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JIN76R - MIGUEL DAISY

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 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.

A guidebook to walking the Camino Portugués (Portuguese Way), 620km from Lisbon in Portugal to Santiago de Compostela in Spain. The book gives stage-by-stage directions for the Central Camino, starting from Lisbon, Porto or Tui, the Coastal Camino between Porto and Redondela, and the Spiritual Variant route from Pontevedra to Padrón. It also describes link routes that can be used to swap from one route to another. Detailed route guidance and maps are accompanied by fascinating information about historic and religious sites passed along the way. It is packed with essential information for pilgrims, with advice on getting there, when to go, where to stay and equipment. An indispensable facilities table showing the availability of accommodation, refreshments, supermarkets, ATMs and pharmacies along the route, and a handy glossary, make this the complete guide to the Camino. Since 1211 Santiago de Compostela has been a place of holy pilgrimage and the Camino Portugués is the second most travelled pilgrim route. The largely rural journey takes in four UNESCO World Heritage Areas - the Knights Templar Castle at Tomar, Portugal's oldest University at Coimbra, and the old towns of Porto and Santiago - culminating at the cathedral at Santiago de Compostela.

The GR11 is a glorious 820km traverse of the Pyrenees from the Atlantic to the Mediterranean on the Spanish side of the border with France, taking about 47 days to walk. Although it's a serious challenge for experienced hikers, the route is less demanding than the higher-level HRP, 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.

An inspirational larger format guidebook to Britain's National Trails - 19 long-distance walking routes through England, Wales and Scotland. Together, these routes (National Trails in England and Wales and Scotland's Great Trails) cover well over 3100 miles (5000km), exploring the rich scenic and historic countryside of Britain. Perfect for planning, the book offers stage by stage overviews for the full breadth of the network, including the popular South West Coast Path, Hadrian's Wall Path, West Highland Way, Cotswold Way, Offa's Dyke Path, South Downs Way, Southern Upland Way and many others exploring the beauty and wild country of the British Isles. Outline schedules for each Trail allow you compare the routes and become inspired to take up the challenge, whether on a relatively short or easy trail, or to tackle a longer, more strenuous route. Basic day-by-day route descriptions for each Trail are illustrated with maps and profiles, helping you choose the best routes to walk. Information is provided on access to and from the routes, maps, public transport, guidebooks, TICs, accommodation and useful websites.

Mountain walking and trekking guide to Croatia, Europe with walks in the Dinaric Alps (Gorski Kotar and Velebit), Istria, Slavonia, the islands (Pelješac, Korcula, Mljet, Hvar, Brač, Lošinj and Cres) and around Zagreb. 26 routes from easy day walks to treks and via ferrata over varied terrain. Includes full background information and hut directory.

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 refugios on or near the routes.

Glyndwr's Way is named after Owain Glyndwr, who has gone down in history as the leader of the rebellion against the English in the 15th century. This text provides information about the walk including maps, local information, and historical background.

This guidebook presents four specially devised treks in the mountains of Greece, showcasing its beautiful scenery, rich flora and cultural interest. The Peloponnese Way crosses the Peloponnese peninsula from Dhiakoftó in the north to Pantazí beach in the south, via Trípoli. Taking in alpine meadows, a dramatic gorge and forest-clad slopes, the 220km route can be walked in around a fortnight. The 460km Pindos Way is a south-north traverse of Greece's mountain backbone, and can be walked in a month, or split into sections of around a week. With remote terrain, navigational challenge and fewer facilities on route, it is the toughest of the four treks but offers a unique chance to experience both the country's wilderness and traditional mountain life. A shorter 80km Zagóri trek can be enjoyed in its own right or incorporated into the Pindos Way, and the final route explores Mt Olympus, home of the ancient gods of Greek myth and the highest mountain in Greece. With clear mapping alongside detailed route description for each stage of the treks, as well as background information about the region and a Greek-English glossary.

Printed in full-colour throughout, this third edition is a guide to the Alpine pass route following the Swiss Via Alpina 1, a 400km trek east-west across Switzerland, from Sargans, on the border of Leichtenstein, to Montreux, including a prologue stage from Leichtenstein. A demanding 3-week trek described in 18 stages, crossing 16 passes including 2778m Hohtürli. Good fitness and Alpine trekking experience is required

Every year thousands of walkers embark on the Tour of Mont Blanc, a 170km route that is recognised as one of the world's classic walks. This guidebook contains in-depth route description for both the classic 11 day anti-clockwise circuit and an alternative 10 day clockwise trip. The guidebook is packaged with a map booklet containing official 1:25,000 IGN mapping that covers the entire TMB route, and urban maps for the major centres of Chamonix, Courmayeur, Les Contamines and Champex. Complete with a French-English glossary, comprehensive notes about accommodation options and transport details, this guide provides all the information needed for planning and completing a trip around the spectacular Mont Blanc massif.

Over 100 routes in the Bernese Alps are described in this fourth edition of Kev Reynolds' popular guide. It is an indispensable companion to a region that boasts famous peaks such as the Eiger, Monch and Jungfrau. But there are lesser-known mountains too that are just as scenically dramatic, and in their shadow peaceful villages and forgotten hamlets are lodged in spectacular locations. All this, and more, is available to the mountain walker, and this indispensable guide will enable you to explore the very best of the Bernese mountain wonderland."

Three different pilgrimage routes through northern Spain to the sacred city of Santiago de Compostela: the Camino del Norte (a 790km five-week coastal route from Irún), Camino Primitivo (which splits from the Norte at Sebrayo for the next 320km) and the Camino Inglés (a five-day 87km route from Ferrol)

A comprehensive guidebook to the Pacific Crest Trail (PCT), an epic 2650 mile trek through the USA from the Mexican border to British Columbia in Canada. One of the world's best hikes, the route passes through California, Oregon and Washington State, taking in the Mojave desert, High Sierras, Cascades and countless more wild mountains of America's west coast. The guidebook is divided into 101 sections of 2 to 3 days, which can be combined into longer days according to ability and preference. This comprehensive guide provides all the information and maps hikers will need. Alongside the notes and route descriptions, there are overview maps for the entire trail, and a detailed introduction that provides essential advice for planning and completing the route. From information on packing, supplies, water and bears, to details on the mountains, wildlife and regions encountered, this is an essential companion to taking on - and completing - this once-in-a-lifetime adventure. The PCT boasts breathtaking scenery and varied landscapes, through deserts and forests, and over snow-covered passes and along alpine ridges. This is a long wilderness trek of true adventure and exploration through diverse and stunning mountain scenery.

A handy guidebook for anyone planning to walk Hadrian's Wall

Path. This 84-mile National Trail route typically takes a week to walk, and is described in both directions. A World Heritage Site, Hadrian's Wall runs as close as possible to the course of the wall, on its route between Bowness-on-Solway and Wallsend in Newcastle. Joining the Great Barrier Reef and Yellowstone National Park as a designated UNESCO World Heritage Site, Hadrian's Wall is one of England's greatest landmarks. Hadrian's Wall leaves a lasting impression on any who visit, including writer George RR Martin who used it as inspiration for his own Wall in the best-selling books and hit TV series, Game of Thrones.

This guidebook describes 14 multi-day treks in Nepal's captivating Annapurna region, among the foothills of the mighty Himalaya. Routes range between 24km and 200km (15-124 miles) and between 4 and 23 days, with maximum altitudes from 1750m to 5416m. Areas covered include Machhapuchhre, Pokhara and Lamjung Himal. The varied treks showcase this inspiring landscape, offering stunning vistas of snow-clad peaks and verdant valleys. From the classic Annapurna Circuit and Annapurna Sanctuary to lesser-known routes, this is the definitive guide to exploring Nepal's most popular trekking region. With accommodation options including a mixture of homestay, camping and lodges, trekkers have the opportunity to immerse themselves in their surroundings and experience the warmth and richness of Nepalese hospitality and culture. As well as detailed route description and sketch mapping, the guide presents a wealth of information to help make the most of a trip, including practical advice on transport, visas and permits, when to go, what to take and health and safety. There are notes on different styles of trekking, tips on cultural etiquette and fascinating background information on the region's history, plants and wildlife, culture and religion.

First English-language guide to walking in Abruzzo, in the Apennine mountains centred on Sulmona and between L'Aquila and Castel de Sangro, one of Italy's wildest regions with 3 national parks and 1 regional park. 30 day and half-day walks including an ascent of Como Grande, on Gran Sasso, the highest point in Italy outside the Alps.

This guidebook presents 28 day walks in the Gran Paradiso National Park in the Italian Alps south of Mont Blanc, and the 12-day Alta Via 2 trek. The Alta Via covers over 148km of rugged mountains and valleys between Chardonnay and Courmayeur. The graded walks vary from 2 to 33km and range from easy paths to routes for the experienced alpine walker.

This guide to trekking the Maritime Alps on the border of France and Italy offers a wide selection of routes in an area with great walking potential. There are 18 graded day walks of between 6 and 20km, suitable for reasonably fit walkers with no previous mountain experience required. The book also describes 6 longer treks, including a 5-day traverse of the Parc National du Mercantour and a 7-day traverse of the Parco NaturaledelleAlpi Maritime. These treks may entail exposed passages or require confident navigation. The main walking season is between June and late September. Rising directly from the Mediterranean coast the Maritime Alps straddle the French-Italian border for 190km. Easily accessible from Nice, and with good waymarking and plentiful high-quality accommodation, this is a wonderful area even for novice walkers, worlds away from the crowds at the coast. This guidebook provides clear route information and comprehensive mapping, and includes details of accommodation both in the mountains and the valleys. Practical information is provided on travel and access, and on the best bases for walkers in France and Italy. "

A guidebook for trekking the Pyrenean Haute Route, which zig-zags across the Franco-Spanish border and stays close to the main ridge in the highest and most spectacular central Pyrenees. It covers 800km with a total of 40km ascent, so is only suitable for experienced mountain walkers. The route is split over 45 stages and is largely unwaymarked.

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.

This guidebook describes a 240km cycle ride along the length of the Canal du Midi in southern France. Starting at Toulouse in the Haute Garonne and finishing at Sète on the Mediterranean Coast, the route is divided into five stages of about 50km. It is a flat, car-free and picturesque route mainly on the towpath, and is suitable for all abilities. The guide is written for those who want to explore the canal and visit attractions along the way. There are lots of optional detours to sites of interest near the canal, as well as six longer excursions including fortified Carcassonne, Roman Narbonne, Vendres lagoon and the Portiragnes marshes. Detailed route descriptions are crammed with additional information about points of interest passed, and 1:200,000 scale maps clearly show the route for each stage of the way. Begun in 1666 the Canal du Midi is one of the world's most picturesque waterways and a World Heritage Site. This is 'La France Profonde', a region rich in history and culture, as seen in the grand homes and chateaux that grace the water's edge, and the fascinating Cathar strongholds of Carcassonne, Lastours and Minerve.

Bhutan is an ideal destination for trekkers wishing to experience the magic of the Himalaya without the commercialism. Although independent trekking is not permitted, it can nonetheless prove difficult to obtain information. This guide describes 22 official treks and a handful of trek variants, with comprehensive advice about planning and preparation and plentiful cultural information to enhance any visit. Included are the classic Lunana 'Snowman' Trek, the Jhomolhari and Dagala Treks, and the Druk Path, as well as many other treks - both well-established trails and other routes of a more exploratory nature, venturing into remote and seldom-visited areas of the country. You will find thorough coverage of all the practicalities, with notes on trekking seasons, outfitters, transport, accommodation and food, ethics and etiquette, equipment and medical considerations (including safety at altitude). The guide also offers a fascinating insight into Bhutanese mountain life, from local superstitions and beliefs to plants, wildlife and yak husbandry. Route description is presented alongside sketch mapping and information on local points of interest. Trekking here is a truly unique experience, promising memories that will last a lifetime.

This guidebook describes 87 walks and scrambles on the Isle of Skye, visiting the island's most awe-inspiring scenery including Sleat and South-East Skye, Strath, Minginish, Duirinish, Waterish, Trotternish and the Cuillin. The routes explore many different landscapes on the island, ranging from coastal walks, lonely lochans, coastal cliffs and forests to Munros and mountain traverses, with exposure for experienced scramblers. There are hard, demanding days as tough as anything in the British Isles and the walks are in wonderfully isolated situations. The guide includes notes on history and geology as well as all useful local information. The Isle of Skye is a place of elemental forces, a land that man has barely scratched.

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.

A detailed guidebook to walking in Italy's Sibillini National Park. 21 day walks and one 8-day trek of the Monti Sibillini (that belongs to the Apennine Chain) route descriptions are provided in the guidebook, with maps and profiles given for each walk. The day walks range from 3 to 21km in length. The 8-day trek around Italy's Great Sibylline Ring is 120km long, with mountain huts available to stay in along the way. No special equipment or training is required for this route, but a lightweight rucksack, hiking boots and walking poles are recommended. The area has a lengthy walking season from early spring to late autumn, and refuges are open from mid-April to mid-October. Easily accessible the area can be reached from budget airline destinations on the Adriatic Coast, as well as from Rome. The Monti Sibillini straddles the Marche and Umbria, close to the towns of Norcia, Ascoli Piceno, L'Aquila and Perugia. Details of accommodation, refreshments and public transport along all the routes are also included with full-colour sketch maps and profiles.

Guidebook to eight walking and trekking routes in Chile's Torres del Paine National Park and Argentina's Los Glaciares National Park. Three of these are multi-day treks, and four of them shorter day walks, as well as one multi-day trek in Argentina's Los Glaciares national park, also included are several excursions from Puerto Natales and El Calafate. Routes are arranged starting with the 10-11 day Torres del Paine Circuit, (also known as the 'O' Circuit), followed by the shorter Half Circuit (the 'W') which can be walked in 4-5 days. The guidebook helps walkers and trekkers venture into Patagonia with confidence and includes advice on getting to and around the regions, languages, visa, currency, accommodation facilities in the National Parks as well as useful guidance on what to take and expect on the treks. While the Torres del Paine National Park offers a remote wilderness, walking is easily accessible with clear trails, good public transport and regular mountain huts and campsites. Full background information on the geology, history, wildlife, flora and cultures of the regions are also explored, resulting in an excellent companion guide to explore the region.

A guide to walking and trekking in Bulgaria, Europe - in the Pirin, Rila and Central Balkan national parks. 12 two to three-day routes including ascents of Musala and Vihren, Bulgaria's highest peaks, with comprehensive information about the rich and rare wildlife and plant life to be found. For fit and experienced mountain walkers.

This book describes just 100 walks out of the many thousands possible in the Alps, with carefully chosen mountain huts providing the focus for each walk. With a geographical span that ranges from the Maritime Alps of southern France to the Julians of Slovenia, the routes include Italy's Gran Paradiso, various regions of Austria, the Bernese Oberland and the bizarre towers of the Dolomites of South Tirol. Three new routes and huts in this new edition provide a better balance to the collection. Each day-walk and its associated mountain hut has been especially selected to show 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. While most can be tackled in a day, some may require an overnight stay in the hut, and some suggestions are made for multi-day tours.

The first English-language guidebook to trekking the Slovene High Level Route across Slovenia. From Maribor to Ankaran the route covers 500km through the forested plateau of Pohorje, the Julian and Kamnik-Savinja Alps, the alpine pastures of the Karavanke, and the limestone karst country. A series of 3 to 6 day treks of all levels of difficulty.

This comprehensive guidebook to EuroVelo route 15 offers a detailed stage-by-stage description of the 1368km route along the Rhine, one of Europe's great rivers, passing through six countries on its way from Switzerland to the North Sea. The cycling is easy, downhill and along dedicated cycle lanes, the countries visited are very cycle-friendly and the waymarking is excellent. The whole trip can be completed in two weeks by a fit cyclist. The guide includes plenty of information to help you plan your trip, with advice on travel, accommodation and facilities. The full route is presented in 27 stages of 32-68km, with step-by-step route description, 1:100,000 mapping and notes on local points of interest. A facilities table, glossary and list of useful contacts can be found in the appendices. Starting in the Swiss Alps with high mountains, deep glacial valleys and gorges, the route soon reaches Europe's third largest lake, the Bodensee, and its greatest mainland waterfall. After Basel, the Rhine becomes a broad river, now the world's busiest river trading artery. The middle Rhine, between Bingen and Koblenz, forces its way through the narrow rocky Rhine gorge, lined by romantic castles perched above Germany's finest vineyards. Finally, the river passes through low-lying Holland, famed for its many flood dykes and windmills.

The guidebook describes walking Greece's month-long traverse of the Pindos range, and provides routes around Athens and the east coast, and in the Peloponnese. Use the routes as day-walks or put them together as multi-day treks through the beautiful, undeveloped and remote mountains of Greece.

Guidebook describing all the trekking routes on Kilimanjaro (5895m), one of the Seven Summits. With 6 ascent routes, 3 summit ascents, the Circuit Path and descent paths, the guide also provides comprehensive information on preparation and access, a route on Mt Meru, as well as information on accommodation and other facilities.

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.

Guidebook describing a varied selection of over 100 walks in the Cairngorms National Park, covering low-level, mid-level and mountain routes (including 23 Munro summits) and both day walks and multi-day treks. From gentle sandy trails to rocky scrambles, there are routes to suit all abilities, taking in mountains, forests, lochs and moorland.

This walking guidebook to Sicily and its neighbouring island groups features 46 graded routes, including the Madonie and Nebrodi mountains, the Egadi and Aeolian islands and a traverse of Mount Etna. Most are day walks taking 3-4 hours, but there are also some short easy strolls and coastal walks. Most routes are graded easy or have some slight difficulty, but there are some on more challenging terrain, with long mountain traverses. The guidebook features guidance and information on wildlife, historical interest, accommodation, food and transport options, including ferry and hydrofoil crossings, as well as a short English-Italian glossary. The terrain is interesting and varied, including river valleys, coastal walks, ancient ruins, volcanoes and mountain peaks.

A new trekking guide to the Adlerweg, or Eagle's Way, right across the Austrian Tyrol, from east to west, from St Johann to St Anton. The route is described in 23 main stages with 6 low-level alternatives and 8 high-level alpine alternatives. Lots of information included about facilities along the route and detailed sketch maps.

Guidebook to the Peaks of the Balkans, a 192km trek through Montenegro, Albania and Kosovo. The trek, which can comfortably be completed in less than a fortnight, is well waymarked and covers terrain between 670m and 2300m in altitude, taking in remote valleys, dramatic mountain passes, stunning scenery and villages untouched by time.