

## Notations and conventions:

'MKG' means 'metal kissing gate' - usually one of those nice new ones which open and shut easily.

'Poles': What we used to call telegraph poles. (I gather that is still what they are called in some contexts; but having started by avoiding the anachronism I decided to continue.)

In the notes, I have generally tried to restrict myself to giving directions, but have occasionally slipped into offering some kind of commentary. These odd occasions are indicated by italics.

I've mixed metric and imperial units shamelessly, but at least consistently! Metric for vertical, imperial for horizontal. There is absolutely no principle involved here, simply some laziness in clinging to what I grew up with (metres from going uphill during extended alpine holidays, yards and miles from everyday life in England). I'm sure people can do the arithmetic, in either direction, if it matters.

I am very conscious that much of the detail is liable to change, with the seasons and with time generally. Be aware of the time of year at which the notes have been taken (as given at the start of each walk). At odd moments when I have been especially conscious of this I have said 'currently' - i.e. at the time of writing. (A particular surprise can be the need for secateurs during a bountiful summer, in places which are innocuous in other seasons!)