



## Mountain Days at Home and Abroad: Walking, Running and Climbing: 40 Years of Adventures on Mountains Around the World

By Bob Worth

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mountain Days at Home and Abroad is a lively account of the author's adventures in the mountains over a period of some 40 years, starting from the early days when he took part in annual mountain challenges and volunteered as an instructor on various Hill Walking and Climbing courses run by the Scouts from the old railway station at Lochearnhead. The next section covers the climbing of The Munros, the 282 3,000ft peaks of Scotland, generally walking or climbing but often running up, in good weather and more usually, bad. The book then moves on to cover some longer runs in the Lake District and Scotland, runs covering multiple peaks on long days in the hills. Suffering something of a mid-life crisis the author then gave up his job as a Bank Manager and lived in a camper-van for a couple of years. During which time he toured the Alps and the Dolomites, running many of the well known and less well known Long Distance footpaths; details of the following are included: the Tour du Mont...



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