



official route  
Lake District  
National Park

**Carlisle**

Caldbeck

*Knott* ▲

*Skiddaw* ▲

Keswick

▲ *Walla Crag*

*Glaramara* ▲

Great Langdale

*Swirl How* ▲

*Coniston  
Old Man* ▲

Coniston

**Ulverston**



# Cumbria Way

**Jen Benson, Sim Benson**



## **Cumbria Way:**

**Walking the Shropshire Way** John Gillham,2020-04-02 A guidebook to walking the Shropshire Way Covering 290km 182 miles this long distance circular trek exploring the area around Shrewsbury can be hiked in around 2 weeks and is suitable for all reasonably fit walkers The route is described in 15 stages each between 18 and 24km 11 15 miles in length and comprises two loops that can each be walked separately in a week or combined to form a 2 week trek The challenging 2 day Stretton Skyline Walk 32km 20 miles is also included 1 50 000 OS maps included for each stage GPX files available to download Detailed information on facilities public transport and accommodation on route Advice on planning and preparation Highlights include Stiperstones and Wenlock Edge

**Kentigern Way** Stephen G Wright,2019-12-15 A guide to a pilgrimage route in one of the most majestic landscapes in the UK that of the Lake District which is rich in beauty nature and history More than this it provides an historical backdrop to St Kentigern and the region cutting through myths and assumptions to examine the reality of emerging 6th century Christianity in Britannia Kentigern is also known as St Mungo the patron saint of Glasgow although his influence goes far beyond that city This book also discusses what pilgrimage is and how it differs from tourism and provides suggestions on how to enrich the pilgrimage experience through guided reflections and prayers Although the pilgrimage is rooted in Christian sacred sites it is made accessible to people of all faiths and none who seek spiritual depth in the experience You don t have to be a Christian to follow this pilgrimage route nor will this book try to make you one Includes a look at the feminine in contemporary Christianity and a special section on the importance of Kentigern s often ignored mother Teneu Historians will enjoy the honest assessment of Kentigern s life and some revealing asides about the reality of Celtic culture Walkers will find an enthralling travel guide and a beautiful manageable route Contemplatives will be encouraged by the emphasis on listening and stillness And I challenge anyone not to be inspired and intrigued by the thoughtfulness and love that have gone into researching and producing this unusual and compelling work James Newcome Bishop of Carlisle

**The Cotswold Way** Kev Reynolds,2026-01-22 Discover the rolling hills limestone villages and sweeping escarpment views of the Cotswold Way National Trail one of England s most scenic and enjoyable long distance walks Stretching for 163 km 102 miles from the market town of Chipping Campden to the World Heritage city of Bath the route follows the western edge of the Cotswolds National Landscape combining peaceful countryside with historic towns and villages This classic two week walk is ideal for those new to long distance walking as well as more experienced hikers looking for a well waymarked and rewarding trail Along the way you will pass highlights such as Broadway Tower Winchcombe Painswick Valley and the dramatic descent into Bath with far reaching views across the Severn Vale and rich pastoral landscapes throughout The guidebook divides the route into 14 manageable stages with clear descriptions walking north to south and an abbreviated set of directions for those walking south to north A separate pocket sized map booklet with detailed 1 25 000 Ordnance Survey maps provides reliable navigation at every stage of the journey 14 stage by stage route

descriptions covering the full Cotswold Way from Chipping Campden to Bath Clear step by step directions supported by detailed maps and downloadable GPX files Each stage includes distance estimated walking time ascent and descent and an overview of the terrain Separate pocket sized map booklet with 1 25 000 Ordnance Survey maps for accurate navigation Handy facilities planner highlighting services refreshments and public transport along the route Full accommodation listings to help you plan overnight stops in villages and towns along the trail Plan your Cotswold Way adventure with confidence and enjoy one of England s most characterful National Trails with this definitive guidebook and map set *Bikepacking King Alfred's Way* Edward Hunton,2026-01-26 A practical and inspiring guidebook to bikepacking King Alfred s Way a 353km circular route through southern England that weaves together ancient trackways rolling chalk downs and quiet rural lanes Riding through landscapes shaped by thousands of years of history the route links some of the most iconic off road trails in the country including the Ridgeway North Downs Way and South Downs Way with long stretches of traffic free riding and big open views Designed by Cycling UK and presented here in a clear rider focused format this guidebook helps you plan and ride the loop with confidence Divided into seven manageable stages of between 40 and 60km it suits both beginner and experienced MTB and gravel riders whether you are looking for a relaxed multi day adventure or a more ambitious challenge Clear mapping detailed stage descriptions and flexible itinerary options make it easy to tailor the ride to your time fitness and preferred style of overnight stop from wild camping to campsites and comfortable accommodation Seven stages graded for difficulty from easy to moderate GPX files available to download for easy navigation 1 150 000 maps included for each stage Alternative schedules breaking the route into between 3 and 7 days Route summary tables accommodation listings and suggested wild camping spots to help plan your itinerary Easily accessible by train from London and from the north and west of the UK Short Runs in Beautiful Places Jen and Sim Benson,2020-04-01 From ancient woodland to wildflower blanketed meadows lace up your trainers and explore the British countryside in 100 short runs Following on from the National Trust s bestselling walks books this has 100 short runs at NT properties and places around Britain The routes travel through beautiful countryside of all kinds from ancient woodland and meadows studded with wildflowers to rugged headlands with uninterrupted views of the sea The runs are ideal for beginners as well as experienced runners looking for a more relaxed route They range from 1 to 10 miles with the vast majority being 6 miles 10k max Information on terrain and facilities is included as are interesting points of history and natural history to look out for The book also includes a section on training gear and avoiding and dealing with injuries for beginners *100 Great Walks with Kids* Jen Benson,Sim Benson,2021-03-11 This book features 100 wonderful walks right across Britain suitable for families with children from 0 upwards including carrier and buggy friendly routes and themes such as mini mountains walks with paddles beaches woodland wildlife circumnavigations of lakes and walks from child friendly cafes Starting with a useful and informative introduction with advice on making walks with kids successful and enjoyable best clothing and equipment food and drink the countryside code and a

light hearted troubleshooting guide for commonly encountered problems the book divides the walks themselves by geographical area England south west south east central north west north east Wales south central north Scotland borders and south central north and islands Each route is graded according to its relative difficulty but all will be short to moderate in length and very achievable for anyone with a good level of fitness and symbols will indicate hazards refreshments toilets dog friendliness and buggy suitability As well as being themed each walk will include other points of interest along the way to keep the children engaged and encourage the idea that spending time outdoors is enjoyable and fun Illustrated throughout with the authors photography showcasing the beauty of Britain this will be an attractive and inspiring guidebook for all families wanting to make the most of the great outdoors

*The North Downs Way* Kev Reynolds,2017-07-31 The North Downs Way National Trail is a 130 mile 208km between the high downland of Farnham and the historic city of Dover on the Kent coast The route is described in 11 day stages from west to east with an optional detour via Canterbury Step by step route descriptions are fully illustrated with colour photographs and extracts from OS 1 50 000 mapping for every stage The guidebook comes with a separate map booklet of 1 25 000 scale OS maps showing the full route of the North Downs Way Clear step by step route descriptions in the guide link together with the map booklet at each stage along the Way and the compact format is conveniently sized for slipping into a jacket pocket or the top of a rucksack The North Downs Way is one of the easier national trails with a modest number of steep but short ascents and descents and long sections with no noticeable height gain or loss Several historic sites including Neolithic burial chambers Roman roads and Norman churches are passed and much of the route follows The Pilgrims Way

*Walking the Cumbria Way* JOHN. GILLHAM,2022-06-15 A guidebook to the 73 mile Cumbria Way an easy long distance walk though the heart of the Lake District National Park from Ulverston in the south to Carlisle in the north with good transport links to either end The route is largely low level but this guide offers alternative mountain days to climb some of the famous fells en route

*The Cumbria Way* John Gillham,2015-02-10 A guidebook to the Cumbria Way a 73 mile long distance path through the heart of the English Lake District from Ulverston to Carlisle The route is largely low level but this book also describes alternative mountain days which add the Coniston Fells Glaramara and Skiddaw en route The guide divides the route into 5 stages of between 12 and 16 miles but there is plenty of opportunity to plan your itinerary for a more easy going 7 to 8 days This guidebook also provides useful information for every stage from accommodation to available facilities en route as well as an annotated OS map and details on points of interest

Walking in Britain ,2001 **Britain** Ryan Ver Berkmoes,2001 This guide to Britain covers all the great sights but also takes you to less touristed places country lanes untouched villages and dramatic coastlines

**Britain** Bryn Thomas, Tom Smallman, Pat Yale,1999 This guide to Britain provides all the practical information you need to discover the fascinating heritage and attractions of England Scotland and Wales the three proudly different countries contained within this small island From the lochs and glens of Scotland to the frantic pace of London you ll get the best out of your trip with this

comprehensive guide over 160 maps including 11 colour London city maps notes on British history architecture and literature all transport options from the high speed Eurostar through the Channel Tunnel to leisurely canal travel on a narrowboat Welsh and Scottish Gaelic language guides the best accommodation and eating suggestions for all budgets from hostels in the Highlands to tea at the Savoy **Walk Britain 2006** Ramblers' Association,2005-12 This text provides a useful information resource for walkers providing details of over 2000 places to stay in beautiful walking country Full colour maps featuring long distance paths are included **The Medical Register** ,1989 *Cumbria Way* Paddy Dillon,2021-09-06

**Hostels U. K.** Paul Karr,Martha Coombs,2001 Whether you re looking to party or looking for a clean quiet affordable place to crash this guide will get you exactly where you want to go The authors tell it like it is with their at a glance rating system and candid descriptions Entries include their opinions on cleanliness safety hospitality party potential favorite hostels what to do and see in the area and especially good bargains They ll also tell you which hostels provide extras like Internet access kitchen and laundry facilities bike storage and more 4 3 4 x8 1 2 336 pages maps black and white photos icons

*The British National Bibliography* Arthur James Wells,2000 [Bed and Breakfast Guest Accommodation in England](#) 2004 Visit Britain Staff,VisitBritain,2003-11 *Long Distance Paths of England and Wales* T. G. Millar,1984 **The Birds of Brushy Creek** Robert Byron Bird,1996

## The Enigmatic Realm of **Cumbria Way**: Unleashing the Language is Inner Magic

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