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Inspirational and informative book, highly recommended. Reviewed in the United Kingdom on 4 January 2019. This book is a great guide to trail running in the south west of England. It contains 70 trail runs and contains very clear map extracts, instructions, background information and photos



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paths and tracks cover the whole of Scotland, including the islands.

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by Allison, Susie

For me, it ' s a great trail running  
route for a summer ' s evening. The  
route is not recommended for

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inexperienced hill runners because the terrain is rough and navigation can be challenging in mist. It also includes 820m of ascent. From the resort car park the route heads up the main track between the Funicular Station and the Day Lodge.

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