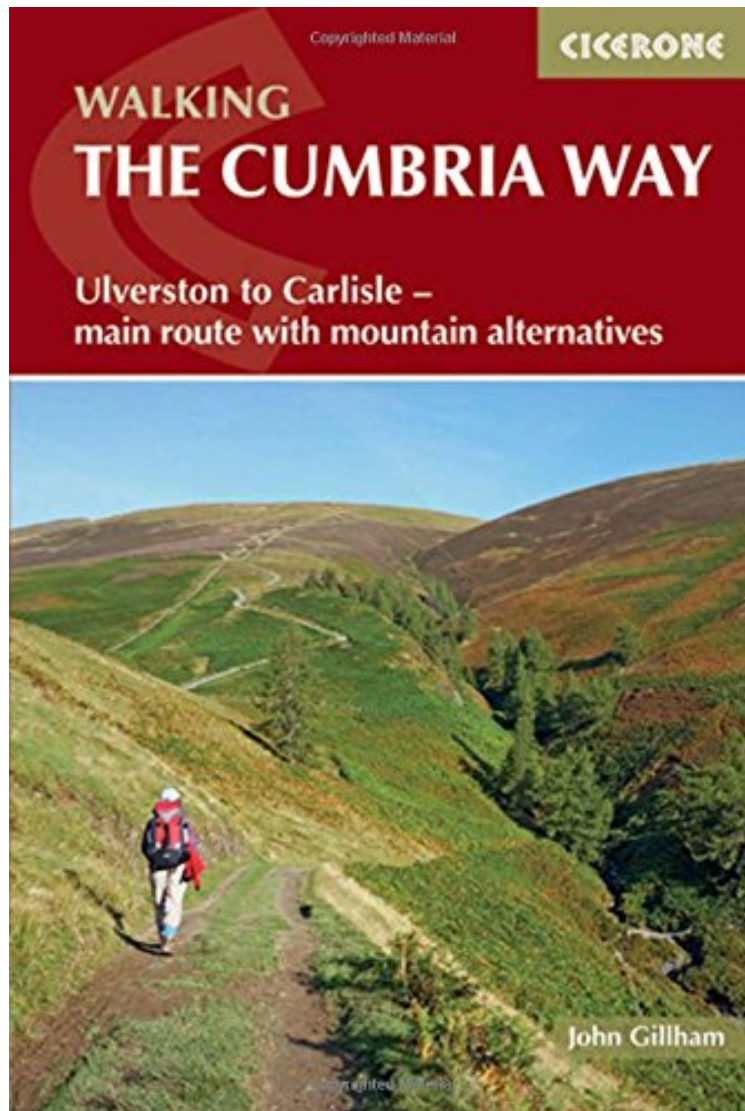


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## The Cumbria Way

John Gillham

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**John Gillham : The Cumbria Way** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Cumbria Way:

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, and accessible to new trekkers, but this guide offers alternative mountain days to climb some of the famous fells 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. The Lake District is a walkers paradise, and there is no better way to experience the fells, lakes and woodlands of the Lake District than by trekking through their midst. 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. The result is a guidebook that enhances a walk on the Cumbria Way, as well as providing the walker with the tools to complete the trek.

**About the Author** John Gillham has been a professional writer, illustrator and photographer since 1989. He writes for several outdoors publications, and two of his books have won the Outdoor Writers Photographers Guild Award for Excellence.