



**Running Around Britain - The Lake District -
Around Wordsworth's Walks: An 8 mile circular
route from Pelter Bridge visiting Loughrigg Tarn,
Grasmere lake and Rydal Water**

John Edmondson

Download now

[Click here](#) if your download doesn't start automatically

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water

John Edmondson

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water John Edmondson

Are you one of the thousands of Britons who like to keep fit by jogging? Or are you a serious runner training for races and marathons?

Running Around Britain is an e-book series aimed at the jogger who wants more than just an internet route to follow. It is for runners of all abilities and ages, from a simple 3 mile route suitable for kids, to the lung busting 26 mile routes for the more serious athlete.

The different routes may be urban routes, nature routes, mountain routes, or any other manor of routes that are available in the local area. They are also intended to help search out routes that are not normally featured in the usual literature so taking you along some hidden gem.

As the reader is taken on the trip, places of interest will be highlighted and the history of the surrounding area and buildings will be developed. Don't worry though, the state of the paths and the terrain will also be there for you so you can judge whether it is suitable for your ability and expectations.

The book will also feature photos of the route so you shouldn't get lost!

We hope that you enjoy this e-book and that you will look for other books in the range for your next trip.

New routes are being added all the time so keep an eye out for new ones as they appear. If you want to contribute a route, then email steve.caron@jmdmedia.co.uk with your idea and he will be in touch.

This guide takes you on a circular tour starting and ending at Pelter Bridge.

The 8 mile journey is a tour of three of the most picturesque lakes in the park - Loughrigg Tarn, Grasmere and Rydal Water. Using a combination of lanes, footpaths and bridleways the route provides views from both above and along the sides of these waters.

Time to complete: Allow between 1.5 hours and 3 hours to run or run and walk the route.

The state of the paths: The paths and bridleways around the route are well maintained but unless there has been a long spell of dry weather (rare in these parts) expect some mud! Some of the paths are uneven or slippery and are best walked rather than run. There are numerous stiles and gates. Understandably, the route is very popular with walkers so please respect others. If you're running (or cycling) be prepared to wait for a suitable passing place and don't expect them to move aside for you.

On-road or off-road: Of the 8 miles, 1.75 miles is on tarmac lanes, most of which are narrow lanes. These

lanes are normally quiet but can sometimes be busy, particularly on sunny weekends. Take care! The route alternates between lanes and paths to provide variety and opportunities for faster running. The route is unsuitable for cycling because it is mainly on public footpaths.

The terrain: The route can be divided into sections ? flat, hilly, then flat again with a small hill at the very end. The total ascent is about 1200 feet. There are two climbs and one descent that all but hardened fell runners will walk. There are also several sections suitable for recovery or speed running.

Finding your way round: This guide provides enough detail to follow the route. It's suggested that you read the full guide before setting out and refer to it at intervals during the run. If you'd like to be guided round the route by the author see<http://guidedscenicruns.weebly.com/>. This is one of many that the author offers as a guided run.

About the Author:

After working for over 30 years as a successful safety, health and environment specialist John recently moved from the northeast to enjoy retirement in Cumbria. He has been running and walking for fitness and enjoyment since the late 1980s. Since moving to Cumbria he has combined the fun of running and walking with the pleasure of admiring the magnificent scenery of the Lake District. John's keen to share this experience with others.

 [Download Running Around Britain - The Lake District - Aroun ...pdf](#)

 [Read Online Running Around Britain - The Lake District - Aro ...pdf](#)

Download and Read Free Online Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water John Edmondson

From reader reviews:

Emily Walker:

Throughout other case, little people like to read book Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water. You can choose the best book if you want reading a book. Provided that we know about how is important some sort of book Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water. You can add understanding and of course you can around the world by a book. Absolutely right, due to the fact from book you can recognize everything! From your country until eventually foreign or abroad you can be known. About simple point until wonderful thing you can know that. In this era, we can open a book or searching by internet device. It is called e-book. You need to use it when you feel uninterested to go to the library. Let's go through.

Dorothy Tran:

People live in this new day time of lifestyle always try and and must have the extra time or they will get great deal of stress from both way of life and work. So , once we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will unlimited right. Then ever try this one, reading guides. It can be your alternative within spending your spare time, the book you have read is actually Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water.

Vincent Johnson:

Your reading 6th sense will not betray you, why because this Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water e-book written by well-known writer who really knows well how to make book which can be understand by anyone who all read the book. Written throughout good manner for you, dripping every ideas and writing skill only for eliminate your current hunger then you still hesitation Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water as good book not only by the cover but also with the content. This is one guide that can break don't judge book by its include, so do you still needing yet another sixth sense to pick this!? Oh come on your studying sixth sense already said so why you have to listening to an additional sixth sense.

Lynnette Jennings:

This Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route

from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water is fresh way for you who has interest to look for some information given it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little digest in reading this Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water can be the light food for you because the information inside this particular book is easy to get by simply anyone. These books create itself in the form that is reachable by anyone, yes I mean in the e-book form. People who think that in reserve form make them feel drowsy even dizzy this publication is the answer. So there is not any in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss this! Just read this e-book style for your better life and also knowledge.

Download and Read Online Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water John Edmondson #RAK4D3H2F9O

Read Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson for online ebook

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson books to read online.

Online Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson ebook PDF download

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson Doc

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson Mobipocket

Running Around Britain - The Lake District - Around Wordsworth's Walks: An 8 mile circular route from Pelter Bridge visiting Loughrigg Tarn, Grasmere lake and Rydal Water by John Edmondson EPub