

Munsters Mountains 30 Walking Scrambling And

A Hiker's Guide to Scrambling Safely Walks and Scrambles in the Moroccan Anti-Atlas Adventure Walks and Scrambles in the Cape Peninsula Scrambles in the Lake District - South Walking and Trekking in the Sierra Nevada Scrambles in the Lake District - North Walking in Torridon, Fisherfield, Fannichs and An Teallach Walking in the Brianconnais Walking in the Cairngorms Walking on the Costa Blanca Walking on Jura, Islay and Colonsay Family Adventures The Greatest Guide to Walking & Mountain Hiking Mountain Walking in Southern Catalunya Travels of an Everyday Man Skye's Cuillin Ridge Traverse Walks and Scrambles in the Highlands Walking the Jurassic Coast Classic Mountain Scrambles in Scotland Holiday Walks in Provence Tom Morin David Wood Karen Watkins John Fleetwood Richard Hartley John Fleetwood Chris Townsend Andrew McCluggage Ronald Turnbull Terry Fletcher Peter Edwards Bex Band Mark S. Elliott Philip Freakley David Ferguson Elliott Adrian Trendall Arthur L. Bagley Ronald Turnbull Andrew Dempster Judy Smith

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unroped scrambling over so called easy terrain is one of the most potentially dangerous recreational activities every year scramblers are injured or killed in preventable accidents a hiker s guide to scrambling safely educates new scramblers in the inherent risks required climbing skills and mountain knowledge required for safety in the mountains

a guidebook to 41 graded walks and scrambles in the anti atlas mountains exploring the dramatic scenery of southern morocco the walks are suitable for confident walkers and scramblers with good navigation skills walks range from 3 to 40km 2 25 miles taking between 1hr to 2 days to walk the scrambles are

graded from 1 to 3 allowing you to choose routes suitable for your ability a 1 week 110km 68 mile long distance trek from ait baha to ait mansour across the north west anti atlas is also described 1 50 000 maps are included for each walk and topos for scrambling routes gpx files available to download detailed information on planning facilities and accommodation highlights include jebel el kest

a guidebook for the adventurous walker and mountaineer looking for something new and unusual

a guidebook to 106 graded scrambles in the south of the lake district national park covering langdale coniston and eskdale with easy access from haweswater longsleddale duddon and patterdale routes range scrambling grade 1 to climbing grade v diff so there s something for all abilities the gill scrambles and rock climbs can be linked to form 24 days out 1 25 000 os mapping and topos to aid navigation each scramble is clearly described with notes about grade quality aspect and approach popular routes covered include jack s rake esk gorge pinnacle ridge dungeon gill linkcove gill giant s crawl middlefell buttress and crescent climb detailed information on safety and equipment part of a 2 volume set an accompany cicerone guidebook scrambles in the lake district north is also available

a guidebook to 30 day walks and 2 day excursions 5 high mountain scrambles and three longer multi day routes in spain s sierra nevada routes are graded by difficulty all call for good fitness and hillwalking experience and the more demanding options involve navigational challenge prolonged ascents remote rugged mountain terrain and scrambling the walks range from 5 to 38km 3 24 miles and from 3 hours to 2 3 days the scrambles are graded from grade 2 to 3s also included are a 3 7 day traverse of the range s 3000m peaks a 3 day traverse of the 3 highest peaks los tres picos and an overview of the 302km 188 mile sulayr gr240 clear route description illustrated with 1 50 000 mapping 1 100 000 and 1 250 000 for the longer treks photo topos showing the line of the scrambles gpx files available for download information on water sources plus additional notes for winter mountaineers includes ascents of mulhacén mainland spain s highest summit

guide to 100 scrambling routes climbing the rocks and ghylls of the english lake district covering the northern area including wasdale buttermere patterdale and blencathra routes range from grade 1 to v diff use of a rope is recommended for grade 2 and above and can be linked to form 24 longer outings with advice on equipment and safety

guide to 50 walks and easy scrambles in north western scotland covering southern torridon northern torridon letterewe and fisherfield and the fannichs ascents of 27 munros 20 corbetts and 14 grahams are included with highlights including liathach beinn eighe beinn alligin an teallach and slioch the walks are

suitable for those with good navigation skills who are competent in a mountain environment all the walks in the guide are graded with summary statistics provided and each includes clear route description and mapping there s also a route summary table to help with choosing appropriate walks background information on local geology wildlife and history and planning details on when to go where to stay and what to take are included to make the most out of any trip to torridon the region boasts spectacular and distinctive landscapes and breathtaking views steep sided rocky mountains rise above long winding lochs both freshwater and sea from the hills there are vast panoramas out across the sea to the hebrides and of mountains stretching out to the north south and east this is a land for those who love open spaces vast horizons and the domination of nature

the 40 walks in this guidebook explore the stunning summer landscapes around briançon walks range from 4 to 21km and cover the valleys of clarée cerverette ayes durance and guisane as well as the area around vallouise and montgenèvre all the routes are circular and graded from easy to very hard so there are walks to suit all abilities alongside detailed route descriptions and maps the guidebook provides practical advice on when to visit and the best bases for exploring the region there are notes on plants and wildlife and information on the many hill forts in the area stunning photographs add to the appeal of this informative guide the briançonnais is a stunning mountain wilderness packed with snow capped peaks idyllic alpine valleys pastures full of wildflowers sparkling alpine lakes historic hill forts and a labyrinth of quiet paths with a rural charm and a milder climate than the northern alps it is a region ripe for discovery and this guide is the perfect place to start

a guidebook to over 100 walking routes in the cairngorms and lochnagar sitting between speyside and deeside the cairngorms national park provides the backdrop for these low and high level walks and scrambles suitable for a range of abilities walks range from 2 to 42km 1 26 miles and have been graded by difficulty allowing you to select routes suitable for your ability level 1 50 000 os maps or 1 100 000 route maps included for each walk includes 18 munro summits multiple summit path options are included for five hills macdui cairn gorm braeriach cairn toul and lochnagar detailed information on facilities and mountain bothies easy access from aviemore and braemar

a guidebook to 50 day walks and scrambles on spain s costa blanca exploring the dramatic scenery around alicante benidorm and calp the routes vary from short easy routes to full day strenuous summit scrambles walks range from 3 to 20km 2 12 miles and can be enjoyed in 2 7 hours the routes are graded allowing you to choose routes suitable for your ability the scrambles are mainly grade 1 but may be exposed and require a head for heights 1 50 000 maps are included for each walk detailed information on planning access and parking brief information included on history culture and wildlife highlights include the 10 000 steps walk

a guidebook to 23 walks and treks on the isles of jura islay and colonsay as well as neighbouring oronsay and scarba exploring the beautiful scenery of the southern hebrides the routes are suitable for experienced walkers the 22 day walks range in length from 7 to 25km 4 16 miles and can be linked to create your own itinerary a challenging 5 day 89km 55 mile trek along jura s remote west coast is also described 1 50 000 os maps included for each walk detailed information on accommodation and public transport notes on the islands bothies and wild camping recommendations highlights include the round of the paps of jura

a practical guide to involving babies and children in all sorts of adventures whether it be cycling camping paddling hiking swimming or outdoor holidays as soon as bex band founder of the uk s largest women s adventure community love her wild announced she was pregnant with her first child the sympathy began enjoy your adventures while you can it s going to be a big shock not being able to travel as much and aren t you going to miss adventuring it seemed as though having children was a death sentence when you re an outdoor adventurer but it really doesn t have to be that way yes it s a scary prospect how do you keep them safe where do they sleep what equipment do you need but it s totally doable when bex s daughter was just a few weeks old bex and her husband took her camping now age 2 she s been wild camping on dartmoor cycling along the coast swimming in rural lakes and even carried in a backpack on a multi day negev desert hike now she shares her stories and insights in family adventures a practical and inspirational guide to involving babies and children in outdoor adventures this guide is full of useful information such as what to pack when camping with an infant or how to keep children safe in open water invaluable tips family games you can play around a campfire or how to keep morale up in bad weather and plenty of honesty around things going wrong poo explosion on a wild camp anyone experiences from adventuring families also provide a plethora of insights so that you re well equipped to make your family adventuring dreams a reality

great tips and advice from gentle rambles to serious fell walking understand maps use a compass and be a skilful navigator choose comfortable clothing and safe equipment plan routes and prepare for back packing trips avoid outdoor hazards and handle difficult situations maximise your enjoyment of the outdoors help protect the environment this book is packed with useful advice and information for walkers of all levels if you want to know how to choose walking boots take a compass bearing or know the environmentally friendly way to poo in the woods then this book is for you the greatest guide to walking and mountain hiking is essential reading for all new walkers but experienced walkers will also pick up many new tips by reading it author mark s elliot has been an avid walker for over 18 years he has trekked and climbed mountains in many parts of the world and ran his own outdoor leisure and training company in the lake district he shares his extensive knowledge of the outdoors with you in this book

a guidebook to 30 graded walks in spain s southern catalunya exploring the beautiful scenery of els ports and the tarragona mountains the walks are suitable

for beginner and experienced walkers alike day walks range from 4 to 21km 2 13 miles and can be enjoyed in 2 6 hours a 2 day circular trek encompassing sant roc and arnes is also described in 2 stages covering 47km 29 miles sketch maps are included detailed information on planning accommodation and local history highlights include the cardó and montsia massifs easy access from barcelona valencia and reus

travels of an everyday man follows the adventures of david ferguson elliott as he discovers countries far and wide his impressions of cultures around the world will delight you and leave you waiting for his next book showcasing his further travels when the author was a young man he broke his leg while rock climbing for rehabilitation therapy he began taking long distance treks see the world through the eyes of a man who ventured throughout britain then on to morocco where he ascended mount toubkal the highest mountain in north africa afterward he began a solo crossing of the western half of switzerland and then visited japan to climb fujiyama accepting a challenge to raise money for cancer research elliott completed a 100 kilometer walk in the himalaya he climbed kala pattar which is 5 550 meters high and is revered for its spectacular views of mount everest his book is peppered with wildlife sightings and contains 42 photos first time author david ferguson elliott is completing a second book about his travels to other parts of the world he is inspired by mountain climber norman croucher who suffered a serious accident and amputation but still went on to climb mountains elliott is retired and is free to travel where the spirit takes him he grew up in matlock derbyshire england and now resides in fuente alamo murcia spain publisher s website strategicpublishinggroup.com title travelsofaneverydayman.htm

a guidebook to the isle of skye s cuillin ridge traverse this 2 volume set is a comprehensive guide to planning and completing this challenging and technical 12km scramble typically done in 1 2 days with a route that includes scrambling sections to grade 3 technical climbs to severe and a handful of abseils a head for heights technical skill and mental and physical stamina are needed volume 1 contains planning and logistics information training notes recommended gear list and safety tips volume 2 focuses on the traverse itself across 10 sections a step by step guide to traversing the ridge is given with full route description harvey mapping and photo topos the two volumes are sold together harvey mapping and photo topos in depth route description and advice for completing the traverse in winter volume 2 is perfectly sized to carry with you during the traverse 10 classic cuillin scrambles are also included that can be used as practice routes easier climbing alternatives cuillin ridge light are provided for the harder climbing sections

a guidebook to 30 walks on the jurassic coast of devon and dorset covering the coast between exmouth and bournemouth the walks are suitable for most walkers with shorter routes alongside plenty of more challenging full day hikes the walks range in length from 5 to 24km 3 16 miles and can be enjoyed in 2 8 hours the majority of the routes hug the shoreline between torbay and swanage while others venture inland on the dorset downs 1 50 000 os maps are included for each walk gpx files available to download the geology of this world heritage coastline is brought to life with timelines and cross sections local

points of interest include lulworth cove and chesil beach

scrambling is the highly popular pursuit which combines the freedom enjoyed by the hillwalker with the more immediate excitement of the rock climber an essential guide to the best scrambling in scotland this book covers both the mainland and the inner hebrides and is suitable for scramblers of all skill levels from complete beginner to seasoned enthusiasts this comprehensive guide contains maps and images for each scramble as well as instructions for os maps an introduction to the art of scrambling and to all equipment that may be necessary routes for all scrambles and easy to follow grading and quality ratings enabling the reader to pick a scramble for any ability level scrambles include mountain routes such as aonach eagach and the cuillin ridge as well as the lesser known northern pinnacles of liathach

from the foothills of the alps to the luxurious mediterranean coast nowhere could offer more variety of landscape than provence this book includes 30 walks described in detail with suggestions for over 100 more

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