

WALKS AND TREKS IN THE MARITIME ALPS

INFORMATION

Peering down over the French Riviera is a forbidding barrier of light grey rock. Rising to over 3000m from the shore, the Maritime Alps straddle the international French-Italian border for 190km. Soaring peaks, glittering lakes and picturesque stone villages await the walker, along 600km of mapped pathways, through two national parks.

This is a wonderful area even for novice walkers, with clear waymarking and good maps, worlds away from the hustle and bustle and crowds of the coast, and this book offers a wide selection of routes throughout the area.

- 18 graded day walks described, on both the French and the Italian sides, from 6km to 20km in length
- 6 long treks, including a 5-day traverse of the Parc National du Mercantour and a 7-day traverse of the Parco Naturale delle Alpi Marittime
- full information about accommodation down in the valleys and up in the mountains

THE MAP

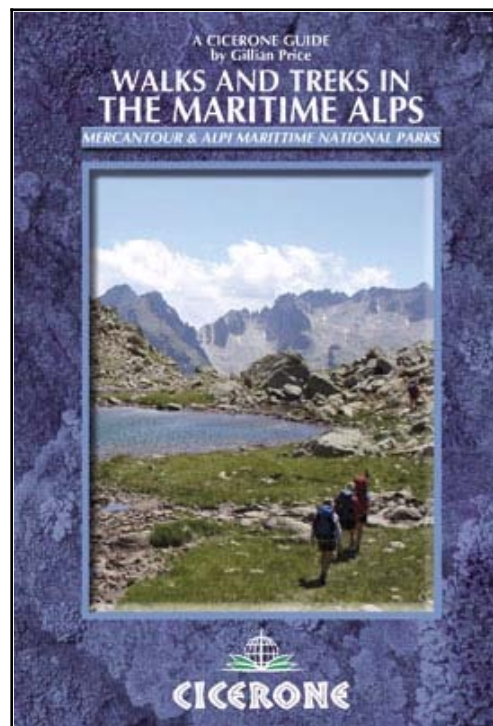


THE AUTHOR

Having been born in England, grown up in Australia and now settled in Venice, Gillian Price works as a freelance journalist and translator and has recently been elected as a councillor for the Venice branch of the Italian Alpine Club. Gillian is steadily exploring the mountain ranges of Italy and bringing them to life for visitors in a series of outstanding guides for Cicerone.

OTHER TITLES

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9781852844776 GR20: Corsica
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WALKS AND TREKS IN THE MARITIME ALPS

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KEY MARKETING POINTS

- • The first English-language guide to the region
- • Covers two adjacent National Parks
- • Easy access from Nice

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