



## North Lakeland (Paperback)

By Ruth Irons, Richard Irons

SIGMA PRESS, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book. Authors Ruth and Richard Irons are qualified outdoor pursuits instructors and they know how important careful planning is for safe and enjoyable walks. There are 30 walks in their book, covering North Lakeland's superb walking landscape from Ennerdale Water to Lowther Park, and Haweswater to Bassenthwaite. There's something to suit every type of walker - from mostly level walks around pretty Lakeland villages, to more adventurous but safe hikes across windswept fells. As Richard says, We've got walks for Sunday Strollers and Peak Baggers - and everyone else in between!.



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