

THE GRAN PARADISO

INFORMATION

South of the Valle d'Aosta, in northwestern Italy is a marvellous region of magical mountains and rugged desolate valleys, verging on pristine wilderness. It's a mere alpine chough's flight from the amazing Mont Blanc range and the Monte Rosa and Matterhorn, yet walkers in the Gran Paradiso can often enjoy unforgettable days on excellent trails through spectacular valleys all to themselves, even at the height of the summer.

With illustrated walks ranging from short strolls to multi-day traverses, this guide explores both highlights and little-visited places, and plenty of panoramic peaks. The excellent *rifugi* network allows walkers to rest overnight at high altitudes as well as feast on local gastronomic specialties. This brand new full-colour edition also includes a detailed description of the rewarding 12-stage Alta Via 2 that crosses the southern Valle d'Aosta, passing beneath the foot of Mont Blanc to culminate at Courmayeur.

A little over 100 years after Alpine pioneers George Yeld and Rev. W.A.B. Coolidge compiled their celebrated guide *The Mountains of Cogne*, this detailed book retraces some of their itineraries. The Gran Paradiso National Park inherited 450km of tracks from that period, a marvellous benefit for present-day visitors.

AREA MAP



THE AUTHOR

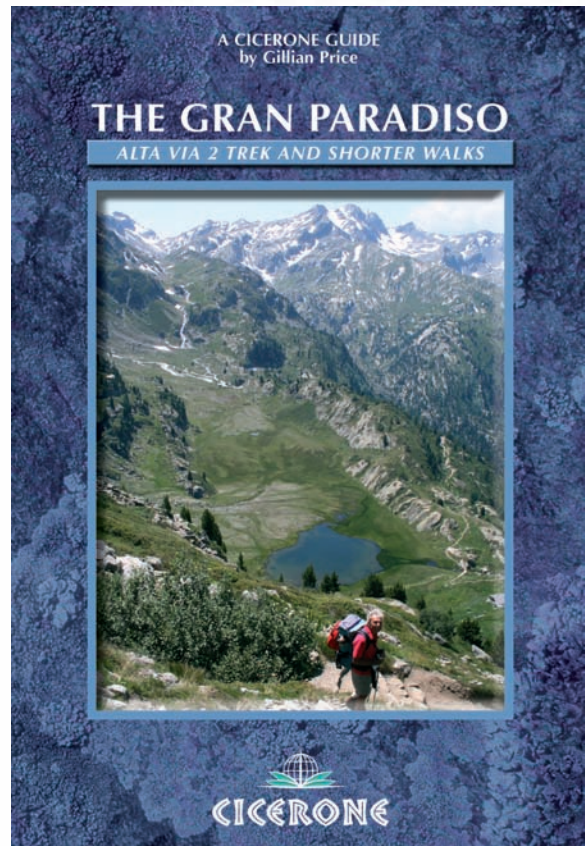
Gillian Price was born in England but moved to Australia when young. After taking a degree in anthropology and working in adult education, she set off to travel through Asia and trek the Himalayas. Gillian has steadily explored the mountain ranges of Italy and brought them to life for visitors in a series of outstanding guides for Cicerone.

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THE GRAN PARADISO

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KEY MARKETING POINTS

- The best one-day and long-distance walks now in one volume
- A beautiful and easily accessible Italian National Park close to Mont Blanc and the Matterhorn

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