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Allison, Susie ...

5 great winter trail running routes in Scotland The Glasgow author of an updated edition of the popular Scottish Trail Running guide has revealed some of her favourite winter off-road routes. Susie Allison, who is a keen runner, has picked five great trail circuits from the 70 that are

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detailed in the newly published book.

5 great winter trail running routes in  
Scotland ...

The Scottish Trail Running guidebook  
contains 70 tried and tested paths and  
tracks covering the whole of Scotland,  
including the islands. The guide takes

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runners on a journey of discovery that starts in suburbia and crosses every kind of runnable terrain to reach remote glens and far-flung islands. Short, simple circuits close to town will suit beginners while ultra marathons through Scotland's wildest mountains will test even the most experienced runner.



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Trail running Scotland: 10 best routes you need to run

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(Inglés) Tapa blanda □ 14 noviembre 2012  
de Susie Allison (Autor) 4,9 de 5 estrellas  
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The best runner is the one having the most

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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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Home - Trail Running Scotland

Scottish Trail Running: 70 Great Runs

Paperback  November 14, 2012 by Susie

Allison (Author) 4.9 out of 5 stars 12

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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

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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.

South West Trail Running: 70 Great Runs:  
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Scottish trail running: 70 great runs

Allison, Susie 70 routes for the off-road runner, these tried and tested paths and tracks cover the whole of Scotland, including the islands.

Scottish trail running: 70 great runs by  
Allison, Susie

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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

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running Scottish Trail Running describes off-road routes for the beginner as well as the experienced trail runner. The 70 routes range in length from a 3.5km trail round Neilston Pad just south of

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Susie Allison ...

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