



The Lancashire Trail

Dawn Keetley, Ruth Heholt



The Lancashire Trail:

Lancashire Trail Brian Smailes, 2003-01-01 The National Trails Stephen Neale, 2025-06-19 Exploring each of our 17 unique and varied National Trails this beautiful and inspiring guidebook highlights over 1 000 adventures to enjoy along the way Our National Trails encapsulate and embody the character of England and Wales ensuring that people from all different backgrounds can enjoy our nation s most precious asset 24 7 access to the wild outdoors Following on from Stephen Neale s successful guides to the England Coast Path and the South West Coast Path the publication of this book coincides with the near completion of the Coast to Coast Path National Trail a 197 mile route from St Bees in Cumbria to Robin Hoods Bay in the North York Moors This guide is the first to feature all 17 of the National Trails from the Cleveland Way to Hadrian s Wall Path and the Thames Path from the South West Coast Path to the Pennine Way and the Cotswold Way and promotes a more accessible and modern take on the traditional turn left at the stile walking guide Read on for the story of how our National Trails were created in the first place and the best locations for backpacking wild swimming ruins views and packrafting And of course 1 000 fantastic places adventures and highlights to be found on or around our wonderful and unique National Trails Walked and researched by the author over many months beautifully designed and crammed with stunning photography this is an inspiring and practical guidebook **Folk Horror** Dawn Keetley, Ruth Heholt, 2023-04-15 While the undisputed heyday of folk horror was Britain in the 1960s and 1970s the genre has not only a rich cinematic and literary prehistory but directors and novelists around the world have also been reinventing folk horror for the contemporary moment This study sets out to rethink the assumptions that have guided critical writing on the genre in the face of such expansions with chapters exploring a range of subjects from the fiction of E F Benson to Scooby Doo video games and community engagement with the Lancashire witches In looking beyond Britain the essays collected here extend folk horror s geographic terrain to map new conceptualisations of the genre now seen emerging from Italy Ukraine Thailand Mexico and the Appalachian region of the US

The GR5 Trail - Vosges and Jura Les Smith, Elizabeth Smith, 2017-04-30 Guidebook to a principal north south long distance walking route through eastern France traversing the Vosges and the Haut Jura plateau along the GR5 GR53 The 687km 427 mile waymarked path traverses the entire length of the Vosges and then climbs up onto the plateau of the Haut Jura before dropping down to Nyon on the shores of Lake Geneva The GR5 is one of the great walking routes across Europe crossing the continent from the Dutch coast to the Mediterranean and the route described here is the central section 518km from Schirmeck down to Lake Geneva In addition the GR53 in the Northern Vosges from Wissembourg to Schirmeck 169km is described as an offshoot of the GR5 that allows walkers to complete the entire chain of the Vosges The route is presented in 11 chapters which in turn are broken into short sections of a few hours each allowing for a flexible itinerary and easy route planning There are also suggestions for shorter circular routes making use of sections of the GR53 GR5 as well as an overview of other long distance routes in the region A summary of local history plants and wildlife and delicacies can be

found in the introduction and appendices offer details of facilities on route and full accommodation listings Two further Cicerone guidebooks cover the remaining sections of the GR5 The GR5 Trail Benelux and Lorraine and The GR5 Trail which covers the route from Lac Leman to the Mediterranean

Switzerland's Jura Crest Trail Ali Rowsell, 2019-01-15 This guide presents Switzerland's Jura Crest Trail or Crêtes du Jura also known as the Jura High Route and Swiss national route 5 This 310km long distance route traverses the sub alpine mountains of the Swiss Jura from Dielsdorf near Zurich to Nyon on the shores of Lac Leman Lake Geneva running roughly parallel to the Swiss French border With over 13 500m of ascent the trail demands a moderate level of fitness and can be comfortably completed in around a fortnight The Jura Crest Trail is easily accessed from Zurich and Geneva The region boasts excellent walking infrastructure and facilities and although the trail crosses the mountains you are seldom too far from civilisation The guide contains all the information you need to plan and walk the route You'll find advice on transport and comprehensive details of accommodation and refreshments The trek itself is presented from east to west in 14 stages of 12-32km with step by step route description accompanied by clear mapping and notes on local points of interest The Jura Crest Trail boasts far reaching views of the Bernese Oberland the Haute Savoie and the Rhine and Rhone Valleys and is rich in geological natural and historical interest Passing through woodland and alpine meadows and crossing rolling limestone plateaux highlights include the spectacular amphitheatre of the Creux du Van the medieval towns of Baden and Brugg and Lac de Joux the largest lake in the Jura mountains

Trekking in Greenland - The Arctic Circle Trail Paddy Dillon, 2019-02-15 At just over 100 miles long and taking 7 to 10 days to complete the Arctic Circle Trail crosses the largest ice free patch of West Greenland This splendid trekking route lying 25-30 miles north of the Arctic Circle runs from Kangerlussuaq to Sisimiut both of which have airport access The trail traverses remote empty silent and stunningly scenic arctic tundra and is mostly gently graded with just a few short steep and rocky slopes However the landscape between the two towns of Kangerlussuaq and Sisimiut is extremely remote and those who choose to take on this route must be completely self sufficient The book includes plenty of practical information on what to take with you and when to go as well as on safety travel and accommodation Fully illustrated with a variety of photographs and its route is highlighted on continuous trekking maps The guide also includes an optional extension to the Greenlandic ice cap

Trekking the Robert Louis Stevenson Trail Nike Werstroph, Jacint Mig, 2021-02-18 A guidebook to the Robert Louis Stevenson Trail GR70 from Le Puy en Velay to Als covering 272km 169 miles this long distance trek through the Cevennes region on the edge of France's Massif Central follows in the footsteps of writer Robert Louis Stevenson and his donkey Modestine The trail takes around 2 weeks to hike and is suitable for both first time and experienced trekkers The route is described from north to south in 12 stages each between 16 and 30km 10-17 miles in length A brief account of Robert Louis Stevenson's experiences on that section of the route is included for each stage GPX files available to download 1:50 000 maps included for each stage Detailed information about accommodation campsites and facilities along the route Advice on

planning and preparation **Playing on the Periphery** Tara Brabazon, 2006-04-18 This is a very distinctive text that will stand out from the standard more staid works in sport studies This is a sophisticated text that will appeal to the maturing readership in the area looking for new perspectives on sport Tara Brabazon is very well known in Australia both in academia and as a journalist Other texts in this area are all edited collections **Trekking the Giants' Trail: Alta Via 1 through the Italian Pennine Alps** Andy Hodges, 2021-02-15 Italy's Alta Via 1 a 180km trail through the Italian Alps following the northern flank of the Aosta Valley boasts magnificent views of the Alpine giants Mont Blanc the Matterhorn the Grand Combin and Monte Rosa Indeed it is sometimes known as the Giants Trail and can be combined with a sister route the Alta Via 2 covered in a separate Cicerone guide which runs along the southern flank of the valley to form the Tor des Gants Stretching from Donnas to Courmayeur the Alta Via 1 offers fantastic alpine walking with welcoming refuges and small hotels providing overnight accommodation and great food along the way The guide presents the route in two sections for the advantage of those who can't spare the full fortnight plus needed to walk the entire AV1 The trail is described in 16 stages with alternative stages covering some popular variants including an optional detour to visit the famed monastery at the Great St Bernard Pass Each stage includes clear route description and mapping plus notes on local points of interest and accommodation options An alternative itinerary list of useful contacts kitlist and glossary can be found in the appendices The AV1 crosses cols of nearly 3000m as it traverses the side valleys of the main Aosta Valley Suited to those with some of experience of alpine trekking the walking is demanding but without technical difficulty And the rewards are many quieter huts breathtaking vistas and a chance to immerse yourself in fabulous mountain landscapes overlooked by soaring snow clad giants *Trekking the GR11 Trail* Tom Martens, 2024-05-28 A guidebook to hiking the 850km 520 mile GR11 La Senda Pirenaica trail between Irun on the Atlantic coast and Cap de Creus on the Mediterranean Over the years it has become a well defined hiking trail which mostly goes over good hiking paths through largely unspoilt and wild mountains and is suitable for experienced mountain hikers The GR11 is one of the long distance trails which crosses the whole Pyrenees staying on the Spanish side of the border It is presented here in 47 stages of 7 31km 5 19 miles four sections are given to allow the route to be broken into shorter treks Step by step route description and 1 100 000 mapping provided for each stage Highlights include Navarre Ordesa Monte Perdido Valles Occidentales Posets Maladeta Parc Natural Alt Pirineu Route Summary Table and Stage Facilities Planner to help plan itineraries Detailed information on planning local flora and fauna and accommodation GPX files available to download

Ignite the flame of optimism with is motivational masterpiece, **The Lancashire Trail** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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The Lancashire Trail Introduction

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