

Shorter Walks In The Dolomites Mountain Walking Cicerone S

With spectacular mountain landscapes, beautiful rugged coast, forests, maquis and striking river gorges, Corsica is a walker's paradise. This guidebook details five of the island's most popular shorter treks: the 2-day coastal Sentier du Douanier (Customs Officer's Path) around Cap Corse; two coast-to-coast routes through the central mountains, the 11-day Mare a Mare Nord and the 5-day Mare a Mare Sud; and two 'coast and mountains' routes, the 10-day Mare e Monti and the 5-day Mare e Monti Sud. (Corsica's famous 190km GR20 trail is described in a separate Cicerone guide.) The routes can be linked to create longer excursions and accommodation is provided by a mixture of walkers' hostels, B&Bs and hotels; camping is also an option. The guide presents each of the waymarked trails in daily stages averaging around 12-13km per day, with route description, mapping and notes on accommodation options. There is advice on how to get to Corsica, when to go and what to take, plus accommodation listings, useful contacts and a French/Corsican-English glossary. The guide also offers a wealth of information about the island's rich plant and wildlife. Considerably easier than the challenging GR20, these trails offer a more accessible option for trekkers wishing to experience the 'real' Corsica, away from the bustling coastal resorts. You'll find enchanting scenery - towering forests, gushing cascades, turquoise coves, aromatic maquis, rugged mountains and quiet villages nestling on hillsides of chestnut woods - not to mention a favourable climate and delicious local cuisine. Don't be surprised if you fall under the island's spell!

The first of a two-volume set of guides to Via Ferratas of the Italian Dolomites, this guide covers the North, Central and Eastern Dolomites, across an area stretching from Val di Fassa to Auronzo. It sets the routes out according to strategic valley bases, with some guidance on the best bases for attacking each of the routes.

A popular guidebook to short walks in the Dolomites of north east Italy. The guide describes 50 walks, graded from easy to strenuous, and varying in length from 3 mile strolls to full-day expeditions. The Dolomites are suitable for summer walking, and the mountains are easily accessible, just across the border from Austria and easily reached from Verona, Treviso, Venice and Innsbruck airports. The Dolomites are blessed with vast forests, high-altitude rocky landscapes and seas of beautiful wildflowers and the range is now a designated Unesco World Heritage Site encompassing a national park - Parco Nazionale Dolomiti Bellunesi - and several other protected areas. Highlights include the Tre Cime di Lavaredo, the Civetta, the Piz Boè circuit on the Sella massif and the Sentiero delle Odle. This guide offers something for every walking ability and preference, and includes all the background and planning information you need to plan a trip, including an Italian-German-English glossary and a list of accommodation providers and websites and details of all rifugios on or near the routes.

A guidebook to 80 walking routes on Scotland's Northern Isles of Orkney and Shetland. Routes are described on the islands of Orkney (Orkney Mainland, Hoy, South Ronaldsay, Burray, Rousay, Eday, Westray, Papa Westray, North Ronaldsay) and the islands of Shetland (Shetland Mainland, West Burra, East Burra, Foula, Fair Isle, Isle of Noss, Bressay, Whalsay, Papa Stour, Muckle Roe, Out Skerries, Esha Ness, Yell, Fetlar and Unst). Routes vary in length from 1 mile to 16 miles, with something to suit

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all abilities. Offering a variety of landscapes together with a wealth of remarkable archaeological sites such as Skara Brae and Jarlshof, Orkney and Shetland are a walker's dream. Step-by-step route descriptions are accompanied by clear OS mapping and a time estimate for completing each route. The book includes plenty of information on the region's wildlife, archaeology and history, as well as practical tips such as when to go, what to take and getting to and around Orkney and Shetland. Quiet, remote and abounding in rare plants and wildlife, together with some of the world's most fascinating archaeological sites, Orkney and Shetland offer a treasure trove of natural and historic wonders, and makes an ideal walking holiday destination.

This guidebook describes 25 coastal and inland day walks covering the whole of the county of Essex, stretching from the Lea Valley in the west and the Thames in the south over to the North Sea and up to the River Stour in the north. Walks range from 4 to 18 miles and are mostly circular. Also included is a description of the Essex Way which crosses the county in 11 stages from Manor Park, on the fringes of London, to the port of Harwich - a distance of 96 miles. The walks are suitable for all abilities and there are shorter alternatives for many of the longer routes. With a huge variety of scenery and walking landscapes, Essex surprises and delights in equal measure. It boasts a 350-mile coastline (which, away from the busy seaside resorts, is barely known), numerous estuaries and river valleys, great and ancient forests, and more green lanes than any other English county except Dorset. Each walk is described step-by-step, illustrated with OS map extracts and packed with historical, and geological information about the landscape the route passes through.

A guidebook of walks in the lovely Haute Savoie mountains of France. This guide describes 30 circular routes of between 7 and 20km, based around Annecy, La Clusaz, Grand Bornand, Plateau d'Assy, Samoëns, Sixt, Sallanches, Thônes, la Roche-sur-Foron. Graded from easy to difficult, there are walks to suit most abilities, but a few have some exposed sections and need a head for heights. The guidebook is divided into 6 areas covering the Arve Valley, the Haut Giffre valley, the Chaîne des Aravis, Plateau de la Borne and Lake Annecy. Alongside a detailed route description and map, each walk has a summary of all you need to know before you set out. There is advice on travel, accommodation and equipment, as well as information about local wildlife and Savoyard food and drink, and a glossary of useful French words. Visitors flock to the Chamonix area and the Mont Blanc range, but that is only part of what the Haute Savoie has to offer. With stunning views of high mountains as well as lower peaks to enjoy, the walks in this guide will show you a quieter, less busy side to this outstandingly beautiful area. A companion volume, *Walking in Haute Savoie: North*, is also available (ISBN: 781852848101)

Northern Italy's famous Alta Via long-distance walking routes are spread across the Dolomites, running roughly north to south and reaching as far as the Austrian border. There are six of these routes, and they increase in difficulty: Alta Via 1 has few exposed sections and is suitable for novice alpine trekkers; AV2 is much more challenging, only suitable for experienced alpine trekkers with a good head for heights, while AVs 3-6 have extended via ferrata sections and considerable exposure. AVs 1 and 2 are described in detail in this guidebook. The 120km AV1 is described over 11 day stages; AV2 covers 160km in 13 days and is more strenuous and technical. Overnight stops are at mountain huts or guesthouses. The demanding AV3-6 routes are described in

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outline. Now a World Heritage Site, the Italian Dolomites make a first-rate trekking destination. There is an excellent network of paths dotted with welcoming 'rifugi' (mountain huts) in stunning locations, and efficient public transport serving key trekking points. Written by an expert in Italian trekking, with information on the fascinating wartime history of the region, plants and wildlife and also practical considerations such as the best time to go, what to take and hut protocol, this guide offers trekkers all the information they need to enjoy the mountains to the full.

Walking on the Amalfi Coast describes 32 day-walks, ranging from 3km to 11km in length. The walks explore the Sorrento Peninsula, Amalfi Coast and Monti Lattari, as well as the islands of Capri and Ischia in the Gulf of Naples. The whole area is crisscrossed by ancient mule tracks, pilgrim routes and goat tracks, offering a variety of walking from family strolls to strenuous treks across terrain from paved paths to verdant hillside paths and rough volcanic scree. Split into the five sections of Ischia, Capri, Sorrento, Positano and Amalfi, each walk is accompanied by relevant public transport information as well as a sketch map. The book also provides local and practical information, accommodation options and an Italian-English glossary. The steep southern edge of the Sorrento peninsula, famous for its medieval villages perched atop plunging cliffs, with their near-vertical vineyards and lemon orchards, is recognised as a World Heritage Site. This coastline, the rugged landscape behind, crowned by the Monti Lattari, and the idyllic islands of Capri and Ischia together make a perfect holiday destination for walkers.

Scale the literally breathtaking Dolomites, peer into brooding Sicilian volcanoes, explore medieval villages along the pilgrim routes of Tuscany or saunter along the sparkling coastline of the Cinque Terre: we've selected the best sentieri (walking trails) in the country for every interest and ability level. Whether you're looking for easy day strolls among vineyards and olive groves, multiday adventures in the Alps, or the thrill of the challenging vie ferrate (iron ways), this guide will walk you through Italy's wealth of natural beauty, history and culture.

The walks and scrambles in this guidebook explore the wild and rugged landscapes of the Anti-Atlas mountains of southern Morocco, with Tafraout and the Ameln Valley as the main base. 41 adventurous routes of between 3 and 40km include Jebel el Kest, Adra Mkorn and Ait Mansour, with an outline of a 1 week long-distance trek across the north-west Anti-Atlas. Walks are mainly moderate to difficult, and scrambles are Grade 1 to Grade 3+, with ropes being required for some sections. Often remote and challenging, the routes are suitable for confident walkers and scramblers with good navigation skills. Each route description is accompanied by mapping, with some photo topos to aid route finding in tricky sections. The guidebook also gives background information on the people, culture and history of the region, as well as a wealth of advice on planning a trip, making it an indispensable guide to exploring this dramatic region. The mountains and landscapes of the Anti-Atlas extend over 300km north east from the Atlantic Ocean to Jebel Sirwa (3305m). This guidebook covers an area of more than 4000m² in the north-west of the region. The spectacular, rugged surroundings include mountains, gorges, valleys and desert landscapes - whether it is the iconic Lion's Face which dominates the Ameln Valley and the Tafraout oasis, the deep canyons of Ait Mansour, the ancient villages of the Ameln Valley, or the Tanalt backcountry.

A comprehensive guidebook detailing walking routes in Austria. The 101 walks reflect the diversity of this popular region and cover Austria's magnificent Alps - including the Rätikon, Silvretta, Stubai and Zillertal - as well as the Dachsteingebirge, Hohe Tauern and the Karawanken. Graded according to difficulty and ranging from short walks of a few kilometres to day hikes and multi-day hut-to-hut tours, from the classic to the lesser-known, there is

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something to suit every level of ability and ambition. A full description of each route is accompanied by clear sketch maps. This book has all the information you need to make the most of an active walking holiday in Austria, including information on public transport, accommodation, gear required and safety issues, full details of over 100 mountain huts and a German-English glossary. Austria is one of Europe's most walker-friendly countries. Its 40,000km of well-maintained and waymarked trails pass more than a thousand Austrian mountain huts and countless attractive villages, hospitable hotels, inns and restaurants. It also boasts an extensive, integrated public transport system that is particularly useful for walkers. Guidebook to 30 circular walks in the North Wessex Downs Area of Outstanding Natural Beauty (AONB). The routes, which range from 7 to 21km (4 to 13 miles), take in parts of four counties - Berkshire, Hampshire, Wiltshire and Oxfordshire. The North Wessex Downs are accessible hills rising above the towns and rural plains of southern England and rolling gently west from Reading and Basingstoke to Swindon and down past Marlborough to Andover. The walks allow you to explore parts of the Ridgeway National Trail, the Kennet and Avon Canal and stunning historic sites such as Avebury, the 3000-year-old Uffington White Horse, impressive Neolithic long barrows and Iron Age hill forts. Alongside clear route descriptions and OS maps are plenty of details about points of interest, as well as practical information on the area, from public transport links to ideal refreshment stops on each walk. The result is an ideal companion to exploring both the popular and untouched corners of the North Wessex Downs.

This guidebook describes 44 routes and over 100 summits across the Southern Uplands of Scotland, stretching south-west from Edinburgh to the English border, including the Galloway and Pentland Hills. The walks range between 2 and 18 miles, suitable for walkers of all abilities. Highlights include Merrick and the Galloway Hills, Hart Fell and the Devil's Beef tub, Cheviot and the Border Ridge, Arthur's Seat and the River Tweed. Each route provides OS 1:50,000 mapping, information on distance, ascent, time, maximum altitude and terrain, as well as details of any variants or shortcuts. With notes on points of interest along the way as well as on transport and accommodation, the guide gives all the information walkers need. The Southern Uplands is a range that is about as big as the Pennines. It is wild hill country, with over 80 hills of 2000ft or more, and it boasts a real remoteness that is difficult to find elsewhere. All hillwalkers should experience these wonderfully characterful landscapes: green and gentle, but with hidden surprises and remote escapes. The routes are suitable from spring to autumn, and on winter days with good weather and snow conditions.

A guidebook to 32 walking routes on the beautiful Isle of Wight, including the 70 mile Coastal Path - a complete circuit of the island's spectacular coast. Ranging from 4 to 18 miles long, the walks explore clifftops, beaches, forest trails and downland, and visit picturesque villages and the towns of Yarmouth, Cowes and Ventnor. Graded easy to moderate, they are suitable for all abilities and are accessible all year round. The guide contains clear step-by-step route descriptions for each walk, accompanied by an extract from 1:50,000 OS mapping. There is information about refreshment and accommodation options along the route and plenty of details about the island's history and the interesting places encountered. Options for accessing the start and finish using the island excellent public transport are also given for each walk. With an incredible 326 miles of footpaths in a compact area, there is a huge choice of where to walk, which means that walkers can experience all the diversity the island has to offer - jaw-dropping views such as those from the magnificent coastline of West Wight, St Catherine's Point and the Needles, sweeping downland, as well as 2000 or so listed buildings.

A popular guidebook to short walks in the Dolomites of north east Italy. The guide describes 50 walks, graded from easy to strenuous, and varying in length from 5 km strolls to 20km full-day expeditions. The Dolomites are suitable for summer walking, and the mountains are easily accessible, just across the border from Austria and easily reached from Verona, Treviso,

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Venice and Innsbruck airports. The Dolomites are blessed with vast forests, high-altitude rocky landscapes and seas of beautiful wildflowers and the range is now a designated Unesco World Heritage Site encompassing a national park - Parco Nazionale Dolomiti Bellunesi - and several other protected areas. Highlights include the Tre Cime di Lavaredo, the Civetta, the Piz Boè circuit on the Sella massif and the Sentiero delle Odle. This guide offers something for every walking ability and preference, and includes all the background and planning information you need to plan a trip, including an Italian-German-English glossary and a list of accommodation providers and websites and details of all rifugios on or near the routes.

Guidebook to 35 half-day and day walks in France's beautiful Dordogne region, based around Bergerac, Lalinde, Sarlat and Souillac (Lot). The walks, which range from 6 to 18.5km, take in the region's myriad delights, from spectacular gorges to enchanting chateaux and charming medieval villages. All walks are within the capacity of the average walker, and are on well-marked paths or quiet roads. They are graded easy or medium; there are no long, steep climbs or abrupt descents. There are step-by-step descriptions and maps for each route. Also included is information on the history, flora and fauna of the region, together with practical pointers such as what to take and when to go, as well as notes on waymarking, accommodation and transport. A route summary table and glossary are also provided. Lying in south west France, the Dordogne is a land of great scenic variety, from rolling wooded hills and fertile valleys to barren upland plateaus and limestone cliffs riddled with caves. The charm of the Dordogne also lies in the picturesque medieval towns, châteaux, churches and abbeys that stud the landscape, and these are the focus of many of the walks.

Alto Adige – Südtirol is a German-speaking province, where food is more similar to Austrian food than to Italian. Smoked speck is a specialty here. And... don't forget the mountains, both in winter and in summer time there is always something to do. In Bolzano – Bozen in German, a city where Italian and German cultures seamlessly blend, between the many architectural sites we recommend beginning from a "lesser" work, yet one which have a great symbolic interest: the Porta del Vino (the "Wine Gate") inside Bolzano's gothic Cathedral, artistically engraved with images of peasants at the work between the vines. Homage to wine, which here is produced with excellent results – just one more reason for this region's appeal. Not to be missed is the Dominican Church, with its 14th-century fresco on the "Triumph of Death" in clear Giotto style. Finally, Merano is a pretty and highly popular tourist center with ancient porticoes and a suggestive historical center. This is a guide to the Italian mountain province of Südtirol. It describes its provincial capital city of Bolzano with its surroundings of San Genesio, Sarentino Valley, Ritten, Rosengarten, Carezza Lake, and Steinegg, as well as the Pusteria and Venosta valleys, including Merano and its surroundings of Senales Valley, Passeir Valley, Naturns, Lagundo, Schwemmalm, Vigiljoch, Ulten Valley and Naturns. It also includes the Seiseralm - Alpe di Siusi, with Kestelruth, Fie allo Scillar, and the Alta Badia Valley, as well as the Val Gardena with Santa Cristina, Selva, and Ortisei. The guide includes extensive descriptions and photos of the localities covered. The guide includes a section on Südtirol food and recipes.

This guide covers 34 day walks and one long-distance route in the wild and remote hills of Galloway. Although there are some shorter and easier routes, many of these hill walks are long and on rugged terrain, so are more suitable for experienced walkers. The walks cover the evocative areas of The Merrick, The Awful Hand, The Rhinns of Kells, the Minnigaff hills and Cairnsmore of Fleet, among others. The guide uses OS 1:50,000 maps with detailed route descriptions and inspirational photos accompanying

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each route. Key information such as distance, time, and ascent are given. A 'harshness' grade gives an indication of how rough the ground is expected to be, and suggestions of variants, shortcuts and ways to extend each walk are also given. Plenty of background information is given on the region's fascinating and important history. If you like your wild landscape really wild? If you like your lakes to have whooper swans in the middle and no ice-cream vans around the edge? If you like to have one foot on bare rock and the other one deep in a peat bog? If you like your granite with goats on? Then Galloway is the place to go.

A guidebook to day walks in the North Pennines Area of Outstanding Natural Beauty (AONB), across Cumbria, County Durham and Northumberland. The book includes 50 walks exploring England's 'last wilderness', ranging from 5 miles (8km) to 14 miles (23km). The walks, which work well from bases such as Hexham, Barnard Castle, Alston, Kirkby Stephen and Appleby are mostly circular, with a smaller selection of linear routes, and there is something to suit all abilities over a variety of terrain. Route descriptions are illustrated with OS 1:50,000 mapping and colour photographs, and the book includes details of local transport services, accommodation and tourist information centres. The walks cover a variety of terrain, from flat railway trackbeds to pathless moorland, and provide the opportunity to explore the striking geological features and fascinating industrial heritage of the area.

There are many hiking guides to Italy's Dolomites featuring long treks of 4-6 hours, as well as multi-day ventures and the famous via ferrata. What makes this one so special? This is a guide to easier options for walking in Italy's breathtaking Val Gardena! Seniors, people with children, and anyone who wants to experience the mountains but not climb them will benefit from the 20 walks that are carefully described. In this book, Laurel and Ric Barton guide you through the breathtaking scenery using itineraries suitable for anyone who likes to walk, likes to be in nature, and who enjoys Italy, but may not have the stamina for longer, more strenuous hikes. This unique guide includes 20 walks in-and-near the Val Gardena towns of Ortisei, Selva, and Santa Cristina, as well information on when to visit, how to get around without a car, suggestions for lodging, and sample itineraries to help you plan your stay of 3, 5, 7 or more nights. Of special interest will be the easy hikes in the amazing Alpe di Siusi. Included are: directions to the trailheads; walking time and distance; where to eat along the trail; 39 beautiful photographs; plus details on how to use the system of mountain lifts and buses to access the high meadows and breathtaking Dolomite views. You will discover delightful "rifugi: " mountain restaurants offering shelter and great food making each walk a special expedition. In addition, every walk is accessible by public transportation!The authors have traveled to Ortisei annually exploring this mountain paradise discovering and documenting the walks to share with you so you can be certain every hike is within your ability.

This guidebook contains over 60 walks which explore the best of the Julian Alps of Slovenia. The walks and treks in this guidebook are organised around five bases in the Julian Alps - Kranjska Gora, Bovec, Kobarid, Bled and Bohinj - all of which have a range of accommodation and public transport facilities. There is something here for everyone - from easy valley walks and rougher forest trails to high-mountain protected routes, including multiple routes up Triglav, Slovenia's highest peak. Several possibilities for multi-day walks are included. The Julian Alps are situated in the small

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independent republic of Slovenia, at the south-eastern end of the Alpine chain. Their highest peak, Triglav, at 2864m, may be smaller than some of the better-known western giants, but what the mountains lack in stature they make up for in interest and accessibility. The dramatic limestone peaks drop steeply through forests to flower meadows, and will give you a feast for the eyes no matter which direction you turn. This guidebook to walking on the Scilly Isles includes 11 day walks and 4 boat trips. The walks are between 1.5 and 10 miles long (2.5km and 16km), and explore the larger islands such as Treco, St Martin's, St Mary's, St Agnes and Bryher as well as smaller islands in the archipelago. Alongside the walks, which are suitable for walkers of all abilities, are 4 boat trips which explore Annet and the Western Rocks, the Norrard Rocks, St Helens and Tean as well as the Eastern Isles. All routes are illustrated with OS mapping and contain lots of background information on the history, geology and ecology of the islands. There is also practical information on public transport services and accommodation. With their mild climate and relaxing atmosphere, the Isles make an ideal holiday destination, with stunning scenery, rich bird life and myriad wildflowers. Basking in sunshine, rising green and pleasant from the blue Atlantic Ocean, fringed by rugged cliffs and sandy beaches, they reveal their charms to those who walk the headlands, sail from island to island and take time to observe the sights, sounds and scents of the landscape.

This guide describes 40 graded walks, ranging from gentle family strolls to strenuous mountain hikes (including Portugal's highest peak Torre). The mainly circular routes range from 5 to 25km, and there are also two longer walks of 2 to 4 days duration. The walks are spread throughout Portugal, with a focus on the country's many natural and national parks, including Peneda-Geres, Serra da Estrela and Costa Vicentina. Clear route description is illustrated with 1:50,000 mapping and a route summary table makes it easy to choose the right walk. As well as practical travel advice, there is information on Portugal's geology, history, plants, wildlife and agriculture and on numerous local points of interest. From the rugged mountains of the north to the UNESCO-listed Rio Douro river valley, from traditional schist villages to the unique geology of the Algarve coast, the walks have been carefully selected to showcase some of the best Portugal has to offer. They take in granite peaks, wildflower meadows, woodland, waterfalls, castles, churches and archeological remains.

The 38 summer day walking routes in this guidebook explore the renowned Stelvio National Park in the Italian Rhaetian Alps. Bordering the Dolomites to the east, and Switzerland to the west, the Stelvio is one of the largest protected areas in all of the Alps. The walks explore each of the Stelvio's valleys, are graded for difficulty and range from 4 to 18km. There is plenty for active holidaymakers; from easy strolls to strenuous climbs to panoramic summits for experienced walkers. The Stelvio's unspoilt landscape ranges from valley farmland to forested hillsides and alpine meadows, and up to a wilderness of rugged glaciated summits and ridges, the highest of which is Ortler, at 3905m. The guidebook also includes plenty of background information on local wildlife and cuisine, as well as planning details such as what to take and dos and don'ts. The guide also contains accommodation suggestions, including campsites, B&Bs, hotels and mountain huts in the National Parks picturesque towns and villages such as Bormio, Sulden and Martell Dorf. Close to Milan, Verona and Innsbruck, with good public transport throughout, the Stelvio National park offers extensive, spectacular

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Alpine walking, with this as the first English-language guide to the area. Guidebook to 50 ski touring and snowshoeing routes in the Dolomites. The routes, which carry an Alpine (and when appropriate, a Volo/Toponeige) grading, range from 5km to 18km, taking between 2 and 7 hours to complete. The routes are based in and around areas such as Canazei, Arabba, Corvara and San Martino, taking in stunning scenery, quaint villages and enchanting mountain vistas. Clear route descriptions are accompanied by 1:50K mapping and photo topos, together with information such as total ascent and descent (as well as aspect), expected duration of route and equipment required. Also provided is invaluable practical advice on things such as mountain safety and navigation, equipment, transport options to, from and around the Dolomites, ski passes, accommodation and more. Regarded as one of the most beautiful mountain ranges in the world, the Dolomites offer endless winter escapades. Those who venture off the beaten track and into the backcountry (whether by ski or by shoe) will discover a veritable winter wonderland.

This guidebook describes 30 circular walks in Scotland's Pentland Hills, a range of low summits which extends between Edinburgh and Biggar in South Lanarkshire. Ranging from 3 to 27km (2-17 miles), there is something to suit all abilities from the novice to the experienced hill-walker, with each route showcasing a different aspect of the area's unique character. Step-by-step route description is accompanied by 1:50,000 OS mapping and a wealth of interesting information on the region's rich natural and cultural heritage: its geology, history, wildlife and connections with literary greats such as Robert Louis Stevenson and Sir Walter Scott. Local place names are explained, local folklore explored and there is a helpful glossary of dialect terms. The Pentland Hills can be enjoyed in all seasons. Although the highest summit, Scald Law, stands at 579m, stunning vistas belie their modest elevation: this is a region of grass and heather-clad slopes which rise above picturesque valleys hiding streams and reservoirs. Walking in the Pentland Hills is an ideal companion to discovering great walking on Scotland's most accessible hills.

Robert Louis Stevenson's 'Travels with a donkey in the Cévennes' is a classic of travel literature. The GR70 long-distance trail is based on the author's route, allowing walkers to follow in the footsteps of Stevenson and his four-legged companion Modestine through the beautiful Cévennes region on the edge of France's Massif Central. The route is ideal for both first-time trekkers and more experienced hikers, covering around 272km of gently undulating countryside from Le-Puy-en-Velay to Alès. It can be completed in under a fortnight. The trail is presented in 12 stages of 16 to 30km, each with clear route description and mapping, an elevation profile, notes on local points of interest and a brief account of Robert Louis Stevenson's experiences on that section of the route. There is useful advice for planning your trip - including when to go, what to take and how to get there - and accommodation listings. Following drove roads, bridleways and footpaths, the GR70 showcases the landscapes of the Cévennes: wildflower

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meadows, rolling hills, chestnut woods, limestone gorges and meandering rivers. Characterful villages provide accommodation and other services and offer an opportunity to sample the delicious local produce. There are also glimpses into the region's fascinating history, from pre-historic burial sites to locations associated with the eighteenth-century Protestant Camisards who resisted religious persecution. While many things have undoubtedly changed since Stevenson's visit, the area retains its authentic rural charm and you will soon discover just why Stevenson found it so appealing.

A guidebook to 30 circular walks in the Cotswolds, the largest Area of Outstanding Natural Beauty in England. Ranging from 4 to 12 miles in length, the routes are graded from easy to strenuous, offering something for every walker. Fourteen of the routes described include sections of the Cotswold Way National Trail, a 102-mile walk that winds its way from Chipping Campden to Bath. Step-by-step route descriptions are accompanied by 1:50,000 mapping. There is plenty of information on the many points of interest passed en route, including Roman ruins, ancient stone circles, Neolithic long barrows and historic villages. Also included is a useful route table summary, information on accommodation, and details on the region's geology, landscape, plants and wildlife. Covering 790 square miles, the Cotswolds is home to lush green hills, picturesque valleys and beautiful beech woodlands. The impressive Edge - a remarkable limestone escarpment - offers ethereal views across the Vales of the Severn, Berkeley and Gloucester to the Malverns and the distant mountains of Wales.

A guidebook to seven circular treks exploring the Pyrenees of France and Spain. The treks are designed with accommodation in mountain refuges or mountain villages at the end of each stage, though there are plenty of options to camp for those who prefer to backpack. Detailed descriptions for each stage of the route are accompanied by sketch maps and elevation profiles. Route 1: Tour of the Basque Country - This route takes you over the steep rolling hills (in both France and Spain) at the western end of the Pyrenees. Accommodation is mainly in Basque villages with steep climbs leading to long walks along easy grassy ridges. Route 2: Pic du Midi d'Ossau - This route takes in the magnificent limestone scenery at the western end of the High Pyrenees by combining the popular Tour du Pic du Midi d'Ossau, in France, with the best sections of the quieter La Senda de Camille on the Spanish side of the border. Route 3: Tour de Vignemale and La Alta Ruta de Los Perdidos - This is the most demanding trek in the guide with easy scrambling over steep passes. The magnificent trek through the alpine terrain around Vignemale and Monte Perdido includes six of the honeypots of the Pyrenees; Cauterets, Vignemale, Gavarnie, Pineta, Ordesa and the Picos del Infierno. Route 4: Reserve Naturelle de Neouvielle - The shortest trek in this guide takes you through the popular Reserve Naturelle de Neouvielle and the surrounding mountains in the French Parc National des Pyrenees. It visits many lakes and tarns in magnificent granite scenery and there is the opportunity to climb several peaks, including Pic du Midi de Bigorre and Pic

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de Bastan. The trek is based around the GR10 and one of its variations, the GR10C. Route 5: Carros de Foc - The Carros de Foc is an understandably popular trek in the magnificent Parc Nacional d'Aigüestortes i Estany de Sant Maurici, in the Spanish part of Catalonia. This is another granite massif dotted with hundreds of lakes and tarns. The huts are close together so there is a great deal of flexibility in planning, with most walkers taking 5-7 days for the trek. Route 6: Tour des Montagnes d'Ax and the Tour des Perics - The Ariege is a relatively unknown area at the eastern end of the High Pyrenees. This tour combines the magnificent alpine mountains of the Tour des Montagnes d'Ax on either flank of the Vallee de l'Ariege with the Tour des Perics in the gentler scenic mountains of the Cerdagne in the French part of Catalonia. Route 7: The icons of Catalonia: Puigmal and Canigou - Our final tour goes through both the Spanish and French parts of Catalonia at the eastern end of the Pyrenees, taking in ascents of the two most climbed peaks in the Pyrenees; Puigmal and Canigou. Despite rising to almost 3000m the mountain ridges are gentler than in the High Pyrenees, more reminiscent of the Scottish Highlands, although the valleys still have an alpine feel. Much of the time is spent on spectacular high-level traverses of steep mountain slopes.

A fully waymarked trail from Ilkley to Bowness-on-Windermere, the Dales Way links two of England's most celebrated national parks, the Yorkshire Dales and the Lake District. Well served for accommodation and facilities, and with easy walking on riverside paths, it is one of the gentlest multi-day walks in Britain and therefore an ideal introduction to long-distance walking. It can be comfortably completed in 6-8 days. The guide offers comprehensive notes on local points of interest, as well as an overview of Dales geology, history, plants and wildlife to enhance the walking experience. The practical information is all there too, including when to go, how to get there and what to take, making for an ideal companion to enjoying this delightful route. Presented in six daily stages of 7-19 miles (with suggestions for alternative schedules), this guide describes the Way in both directions, with the main route description running from south to north. Step-by-step route description is accompanied by 1:100,000 mapping, and a trek planner, showing where facilities are available, is included to facilitate planning. Accommodation listings and useful contacts can be found in the appendices. A separate, conveniently sized map booklet located in the back-cover sleeve provides all the OS 1:25,000 mapping needed to complete the trail.

This guidebook describes the Grande Escursione Appenninica (GEA), a nearly 400km long, three week trek crossing the Apennines in 23 stages, from Bocca Trabaria to Passo Due Santi on the edge of Liguria. The route dips in and out of Tuscany and Emilia-Romagna, never dropping below 400 metres. Best walked between spring and autumn, it is suitable for any reasonably fit walker, and this guidebook provides step-by-step route descriptions, accompanied by detailed mapping. There are transport options for joining and leaving the walk at a number of points, making it perfect for undertaking in small sections or single-day walks.

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There are suggestions for accommodation en route in comfortable guest houses and alpine-style huts, making it essential reading for anyone undertaking the GEA. The Apennines are Italy's best-kept secret. Forming the rugged spine of the Italian peninsula, this range provides thousands of kilometres of marked trails over rocky crests and ridges and explores extensive forests and meadows, following routes established long ago by traders, pilgrims and shepherds and little affected by mass tourism.

This guidebook presents 75 via ferrata routes in the stunning Italian Dolomites. Part of a 2-volume set, this book covers Val di Fassa/Canazei, Selva, Badia/La Villa, Covara, Arabba, Falzarego, Cortina, Misurina, Sesto and Auronzo in the northern, central and eastern Dolomites. Routes are graded by technical difficulty and seriousness and there are comprehensive route descriptions accompanied by access notes, maps and topos. A wide range of grades, lengths and styles, from routes for novices to difficult and technical climbs are covered. Stunning photography completes this inspirational guide to some of the most breathtaking via ferrata routes in the world. The Italian Dolomites boast some of the most magnificent mountain scenery on the planet and some of the most iconic. Soaring rocky spires and jagged ridgelines are interspersed with gentle valleys and idyllic mountain villages. The Dolomites are also home to the world's greatest concentration of via ferratas - mountain routes or climbs that are protected by a series of cables, metal rungs, pegs and ladders.

This guide describes a varied selection of 57 walks on the Portuguese island of Madeira, exploring the dramatic cliff coastline, scenic levadas (irrigation channels), dense laurisilva 'cloud' forests and high mountain peaks, plus three walks on neighbouring Porto Santo. There are routes to suit all abilities, from easy, level levada walks to steep and rugged mountain paths - some with exposed sections calling for a sure foot and good head for heights. Since the steep terrain of Madeira does not easily support circular walks, many of the routes are linear, however most can be accessed by public transport and there is the option to link routes to create longer outings and multi-day hikes. With a favourable climate and striking scenery, Madeira is a fantastic walking destination. The routes in this guide are spread across the whole island, and visitors may choose to base themselves in the capital, Funchal, or in one of the many smaller towns and villages. Regular flights and ferries link Madeira with Porto Santo, which boasts an exceptional sandy beach and pleasant, easy walking. The guide also outlines a day-cruise to the nearby uninhabited Ilhas Desertas. Comprehensive route description, overview statistics and sketch mapping are provided for each walk. There is practical advice on travel and transport, a basic map of central Funchal and fascinating notes of Madeira's geology, history, plants and wildlife. Useful contacts and a Portuguese-English glossary (including a menu decoder) can be found in the appendices.

This guidebook presents 30 walks in the New Forest in Hampshire and Wiltshire, Britain's smallest National Park. Easily accessible from Southampton,

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Bournemouth, Salisbury and Winchester, the New Forest encompasses varied landscapes, from ancient woodlands to open heaths, rivers and coastline. Routes of between 5 and 16km (3 and 10 miles) explore the Forest, mainly on fairly flat terrain, often on well-defined tracks and paths. Most walks are suitable for all the family and many can be combined to make longer outings. Each walk is described in detail, highlighting the many points of interest in this area - ancient sites and castles, picture postcard villages with thatched cottages or historic churches - with fascinating background detail. An extract of 1:25,000 OS mapping makes each route easy to follow, and suggestions for refreshment stops like pubs and tea rooms are included. All walks offer a good chance of seeing wildlife, including the famous New Forest ponies. This area has been protected and nurtured by ancient laws for over 900 years, and is the largest remaining area of lowland heath in Europe. It is this sense of history and the unique patchwork of habitats that make walking in the New Forest National Park such a rewarding experience.

This guidebook describes 25 hut-to-hut treks in the Dolomites of northern Italy, covering 15 regions including Cortina, Sella, Sesto, Marmolada and Latemar. Ranging from 11.3km to 40.8km and from two to four days, the graded routes are suitable for walkers with a reasonable level of fitness and experience of mountain terrain, and some feature exposed sections which demand a good head for heights. This edition includes a number of treks in less frequently visited rugged districts, as well as the more popular trips, all of which take advantage of the region's network of mountain refuges and efficient public transport system, with the majority of routes accessible by public bus. Detailed route description is presented alongside mapping and stunning colour photography and the guide also suggests alternative access and exit routes, and options for linking routes to create a longer trek. There is plenty of advice to help make the most of a trip as well as background information on the region's geology, plants and wildlife and local cuisine. The Dolomites - a UNESCO World Heritage Site - are characterised by striking volcanic and sedimentary rock formations. Walking is an ideal way to discover this breathtaking landscape of angular peaks, towering pinnacles and jagged ridges, and the carefully chosen routes in this guide will exhilarate, challenge and inspire.

Zagori in Greece's Northern Pindos National Park is among the last relatively undiscovered and unspoilt hiking destinations in Europe. This guide presents a selection of thirty walks and three short treks within the region's captivating scenery, from dramatic gorges to mystical forests, crystal-clear turquoise rivers, rugged alpine peaks and characterful mountain villages. Routes vary from easy walks on clear paths to strenuous ascents and mountain traverses, meaning that there is something to suit most ambitions and abilities. Clear mapping accompanies the route description, and the introduction to the guide covers all the practicalities, including getting to Zagori, accommodation, equipment, maps and safety. There is also a wealth of information about the region's rich history,

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architecture, geology, plants and wildlife, as well as fascinating notes on points of interest encountered on route. The routes are presented in five chapters, covering Central Zagori, Vikos Gorge and vicinity, Mt Timfi, Konitsa and Mt Smolikas, and Valia Kalda National Park and Metsovo, with highlights including Mt Timfi and Mt Smolikas (Greece's second highest mountain), the breathtaking Vikos Gorge, traditional stone arch bridges and the alpine tarns of Drakolimni (Dragonlakes). With so much stunning scenery, this is a region that cries out to be explored.

This walking guidebook describes 42 day routes exploring the stunning Auvergne region in central France. The walks are ideal for day walkers and hikers, with routes ranging from easy 5km outings to more challenging 20km hikes. All are illustrated with clear mapping and colour photographs. The guide focuses on the best routes in five different areas, including Cantal, the Chaîne des Puys (Monts Dômes), the Monts Dore, the Haute Loire (Livradois and Velay) and the Montagne Bourbonnaise, with bases including Vichy, Clermont-Ferrand and Puy-en-Velay. The routes in this guidebook offer walking on truly spectacular volcanic landscape, with grassy domes and volcanic bowls and long, rambling ridges, yet the walking is generally suitable (nothing over 1,900m) for all walkers, and the area is both accessible and provides a wide range of cultural and historical (and geological) interest. The guidebook also provides a wide range of practical information for visiting the Auvergne, with accommodation transport, and preparation advice, as well as providing a wealth of detail on the many places of interest along the walks.

A guidebook to the Maloti-Drakensberg Park World Heritage Site. The book describes 75 day walks of between 1km and 26km long, in Royal Natal National Park, Cathedral Peak, Monk's Cowl, Injisuthi, Giant's Castle, Highmoor, Kamberg, Lotheni, the Himeville and Underberg districts, plus Bushman's Nek. Graded from easy to strenuous, the walks take in the spectacular natural beauty of the area. Written by a qualified Safari Guide, this book covers 11 areas of the Maloti-Drakensberg Park. It combines clear route descriptions and maps with inspirational photographs, alongside lots of information about local wildlife and the facilities available in each area covered. This range of huge peaks, towering basalt cliffs, massive sandstone outcrops and deep gorges forms the core of an area of unlimited potential for walkers, until recently little known outside South Africa. The area has a unique geological structure and a fascinating history as well as a large variety of antelope and other mammals and a regular bird list of over 200 species.

The second edition of this classic guidebook by Kev Reynolds on walking and trekking in the Alps. This book is a definitive guide to the many thousands of possible routes, with a geographical span that ranges from the Maritime Alps of southern France to the Julians of Slovenia, from Italy's Gran Paradiso to the little-known Türrnitzer Alps of eastern Austria, and from the ice-bound giants of the Bernese Oberland to the green rolling Kitzbüheler Alps and the bizarre towers of

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the Dolomites of South Tirol, showing the amazing diversity of this wonderful mountain chain. There are walks to suit every taste: gentle and undemanding, long and tough, and everything in between. Written by Britain's most respected authority on the Alps, this is a fully updated edition of this important book.

A walking guide to the Silverdale and Arnside Area of Outstanding Natural Beauty (AONB), at the top of Morecambe Bay in Cumbria and Lancashire, overlooking the Lake District. 21 day walks are described between Carnforth, Holme, Milnthorpe and Arnside, climbing wooded hills and limestone escarpments with views of the Lake District fells. Walks are between 2 and 8 miles in length and visit nature reserves including Leighton Moss RSPB reserve, follow the canal and explore the shoreline. Summits include Wharton Crag, Arnside Knott, Farleton Knott and Hutton Roof Crag. The combinations of rocky coastal scenery, woodland and rough limestone hills either side of the M6 in north Lancashire, make this a paradise for walkers. Routes can easily be linked into longer walks and the extensive network of well walked paths enables walks to be shortened or lengthened at will. The area is renowned for its flora and fauna, its historic buildings and interesting geological features.

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