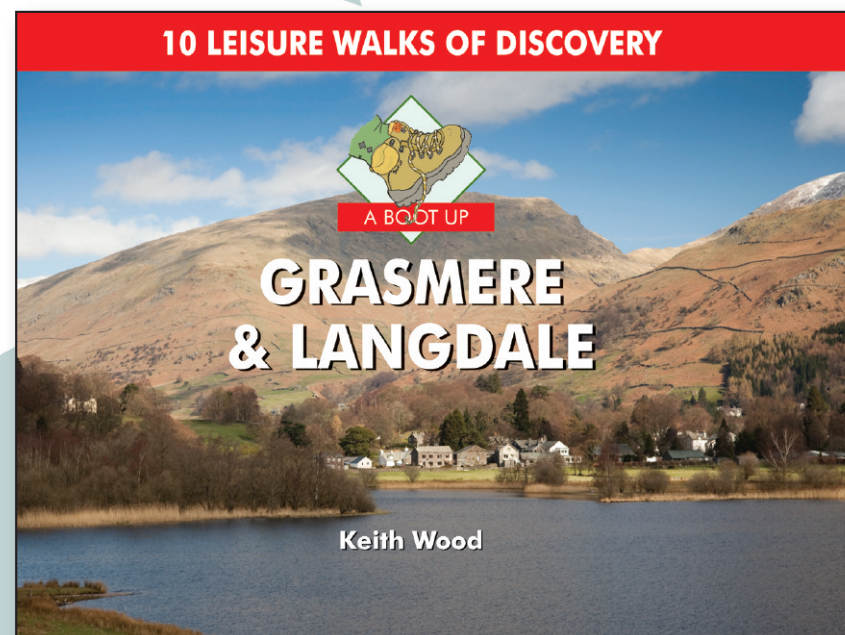
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A BOOT UP GRASMERE & LANGDALE



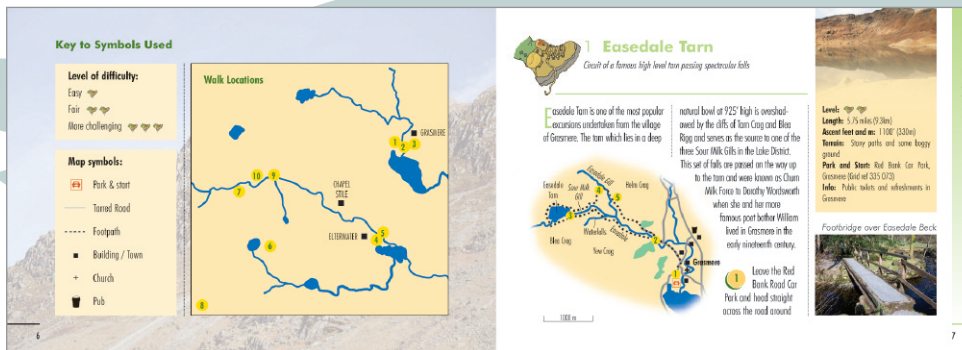
Side Pike



First glimpse of Langdale



Great Knott, Crinkle Crag and Bowfell from the slopes of Pike of Blisco



Example of a double-page spread.



Bridge over Great Langdale Beck, Elterwater