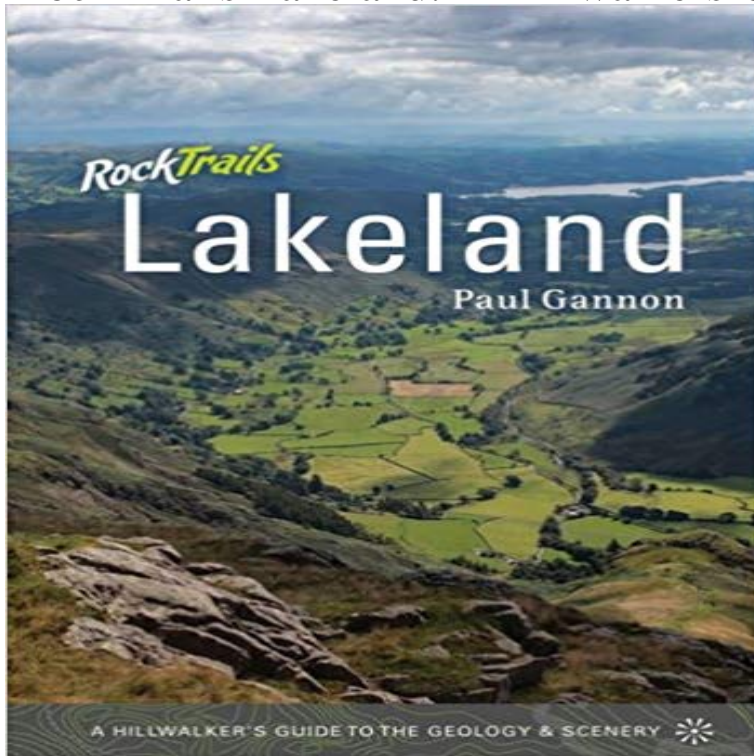


# Rock Trails Lakeland: A Hillwalkers Guide to the Geology and Scenery



This book explains to the hillwalker, in easy to understand but accurate terms, how geology has shaped the landscape of the Lake District. A selection of fifteen guided walks is used to illustrate this in terms of what can be seen on the ground. Rock Trails Lakeland, divided into two parts, is intended to help those who love the Lake Districts mountain scenery to understand how this beautiful landscape came about. The first half narrates the story of colliding continents, volcanoes, mountain-building and glaciations in creating the Lakeland, explaining why volcanoes occurred, the rocks they created and how to interpret signs of mountain-building and glaciations on the ground. The second half describes recommended walks of differing levels of difficulty, all with a wide variety of geological features to be seen and, most important, with consistently fantastic views of the very best of the Lake Districts wonderful scenery. The author has concentrated on what you can see as you walk around the hills, highlighting conspicuous, easily visible features in rocks as well as the overall shape of the terrain while accounting for the present-day landscape. This is the second book in the series from Pesda Press, following the publication in 2008 of Rock Trails Snowdonia (9781906095048).

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