

Shorter Walks In The Dolomites Mountain Walking Cicerone S

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 Beeftub, 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 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 Appenine 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.

New Zealand has an unparalleled selection of superb day walks, ranging from the easiest short strolls to more strenuous full-day tramps. These encompass all of New Zealand's landscape diversity, from Cape Reinga to Stewart Island. Day Walks in New Zealand is a guide to the best of them, with short track descriptions, beautiful photography, and high-quality maps from

Geographx. This edition is completed revised, with a refreshed selection of walks, new text, photography and maps.

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, Suldén and Martell Dorf. Close to Milan, Verona and Innsbruck, with good public transport throughout, the Stelvio National park offers extensive, spectacular Alpine walking, with this as the first English-language guide to the area.

Walks and scrambles in the shadows of Mont Blanc, the Matterhorn and Monte Rosa

Ski Touring and Snowshoeing in the Dolomites

28 multi-day routes

The GR70 Through the Cevennes/Massif Central

80 walks in the northern isles

Walking in the Aosta Valley

Walking in the Alps

45 circular walks in the National Park

A stunning, autonomous region in the Italian Alps, the Aosta valley is a walker's paradise. This guidebook describes 32 varied and scenic routes both within the main valley and those to the north (including the Lys valley, Valpelline, Valtournenche and Grand St Bernard). The routes vary in difficulty and distance, offering something for walkers of all ability. 1:50K mapping together with gradient profiles complement clear and concise route descriptions. Also included is invaluable practical information - everything from travel options and insurance to useful phrases and a handy kit list. Information on via ferratas and trail running is also included for those interested in

discovering additional activities available in the area. A region of immense beauty, the Aosta valley is a must-visit destination. This selection of walks take in ethereal glaciers, majestic mountain tops and enchanting valley forests. Long or short, easy or challenging, the routes abound in history, and soak up the rich and varied culture of the region.

A general guide to the Dolomites, this travel guide includes plans of all the major towns - highlighting hotels, restaurants and nightspots - as well as providing descriptions of 24 of the best walks in the region.

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.

Alpine expert Kev Reynolds has spent fifty years exploring mountain landscapes and thirty writing about his experiences. Here he shares some of the high points of a full life as a wanderer and writer. Kev is the leading international authority on many mountain ranges, including the Pyrenees, many regions of the Alps and the Nepal Himalaya. As the author of numerous guides he has inspired many thousands of trekkers to follow in his footsteps. As a lecturer he regularly evokes the mood and majesty of the mountains to spellbound audiences. In this book Kev tells how he set off, aged 21, to explore the Atlas Mountains of Morocco - and never looked back. He abandoned his desk-bound local government job to pursue a life in the mountains, living and working in Britain, Austria and Switzerland before finding his true metier as a writer. These 75 stories capture the joy he has taken in exploring the Atlas Mountains, Pyrenees, Alps, Himalaya and 'Other Wild Places' again and again, meeting the local people and the mountain guides, experiencing the local food, faiths and lifestyle and watching the sun rise and set against some of the world's highest peaks from summit bivvies.
Dolomites and Eastern South Tyrol

Epic Hikes of the World

Walking in Italy's Val Gardena

Rome, Venice, Florence

Ski tours in Austria, Switzerland and Italy

Short Treks on Corsica

Shorter Walks in the Dolomites

30 day walks - Annecy, Vallée de l'Arve, Samoëns and the Chaîne des Aravis

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.

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, 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.

Three of Italy's most famous cities brought together at last. From the majesty of Rome, the romance of Venice, and the art of Florence, Cadogan uncovers every corner of these three spectacular cities.

This guidebook to the Greek island of Corfu describes a selection of 22 superb day walks throughout the island, along with the 150km Corfu Trail. The day walks range from 3.5 to 18km in length, and begin from a number of popular holiday destinations across the island, including Corfu Town (home of the Durrell family), Kalami, Paleokastritsa, Agios Georgios north and south, Liapades and Benitses. The 10-stage Corfu Trail starts near Kavos at the island's southernmost tip and ends at Agios Spiridonas, its northerly promontory. The Corfu Trail is suitable for both novice and experienced walkers, and can be walked year round, however accommodation is easier to find between May to October. The wide range of day walks provides a taste of the many different landscapes of the island from coastal paths and beaches to olive groves and wooded hills. Alongside detailed route descriptions and clear maps, the guidebook has notes on Corfu's plants and wildlife, food and drink, and useful advice on travel to and around the island. It includes suggestions for where to stay, as well as a glossary of useful expressions. Corfu is the greenest of the Greek islands and one of the most accessible; the walks described avoid the crowded resorts and allow you to experience the laidback atmosphere and varied natural landscapes of this beautiful island.

The Julian Alps of Slovenia

Walking in Italy's Stelvio National Park

Via Ferratas of the Italian Dolomites

Italy's Sibillini National Park

Walking in the Dolomites

44 best hill days in southern Scotland

Tatra Mountains

Trekking in the Alps

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)

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 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.

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 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.

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. 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.

Trekking Munich to Venice

50 varied day walks in the mountains

How to recognise 230 alpine flowers

Dolomites

Southern Dolomites, Brenta and Lake Garda

Walking in the Southern Uplands

The Corfu Trail and 22 outstanding day-walks

Complete Guide with 35 Long and Short Walks

Some of the finest ski tours of the central and eastern Alps are described in this guidebook. It includes hut-to-hut tours that explore the Bernese, Urner, Albula and Bernina Alps of Switzerland, as well as classic tours through the Silvretta, Otztal, Stubai and Ortler regions of Austria and Italy. The European Alps offer some of the best and most accessible ski mountaineering in the world. A combination of magnificent and varied terrain, an enviable snow record, excellent public transport, unrivalled hut system and long ski season make them a focus for mountaineers and skiers throughout the world. Volume 1 of this two-volume series on Alpine ski mountaineering covers the Western Alps.

This pocket field guide to identifying 230 common Alpine flowers is packed with all the information you need to recognise your favourites

while out in the mountains. Designed for the non-specialist, this little handbook is arranged by colour and also includes a glossary of flower parts and an introduction which describes the amazing lengths that these tiny gems go to to survive at altitude. Alpine expert author Gillian Price says: 'It never ceases to amaze me that such tiny plants can spend months on end buried under metres of snow and ice - weathering temperatures as low as minus 25 ° C - then sprout back to life when things thaw out and warm up. In springtime you can spot the fragile purple petals of the Alpine Snowbell pushing their way through snow - they contain an anti-freeze that enables them to melt it. Masters of adaptation and survival, alpine flowers can trap insects, store precious water, expel excess minerals and fool insects.' Each flower entry includes a clear photograph and essential description along with its name in English, Latin, German, French and Italian and interesting information about the origins of some of the more curious flower names. Each one is also indexed by its English and its Latin name so you can follow up a hunch about a name or find out more about a flower.

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.

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 Tünnitzer 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 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.

Alpine Flowers

Walking and Trekking Guide

Mountain Walks and Short Treks

46 walking routes including Mt Etna and the Egadi and Aeolian islands

Walking in the North Wessex Downs

Walking and Trekking on Corfu

High Level Walks in the Dolomites

Walking on the Orkney and Shetland Isles

This guidebook describes the 570km (354 mile) Traumpfad or 'Dream Way', an Alpine trek from Munich's Marienplatz to the Piazza San Marco in Venice. The route is broken into 30 stages of between 5hrs 30mins and 9hrs, graded according to difficulty, with 5 alternative stages and the option to spend a day traversing a section of via ferrata in the Dolomites. Previous experience of Alpine trekking is not necessary as the route is suitable for most able walkers: however, a head for heights is essential. Known as 'Europe's playground', the Alps boast an unrivalled walking infrastructure and breath-taking views of angular peaks, flower-strewn valleys and verdant slopes. Hugely popular with German trekkers but little-known in the English-speaking world, Der Traumpfad revels in this stunning scenery. The route passes through German Bavaria then Austria before entering the Italian Tyrol, taking advantage of the region's extensive network of mountain huts for accommodation en route. With custom-designed mapping and stunning colour photography, the guide has all you need to get the best from your trek. Alongside detailed route descriptions, there is useful practical advice on when to go, what to take and refreshment stops, background information on the region's fascinating history, plants and wildlife and full contact details for over 80 places to stay. The result is an ideal companion to discovering this amazing route, regarded by many German trekkers as 'the hiking experience of a lifetime'.

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 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.

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.

A comprehensive guide to walking and trekking throughout the Alps

Five mountain and coastal treks including the Mare a Mare and Mare e Monti

Walking in the Haute Savoie: South

Car Tours and Walks

The Alta Via 2 Trek and Day Walks

Day Walks in New Zealand

Via Ferratas of the Italian Dolomites Volume 1

Gran Paradiso

Shorter Walks in the Dolomites

Guidebook to 40 day walks in the South Downs National Park. The walks, which are designed to suit all abilities, are dotted all over the National Park and range from 4 miles (7.5km) to 11 miles (17.5km). Each walk is circular, and where possible begins and ends at a place accessible by public transport. With some of the most iconic landscapes in southern England, including the white chalk cliffs of Beachy Head and the Seven Sisters, and such well-loved landmarks as Ditchling Beacon and atmospheric ancient monuments like the Cissbury Ring, walking in the park proves a delightful experience mile after mile. Step-by-step route descriptions are accompanied by 1:50,000 OS mapping. Also included is information on

the plants and wildlife of the Downs, as well as handy practical tips on accommodation, car parking and public transport.

Within the compact area covered by this guide (140km east-west, 65km north-south) are two outstanding national parks in southernmost Poland: Pieniny and Tatra, and the best of neighbouring Slovakia's mountains in four national parks: Tatra, Slovensky Raj (Slovak Paradise), Low Tatra and Mala Fatra. There can be few places where walkers are better catered for: skilfully constructed paths make walking in very rough terrain comparatively easy; signposting and waymarking are almost universally excellent. Hillwalkers will be in their element here, but there are often shorter, easy suggestions for the less hardy or they can create their own walks from the detailed maps in the book (which show all waymarked routes). In addition, the car tours lead to dozens of short walks and picnic spots, so that even those with little walking experience can make the most of these wonderful mountains. In each of the six national parks you can look forward to sampling local drinks and dishes at one or more of the mountain inns. The guide describes 7 car tours (with accompanying touring maps) and 50 long and short walks (illustrated with 1:50,000 topo maps) covering the Tatras in both countries. There are also 20 separate short walks/picnic suggestions for motorists. Plans are included for Zakopane, Kroszcienko, Tatranska Lomnica, Stary Smokovec, Strbske Pleso. Free online update service with specific route change information on the publisher's website, maintained daily. The 'Landscapes' series, with 50 destinations, has been dubbed 'the blue Bibles' by the Sunday Times and led to Sunflower being one of only four publishers (from a field of 18) chosen as a Which? Recommended Provider of Guidebooks. **REVIEWS:** The Sunflower series always delivers a useful pocket guide book. The car tours, the fold-out maps and the clear symbols all make these books handy to throw in the backpack. The route descriptions are easy to follow and ensure you don't miss any highlights. These books are good value for money --(K, Amazon) Really pleased with the descriptions of the walks in the Polish Tatras

Guidebook to 45 graded circular walks in the Brecon Beacons National Park, perfect for those wishing to discover the diversity of the region, away from the crowds. The routes range from 4 to 24km and cover the north-eastern, eastern and south-western valleys and ridges, Fforest Fawr, Waterfall Country, the Black Mountain (Mynydd Du) and the Black Mountains (y Mynyddoedd Duon). Designed to include all the interesting facts an expert park ranger would provide, the guide contains a wealth of information about local geology, botany, archaeology, history, mythology, industrial heritage and environmental issues. Clear route description is illustrated with 1:50,000 OS Landranger mapping, summary statistics are provided for each walk and handy tables make it easy to compare routes or choose according to points of interest. A useful Welsh-English glossary is also included to help you make sense of local place-names. A remarkably varied landscape, the Brecon Beacons National Park showcases some of the best scenery in Wales. The walks take in mountain peaks and ridges, waterfalls, wooded river gorges and remote upland

valleys, with highlights including Pen y Fan, the highest peak in south Wales, and the spectacular Sgwd Gwladus (White Lady Falls), Sgwd yr Eira and Sgwd Clun-gwyn waterfalls. Picturesque market towns on the edges of the park, such as Llandovery, Brecon, Crickhowell and Abergavenny, are also great places to explore and ideal bases for a walking holiday.

Via Ferratas of the Italian Dolomites: Vol 2

Walking in Sicily

30 walks exploring the AONB

Walks in the South Downs National Park

23 Easier Walks in the Dolomites Near Ortisei, Selva, and Santa Cristina

Walking in Austria

100 Hut Walks in the Alps

75 routes - north, central and east ranges

An inspirational larger format guidebook to 20 summer treks in the Alps across Italy, Austria, Switzerland, France and Slovenia, including the classics such as the Tour of Mont Blanc and lesser-known routes like the Traverse of the Slovenian Alps. Perfect for planning, the treks included are: Tour of Mont Blanc, Tour of the Matterhorn, Tour of Monte Rosa, Walker's Haute Route, Tour of the Jungfrau Region, Tour of the Vanoise and Dolomites AV 1 & 2; (longer trans-Alpine routes) GR5 (Lake Geneva to Nice), Eastern Alps E5, Italian Alps GTA and the Traverse of the Slovenian Alps; and (for the Alpine adventurer) Alpine Pass Route, Tour of the Oisans, Tour of the Queyras, Tour of Mont Ruan, Stubai High Route, Zillertal High Route, Gran Paradiso AV2 and the Ratikon Hoehenweg. Outline schedules for each trek allow you compare the routes and become inspired to take up the challenge. Basic day-by-day route descriptions for each route are illustrated with maps and profiles, helping you choose the best routes to walk.

Guide to 28 fabulous multi-day walks in Italy's breathtaking Dolomite mountains. Everything from a stroll through woods and meadows to family routes, steep rocky zigzag passages and hands-on clammers is covered. Breathtaking alpine scenery, well-graded paths, excellent mountain refuges, good access from centres.

This popular guidebook by expert Kev Reynolds describes 100 day walks focusing on the mountain huts of the Alps. With walks in France, Switzerland, Italy, Austria and Slovenia, there are routes to suit every taste - from gentle and undemanding to long and tough, as well as all varieties of difficulty in between.

What they have in common is a visit to a hut, each with its own character. Some walks are perfect for lunch at a hut before a return to the valley base, others involve an overnight stay at a hut. In a few cases, a short hut-to-hut tour is suggested. The routes are grouped by country and by specific Alpine district. Most of the routes avoid any climbing of a technical nature, beyond the odd scramble aided by a fixed rope. Notes on hut etiquette, what to take and an English-French-German-Italian glossary are also included to help trekkers get the most out of their time in the Alps.

This guidebook includes 46 walks throughout Sicily and the adjoining Aeolian and Egadi Islands. Particular highlights include walks on Mount Etna, and through the Madonie and Nebrodi mountains. Walks range from 2 to 23km long, and are graded according to difficulty and terrain, so the right walk can be easily found, whether for a short family stroll around Medieval Erice, or the challenging trail that traverses the lava and ash-covered Mount Etna. This guidebook combines detailed route description and mapping with fascinating insight into the history and geology of Sicily and the many points of interest along the way. Whether the active volcanic rumblings of Stromboli, or elaborate coastal forts, to prehistoric cave paintings; Sicily is home to some of Europe's greatest natural and historical wonders. The guidebook also includes practical information on travel to and around Sicily, the best time to go, as well as accommodation advice, information on facilities along the way, and a useful Italian-English glossary. The result is an ideal companion to explore all that Sicily has to offer the walker.

50 winter routes

Routes for day walks and overnight stays in France, Switzerland, Italy, Austria and Slovenia

Walking in the Drakensberg

75 short stories of adventures among the mountains of the world

A Walk in the Clouds

Alpine Ski Mountaineering Vol 2 - Central and Eastern Alps

75 walks in the Maloti-Drakensberg Park

Alta Via

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 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!

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 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.

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.

NEW! Second Edition with 3 extra walks and updates! Italy's Val Gardena in the Dolomites is the perfect spot for a break from your Italian voyage and even a destination if you crave a different type of European holiday. In summer, you will find a respite from the heat and crowds of Rome, Venice, and Florence. This book will guide you through 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. Seniors, people with children, and anyone who wants to experience the mountains but not climb them will benefit from the 23 walks that are carefully described. Also included are instructions on local transportation, lodging, and sample itineraries to help you plan your stay of 3, 5, 7 or more nights. The authors have traveled to Ortisei annually exploring this mountain paradise completely via public transportation, discovering and documenting the walks.

Walking in the Brecon Beacons

The Grande Escursione Appenninica

Trekking in the Apennines

The Traumpfad, 'Dream Way', a classic trek across the eastern Alps

Italy's largest alpine national park

101 routes - day walks, multi-day treks and classic hut-to-hut tours

North, Central and East

Guidebook to walking in Italy's Gran Paradiso national park, includes the Alta Via 2 Trek and 28 walks from gentle strolls to full scale traverses. The Gran Paradiso is a protected national park, just to the south of the Mont Blanc massif accessible from France and northern Italy. A range of deep valleys and passes give excellent walking.

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) 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.

Guidebook to the via ferrata routes of the southern Italian Dolomites. This guide covers via ferrata routes in the major mountain ranges of Civetta, Schiara and Pala as well as those to the west in the Brenta. A significant addition (and, as far as we are aware, not previously published in any English language guidebook) is the inclusion of routes around the northern end of Lake Garda and the Piccole Dolomites north of Vicenza. Here the mountains are generally lower and you can enjoy ferrata climbing over a much extended season, with some routes accessible for most of the year. This is the second in a series of two guidebooks to the via ferratas of the Italian Dolomites. (Volume One covers the eastern, northern and central areas of the Dolomites, while Volume Two completes the picture, focusing on the southern, Brenta and Lake Garda areas.)

40 circular day walks including Beachy Head and Seven Sisters