

The Mountains are Calling

Running in the High Places of Scotland

Jonny Muir

LONGLISTED FOR THE WILLIAM HILL
SPORTS BOOK OF THE YEAR, 2018



ABOUT THIS BOOK

The Mountains Are Calling is the exhilarating story of the runners who go to high places. From its wild origins in the Highlands, hill running in Scotland remains as pure and traditional as sport gets. Jonny Muir explores the history and culture of the sport, and meets the legends of hill running who are revered for their extraordinary endurance.

ABOUT THE AUTHOR

Jonny Muir is a successful hill and fell runner in both England and Scotland. In addition to many other feats he has completed both the Bob Graham Round in England's Lake District and Ramsay's Round in Scotland.

PRAISE FOR THE MOUNTAINS ARE CALLING

'Hill Running in Scotland is a tough, daunting, punishing sport but Muir writes about it with such eloquence and passion that he makes you want to drop everything and head for the Highlands.'
-*The Daily Mail*

'A paean of praise for the mountains and the runners who go there.'
-*Alastair Humphreys, author of Microadventures and Grand Adventures*

'Simply inspirational... a book we would without hesitation recommend to anyone who has ever toiled up a mountain in Scotland or the Lake District in pursuit of an elusive summit.'
-*Undiscovered Scotland*

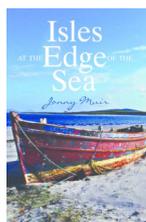
'A fascinating book that charts the evolution of hill running [it] is a passionate appreciation of those wild places that now and then become the arenas for these remarkable athletes.'
-*Cameron McNeish, WalkHighlands*

'Inspirational and highly readable, Jonny Muir eloquently describes the mountains and the extraordinary people who run in them.'
-*Claire Maxted*

'The story of [hill running] in Scotland, charting its evolution over half a century, heralding its characters and the culture that has grown around them, and ultimately capturing the irresistible appeal of running in high places.'
-*FionaOutdoors*

'Enlightening, captivating and well worth a read. This book is a great choice for any avid runner or nature lover in search of a collection of good tales or simply in need of some motivation.'
-*The Wee Review*

OTHER TITLES BY JONNY MUIR



Isles at the Edge of the Sea

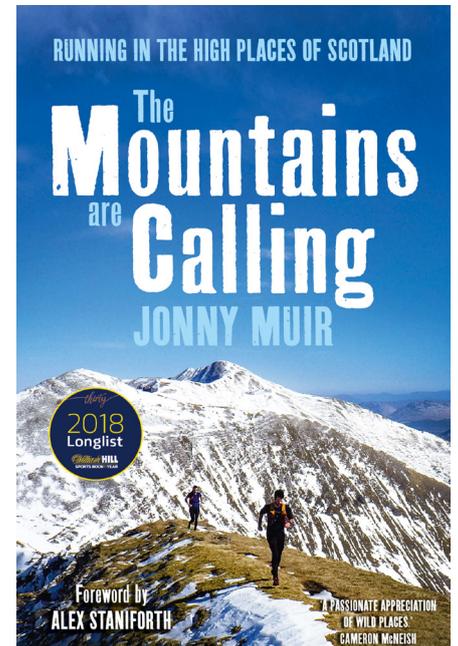
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