

THE BIG ROUNDS

BY DAVID LINTERN

A review by Rosie Jones

Whether you intend to run, walk, support, or just observe from a healthy distance, there is definitely something of interest for everyone in David Lintern's *The Big Rounds* book; he is right in describing this as "a book for all hillgoers".

Adding to the excellent Cicerone series this book covers in detail Britain's three most challenging long-distance mountain rounds: The Bob Graham Round, The Paddy Buckley Round and The Charlie Ramsay Round. For anyone seeking to complete one (or several) of the rounds, the book includes practical tips, maps, route guides and brilliant insights from round legends Jasmin Paris, Nicky Spinks, Charlie Ramsay, Jim Mann and Paddy Buckley. Whilst this book will inspire and encourage readers to venture into the mountains, the seriousness of embarking on a round is also emphasised and this book certainly encourages preparation with useful information about fitness, equipment and experience. In addition to this, the book is full of stunning photographs that will make you crave a long day out on the fells and the mountains of the England, Wales and Scotland. If you visit David Lintern's website you can see more of his beautiful photographs and a number of articles he has written to support the book <http://www.davidlintern.com/book-the-big-rounds> you can even order a signed copy!

Available now on Cicerone Press.

