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The best runner is the one having the most fun! Get more from your running with training, guiding and inspiration from Trail Running Scotland. With courses to improve your confidence in off-road running, with running technique, navigation training and tips for dealing with rough terrain.

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Scottish Trail Running: 70 Great Runs Paperback – November 14, 2012 by Susie Allison (Author) 4.9 out of 5 stars 12 ratings. See all formats and editions Hide other formats and editions. Price New from Used from Paperback "Please retry" \$186.99 . \$186.99 — Paperback \$186.99

Scottish Trail Running: 70 Great Runs: Susie Allison ... Jonathan Stuart. 5.0 out of 5 stars 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 to help you undertake any of those runs.

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For me, it ' s a great trail running route for a summer ' s evening. The route is not recommended for 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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Running describes off-road routes for the beginner as well as

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- Wild Running: Britain 's 200 Greatest Trail Runs, by Jen and Sim Benson, is published by Wild Things (£16.99).

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