

## **Corsican High Level Route Gr20 Cicerone Mountain Walking**

This guidebook describes the Cape Wrath Trail, a long-distance trek from Fort William to Cape Wrath crossing the wild northwest of the Scottish Highlands. The route is described from south to north in 14 stages, with 6 alternative stages along the way, allowing for a flexible itinerary of between two and three weeks. A long tough trek with no waymarking, this is for the tried and tested backpacker. The guidebook includes OS mapping, route profiles and detailed route descriptions and gives you all the information you need about accommodation (including hotels, bothies, B&Bs and bunkhouses), campsites and amenities en route, to help you plan and prepare for this epic challenge. The Cape Wrath Trail is regarded as the toughest long-distance route in Britain and offers unparalleled freedom and adventure to the experienced and self-sufficient backpacker prepared to walk for many days in remote wilderness. Travelling through the wild and rugged landscapes of Morar, Knoydart, Torridon and Assynt, it will test the limits of your endurance.

Scenic trails, adventures off the beaten track, and pristine hiking destinations around the world.  
'Get away from here before you're completely

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bewitched and enslaved...' Dorothy Carrington was told, while sitting in a fisherman's cafe at the magically quiet midday hour. But enslaved she was. GRANITE ISLAND, much more than a travel book, grew out of years spent in Corsica and is an incomparably vivid and delightful portrait. For the first time Corsica is brought to light as a vital element in Europe: a highly individualistic island culture whose people have nurtured their love of freedom and political justice, as well as their pride, hospitality and poetry.

There are three main trekking routes across the Pyrenees from coast to coast: of these, the Pyrenean Haute Route (or HRP for Haute Route Pyrénéenne) is the most challenging - and arguably, the most spectacular. Unlike the GR10 and GR11, it is not waymarked and borders on mountaineering at times, sticking as closely as possible to the main ridge. It stretches 750km from the Atlantic resort of Hendaye to Banyuls-sur-Mer on the Mediterranean, crossing the French-Spanish border many times on its traverse. The hike calls for experience, navigational competence and self-reliance, but offers rich rewards as you pass through some of the most stunning landscapes the region has to offer. This guide presents the Pyrenean Haute Route in 44 day stages, which are divided between five sections: since each section starts and finishes at a location accessible by public transport, they can be walked

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individually if you don't have a spare month-and-a-half for a complete thru-hike. Although the route offers excellent opportunities for wild camping, each stage finishes at a mountain hut or village, meaning that you can sleep under a roof every night if you prefer. Clear route description is accompanied by 1:100,000 mapping. There are bad weather variants and alternatives to avoid the most technical sections, and the guide also includes optional ascents of 10 classic summits, including Vignemale, Pic du Taillon and the highest peak in the Pyrenees, Pico de Aneto. You'll also find helpful advice on travel to and from the route, equipment and safety. From the rolling green foothills of the Basque Country to High Pyrenean landscapes of aquamarine lakes nestled among 3000m peaks, the scenery is as varied as it is beautiful. Highlights include the karst terrain of Pic d'Anie, the Ossoue glacier, Lac de Mar in the picturesque Val d'Aran and the dramatic Cirque de Gavarnie with its towering cascade.

Do you want to ace your public speaking course? All you need to know, including all of the skills that will help you become a confident speaker and conquer speaking anxiety, are thoroughly covered in **THE CHALLENGE OF EFFECTIVE SPEAKING, 14e**. A favorite with students, this best seller guides you through six key Speech Planning Action Steps. The result? You'll learn how to prepare and deliver strong speeches that get you good grades in your public

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speaking course! You'll be guided through topic selection, audience analysis and adaptation, effective research (including appropriate use of Internet resources), organization (with an emphasis on outlining), and language and delivery. The new 14th edition of this nationwide best seller also including many online tools, including videos of actual student speeches accompanied by Interactive Video Activities that help you develop and strengthen your public speaking skills. Authors Rudy and Kathie Verderber, together with new coauthor Deanna D. Sellnow, have grounded this new edition with the latest research to give you an exceptional resource for creating and delivering your speeches. A guide to the Tour of the Queyras which makes use of two GR trails (GR58 and GR541) and their variants and a number of non-GR footpaths trails. The route includes the highest point reached on any grand randonee with 24 cols above 2000m and options to climb up to 17 summits, five above 3000m. The Queyras is a dramatic, unspoilt region in the shadow of Monte Viso, sheltered to the west by the Ecrins, and is one of the sunniest areas of the Alps. The absence of glaciers makes ideal hillwalking country, with several high mountain summits accessible to the ordinary walker, hiker and scrambler. This route is ideal as a first-time alpine walking tour or for the experienced mountain walker. The tour is described in 12 day stages, each stage

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terminates at a place where there is overnight accommodation. In general, the stages are not especially long, although there is some variation in the length and severity of each section. The guidebook includes altitude profiles, full details of facilities en route and several alternative routes and excursions.

The High Tatras is a range of granite and gneiss mountains between Poland and Slovakia: 500 rocky summits, 100 of which exceed 2000m in height (Gerlach 2655m). The ridges are narrow and full of gendarmes and look formidable, yet, as you draw closer you discern the valleys which separate the peaks and realise there are ways through. A network of waymarked paths connects peaks, lakes and mountain huts. Many are simple walks, but some are exposed via ferrata-type scrambles. With the collapse of the Eastern Bloc, access is now a simple matter and is fully described in the book, as are all major centres on both sides of the border and a comprehensive selection from the easiest to the hardest. Despite its title the book also includes the slate peaks of Western Tatras and limestone peaks of the White Tatras as well as the High Tatras. Guidebook to the GR10, a 955km trek across the French Pyrenees from Hendaye on the Atlantic Coast to the Mediterranean coast at Banyuls-sur-Mer. Described in 55-day stages of 7-27km, the route can be completed in its entirety, usually in

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around 45 days, or in shorter sections using the bus and rail links found throughout the Pyrenees. Step by step route descriptions are accompanied by 1:100,000 mapping and gradient profiles. Useful practical information is also included such as when to go, getting there and back, camping, accessing fuel and water, plus handy equipment tips and more. The easiest, oldest and most popular of the three long-distance routes that traverse the mountain range, the GR10 is well waymarked and follows good mountain paths. For many walkers, the highlight of the route is the magnificent wildflowers and associated butterflies. For others, it's the spectacular mountain terrain, while those keen on bird watching will delight in scanning the sky for the many varieties of birds of prey that can be seen in the region, from the massive Griffon vulture to the distinctly coloured Egyptian vulture.

This guidebook describes the challenging 80-mile (128km) Skye Trail, a week-long trek across the magical Isle of Skye, the largest island in Scotland's Inner Hebrides. As yet unwaymarked, the route demands navigational skill, fitness and self-reliance and is therefore suitable for experienced backpackers and mountain walkers. The trail is presented in 7 stages of between 7 (11.5km) and 18 miles (28.5km), plus an alternative stage to include an ascent of Bla Bheinn. Alongside detailed route description, 1:50,000 OS mapping and stunning photography, the guide provides a wealth of information about Skye's rich history, culture,

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literature, geology, wildlife and plants, as well as practical advice such as when to go, what to take and where to stay. Blending information with inspiration, the result is an ideal companion to trekking this magnificent route. From the headland of Rubha Hunish, through Portree to Broadford, the Skye Trail provides the walker with a tour of Skye's most iconic landforms - including the Quiraing, the Old Man of Storr and the Cuillin - as well as of its turbulent history, from Iron Age forts to the ruins of Clearance villages. Whether making use of island hospitality or opting for the freedom of a tent, completing the continuous route represents a real challenge and a fitting match for the epic landscapes found on Skye.

Everything you need to know to get prepared  
Comprehensive listings for sleeping, eating and facilities along the way. Background on Himalayan culture and religions Lonely Planet knows the Indian Himalaya. Our expert author, trekking the Indian Himalaya since 1970, will be your guide to some of the world's most awesome trekking. This book covers the region's top treks, through the Buddhist villages and high passes of Ladakh, the spectacular mountains and verdant valleys of Himachal Pradesh, and the sacred pilgrimage sites and high-altitude meadows of Uttarakhand. Whether you are a experienced trekker or a first-time, you're sure to find the ultimate trekking experience here.

No ordinary guidebook, Sierra High Route leads you from point to point through a spectacular 195-mile timberline route in California's High Sierra. The route follows a general direction but no particular trail, thus

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causing little or no impact and allowing hikers to experience the beautiful sub-alpine region of the High Sierra in a unique way.

This guidebook describes the GR221, a 140km (87 mile) long-distance trail through northwestern Mallorca, from Port d'Andratx to Pollençà. Also known as the 'Ruta de Pedra en Sec' ('the Drystone Route'), the GR221 is a celebration of Mallorca's limestone heritage, taking in many historic drystone structures as it traverses the rocky peaks of the Serra de Tramuntana. Following old stone-paved paths and mule trails, it showcases the region's beautiful landscape of mountains, forests and cultivated terraces, as well as its spectacular coastline. The GR221 can be walked in 1-2 weeks, although the guide also covers 3 alternative start-points and 3 alternative finishes, which would allow for a shorter trek. The main route is presented in 10 stages of 8.5-20.5km (5-13 miles), with a handful of optional detours to bag neighbouring summits. Detailed route description is accompanied by 1:25,000 mapping and inspirational photography, plus a wealth of information on local points of interest. Accommodation and travel are also thoroughly covered: the trail boasts good transport links and plentiful facilities on route, with accommodation in welcoming mountain villages and the occasional 'refugi'. A comprehensive introduction offers the opportunity to discover more about the region's diverse plants and wildlife and unique history and culture, and an English-Spanish-Catalan glossary can be found in the appendix. With a favourable climate and stunning scenery, the Serra de Tramuntana has much to tempt the walker. The



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GR221 Drystone Route represents an ideal way to explore this fascinating World Heritage Site. The guidebook describes walking the 370-mile waymarked route through Ireland from Dublin in the east to Bray Head in the southwest on the Atlantic coast. Created by linking the Wicklow Way, South Leinster Way, Munster Way, Avondhy Way and the Kerry Way. An opportunity to discover the heart of the Emerald Isle. An essential guidebook for walking the GR5, one of the world's most spectacular long-distance trails. The GR5 makes its way through the Alps from the shores of Lac Léman at Geneva to the Mediterranean at Nice. A route of 674km (420 miles), it can be trekked in a month, or split over a series of summer trips. The GR5 is well within the reach of fit and moderately experienced walkers and backpackers. There is good signposting and waymarking, and accommodation, food and drink are all available at regular intervals. The paths and tracks are generally well graded, while steep climbs are tackled on zigzag paths, so the overall gradient is not so severe. Every summer, thousands of walkers embark on this trek. This guidebook also describes some scenic variant routes, including the stunning GR55 through the Vanoise National Park and the delightful GR52 that crosses the Mercantour National Park. Full descriptions and maps are provided for these alternatives. The book includes daily stages, timings, ascents and descents, full-colour mapping and gradient profiles, alongside information about facilities and services along the route. The result is an ideal companion to planning and completing your trek. Two further Cicerone guidebooks cover the

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remaining sections of the GR5; 'The GR5 Trail - Vosges and Jura', and 'The GR5 Trail - Benelux and Lorraine' which together cover the route from Lac Léman to the Hoek Van Holland.

A mountain range rising from the sea, Corsica holds the most arrestingly beautiful landscapes in the Mediterranean. From its cobalt blue gulfs and shell-sand beaches, hillsides of evergreen maquis give way to pristine oak, chestnut and pine forests, awesome gorges, alpine lakes and a spine of snow-streaked peaks and passes. Among the many trails that penetrate its remotest corners, the GR20, following the island's watershed, is a high-level route that has won an international reputation as being Europe's most challenging long-distance path. 35 detailed trekking maps – showing walking times, places to stay and points of interest, with detailed route descriptions for the entire GR20 Practical information – planning your trip; travelling to Corsica from other parts of Europe, North America and Australasia; getting to the trailheads; historical and cultural background; what to see; health and safety; minimizing your impact on the environment; French and Corsican language sections Accommodation and restaurants – reviews of places to stay and eat at all budgets, from luxury heritage hotels to the pick of Corsica's gîtes, hostels and restaurants Gateway towns – comprehensive guides to Ajaccio, Bastia and Calvi Corsican flora – full-color photo guide to the island's flora

This guidebook describes the classic GR20 trek, the north to south traverse of the rugged mountains of

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Corsica. Starting in Corscia's north-west, in picturesque Calenzana, the route winds south-east, through the heart of Corsica, finishing on the eastern side of the island, just north of Porto Vecchio in the township of Conca.

Described in 16 stages with high level/low level alternatives for relevant stages, the route is roughly 200km in length and takes approximately two weeks to complete. The GR20 climbs high into the mountains. It is demanding trek and only suitable for experienced walkers. Step-by-step descriptions of each stage are accompanied by 1:50,000 mapping, together with information on ascent/descent, terrain, and food, water and shelter en route. Also included is invaluable information such as path conditions, what to take, and getting to/from and around Corsica. This comprehensive guide also includes information on the history and geology of Corsica, together with notes on the local plants and wildlife. An island of surreal beauty, Corsica showcases dramatic mountains, enchanting coastline and ethereal vistas. Bare rock and sheer cliff contrasts with black sand beaches, alpine pastures and pockets of forest. Mediterranean flair abounds, history lingers and culture is celebrated, making it the perfect destination for a trek bursting with adventure.

Guide to the Kungsleden (King's Trail), Sweden's premier long-distance trek. Lying mostly within the Arctic Circle, the 440km route across Lapland is presented in 26 stages but can be walked in shorter sections if preferred. Includes an optional ascent of Kebnekaise, Sweden's highest peak, plus notes on huts and wild camping.

Ditch the tourist trail, hit the hiking trail and experience the REAL France! Ever felt the urge to shoulder a backpack and

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explore fairytale villages? Do your travel daydreams involve eating picnic lunches beside lavender fields? And feasting on freshly prepared classic French dinners? Have you dreamed of hiking in France among vineyards and stone villages, enjoying the leisurely pace of rural life at the languid pace of foot travel? You've come to the right place. Anyone can walk France's long-distance hiking trails. - Hiking takes all types. Hiking France covers the intricacies of walking from village to village, along lavender fields, farm pastures, riverside towpaths and mellow forest trails. Anyone in decent shape can hike France's best trails. - You don't need to know French. Some French phrases help, but with modern translation apps and an adventurous spirit, English speakers get on fine in rural France. - You don't need a trust fund. Hiking rural France is one of Western Europe's great bargains, and the most-affordable way to explore the French countryside. - You needn't have planned an overseas hiking trip before. Hiking France will arm you with all the tools, resources and inspiration to set you on the path of planning your dream hiking trip in France. In Hiking France, you'll learn: - How to find villages linked by well-signed footpaths. - Where to buy and how to decipher French maps and hiking guides. - Which websites, books and apps to use. - How to book lodging and transportation. - What to pack and wear. - Eating tips and tricks for dining like a local (and a hiker!). After reading Hiking France, you'll have the knowledge and wherewithal to go out and plan your self-sustained hiking trip to France. You won't need expensive tour companies or private guides. Just this book, maps or GPS, and a sense of adventure. There's never been a better time to ditch Europe's tourist crowds and strike out on a village hiking vacation in France, Europe's ultimate hiking playground. This book identifies, describes, and illustrates with spectacular photography a dozen of the greatest long walks

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in Europe and a dozen of its greatest single-day walks. Ranging from four to 15 days, these lengthy strolls are equally delightful to seasoned hikers and armchair walkers looking to relive past adventures. All the long walks are waymarked, and the day-walks are all well known in their localities. Full practical details for each walk are provided, along with statistics, maps, and appropriate historical and cultural details. The walks are described in detail, with noteworthy features of all kinds identified and explained. Lavish illustrations capture the spirit and character of each expedition.

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 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.

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This guidebook describes the classic GR20 trek, the north to south traverse of the rugged mountains of Corsica. Starting in Corsica's north-west, in picturesque Calenzana, the route winds south-east, through the heart of Corsica, finishing on the eastern side of the island, just north of Porto Vecchio in the township of Conca. Described in 16 stages with high level/low level alternatives for relevant stages, the route is roughly 200km in length and takes approximately two weeks to complete. The GR20 climbs high into the mountains. It is a demanding trek and only suitable for experienced walkers. Step-by-step descriptions of each stage are accompanied by 1:50,000 mapping, together with information on ascent/descent, terrain, and food, water and shelter en route. Also included is invaluable information such as path conditions, what to take, and getting to/from and around Corsica. This comprehensive guide also includes information on the history and geology of Corsica, together with notes on the local plants and wildlife. An island of surreal beauty, Corsica showcases dramatic mountains, enchanting coastline and ethereal vistas. Bare rock and sheer cliff contrasts with black sand beaches, alpine pastures and pockets of forest. Mediterranean flair abounds, history lingers and culture is celebrated, making it the perfect destination for a trek bursting with adventure. "

Wanderlust Europe explores the continent's most astounding natural landscapes along its most scenic and enchanting trails.

A diary of a walk on the GR20 across Corsica in September 2002.

The definitive two-way guide to the Hadrian's Wall Path: both eastbound and westbound routes are described in full Ordnance Survey 1:25,000 maps inside. 14 different itineraries: schedules of 3, 4, 5, 6, 7, 8 and 9 days for walkers and runners. Includes both northbound and southbound

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itineraries. Difficult calculations of time, distance and altitude gain are done for you. Also includes: -Extraordinary detail on the history and construction of Hadrian's Wall -Section on the unmissable forts of Hadrian's Wall -Detailed information on equipment and travelling light -Everything the trekker needs to know: route, costs, difficulty, weather, travel, and more -Full accommodation listings: the best inns, B&Bs and hotels

The GR11 trail (La Senda Pirenaica) is a glorious 820km traverse of the Pyrenees from the Atlantic to the Mediterranean on the Spanish side of the border with France. The guidebook presents the route in 47 stages of 8-31km and provides everything hikers will need to take up the challenge - detailed route description, excellent photographs, lots of background information and unique custom-produced maps. Also included are bad weather options - although the weather is often good along this route - detours to find accommodation at some points, and advice on where to stay, supplies, language and logistics, as well as a glossary including Aragon, Basque and Catalan words, to help you find your way. Although it's a serious challenge for experienced walkers the route is less demanding than the higher-level Pyrenean Haute Route, sunnier and wilder than the GR10 which runs along the French side, and well waymarked throughout with regular opportunities to find accommodation and stock up your supplies.

Corsica is a mountainous island in the Mediterranean and its GR20 is reputed to be the toughest waymarked trail in Europe. It is an ambitious route for fit and agile walkers, covering 190km in about two weeks as it makes a complete traverse through the high mountains, backpacking the whole way, sometimes with hands-on scrambling. Facilities are limited to a dozen mountain refuges and a mere handful of hotels or gîtes. The -classic- route is described, along with high- and low-level alternatives, plus extra mountain climbs.

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The guide explains exactly what is involved in following the GR20, including what walkers need to carry and how difficult the route is in places, revealing everything you need to know.

Detailed route descriptions and stunning photographs.

Rough Guides har eksistert i mer enn 30 år og er kanskje verdens mest populære reisehåndbokserie. Guidene gir informasjon om stedets kultur, historie og severdigheter. De er kjent for å gi detaljerte opplysninger om overnatting, restauranter, sport og aktiviteter - også for lavere reisebudsjetter.

Long-distance trekking, short day trips out of town, an extended weekend escapade; the first series installment of our bestselling Wanderlust has it all. Experienced outdoor enthusiasts and those lacing-up their boots for their first time: prepare to hike the diverse American landscape. Whether aiming to conquer epic expeditions, or simply complete a day hike to recharge, paths of every size await the intrepid wayfarer in Wanderlust USA, a book that serves as a blueprint for adventurous souls in search of new summits. Stunning photography and insightful tips from veteran long-distance hiker Cam Honan bring many bucolic treks to life, including the unmissable California ancient redwoods and misty waterfalls of Yosemite Park, as well as Utah's dramatic canyons, and the Atlantic cliffs of Maine.

A comprehensive guidebook to walking Ireland's 200 summits of 2000ft or more and to the 12 peaks exceeding 3000ft. Described clockwise from Wicklow to the Mourne in 70 walking routes.

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 islands'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



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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 South West Coast Path National Trail (SWCP) measures a staggering 630 miles (1015km) from Minehead on the Somerset coast right round Devon and Cornwall to Poole in Dorset. The guidebook divides the route into 45 stages of between 12.5 to 37.5km, beginning and ending where amenities are available. Written by prolific outdoor writer Paddy Dillon, this guidebook is packed with lots of information for planning your walk, including clear step-by-step route descriptions and OS map extracts, public transport links, accommodation and facilities along the way. Also described is the 17-mile South Dorset Ridgeway, from West Bexington to

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Osmington Mills, which can be used as a scenic way to shave 42 miles off the total distance. This epic route takes in Exmoor National Park, five AONBs and the Jurassic Coast World Heritage Site, besides various nature reserves and SSSIs. No other stretch of coastline compares for scenic splendour, historical sites and availability of refreshments, accommodation and public transport, making it easy to split the South West Coast Path into week or weekend-long sections.

Guidebook to fastpacking - multi-day running trips carrying the bare essentials - in the UK, Europe and beyond. Includes 12 route ideas (all tried and tested), fastpacking stories from around the world (featuring Jez Bragg, Anna Frost and Jasmin Paris), and invaluable tips and tricks to help you prepare for your own running adventure. A summary of each route idea is provided, together with mapping and a gradient profile, as well as highlights, tips and 'tales from the trail'. Invaluable practical information is also included, covering everything you need to know to prepare and plan for a trip: training, accommodation options, safety, equipment, apparel, nutrition, hydration and more. The route ideas and stories featured showcase an impressive range of fastpacking opportunities, both in the UK and abroad. From mountain hut hopping trips, bothy discovery tours and wild camping expeditions, the inspirational tales and selected trails are guaranteed to entice 'everyday' runners to try their hand at a multi-day journey, be it in the Brecon Beacons, Bhutan or beyond.

Guidebook to walking the 176 km Tour of the Oisans : The GR54 trek around the DauphinÉ massif and ...crins National Park to the east of Grenoble in France. This popular walk on the GR54 is similar in quality to the celebrated Tour of Mont Blanc.

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The outstanding series of walking guides based on trails created and marked by the French Federation of Hiking Clubs. Each guide details several hundred miles of footpaths, and each route is marked on IGN color topo maps (1:50,000). Also includes information on lodgings and train, bus, and ferry connections.

The Rough Guide to Corsica is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Corsica has to offer. Discover the vibrant regions of Corsica from the beautiful island beaches of Corsica, to the amazing GR20 trail and scenic walks through this lush Mediterranean island. New full-colour features explore the most atmospheric festivals in Corsica and the charming traditional villages in Corsica with detailed information on traditional food, language and livelihoods. Find detailed practical advice on what to see and do in Corsica whilst relying on up-to-date descriptions of the best accommodation in Corsica; from Corsica's luxurious hotels to budget campsites in Corsica, bars in Corsica, restaurants in Corsica, and the best scenic walks and hikes around Corsica. This Rough Guide unearths the best places to hike, mountain bike, canyon, horse ride and scuba dive. Explore all corners of Corsica with the clearest maps of any guide. Make the most of your holiday with The Rough Guide to Corsica.

70 walks on the 'Island of Beauty'. A walkers'

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paradise: dramatic coastlines and idyllic bays, crystal-clear streams and marvellous mountain lakes, fragrant macchia vegetation and superb pine forests, rocky peacks and impressive summits.

The GR20 Corsica  
The High Level Route  
Cicerone Press Limited

A guidebook to the classic Chamonix to Zermatt trek from Mont Blanc to the Matterhorn. The 225km Walker's Haute Route through the French and Swiss Alps crosses 11 passes, gains more than 14,000m in height and is a strong contender for the title of Most Beautiful Walk in Europe. The high-level route is described in 14 day stages, with optional variants, and is suitable for walkers with a good level of fitness and some previous alpine trekking experience. The final approach to Zermatt adopts the dramatic Europaweg, a high-level traverse of the east wall of the Mattertal, crossing the 500-metre suspension bridge above Randa. An alternative valley route to Zermatt can be taken if this does not appeal. Alongside clear route descriptions and mapping for each stage of the trek, there is essential practical information on travel to Chamonix and return from Zermatt, as well as advice on accommodation in alpine villages and mountain refuges, trekking safety, equipment, itinerary planning and preparation. Taking 2 weeks to complete, this challenging but rewarding trek encompasses views of the greatest collection of

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4000 metre peaks in the Alps - Mont Blanc, the Grand Combin, Dent Blanche, Weisshorn and the Matterhorn - and visits some of the most spectacular valleys, including the Val d'Hérens, Val d'Annivers and the Mattertal.

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India)

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Gubeikou to Jinshanling on the Great Wall (China)  
Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

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