

THROUGH THE EASTERN ALPS: THE E5

INFORMATION

With its launch on the shores of beautiful Lake Constance, the long-distance European pathway E5 (approx. 600km in length) makes its way southeast through rural alpine regions in Switzerland, Austria and Italy, to finish in Verona. Passes as high as 2900 metres are encountered in the opening stages that traverse the Allgauer, Lechtaler and Ötztaler Alps en route to the northern Italian city of Bolzano, home to the intriguing Ice Man. Gentler gradients follow as the E5 bears south to run parallel to the mighty Adige river touching on a surprising number of spectacular geological sites, not to mention mountains riddled with tunnels from the First World War.

The well-established E5 is suitable for walkers with basic experience and a bent for international travel. Accommodation is provided by a well organised network of alpine refuges and village-based guesthouses with reasonable rates, and excellent public transport in the form of trains and buses means that walkers can opt to join or leave the route at virtually every stage.

AREA MAP

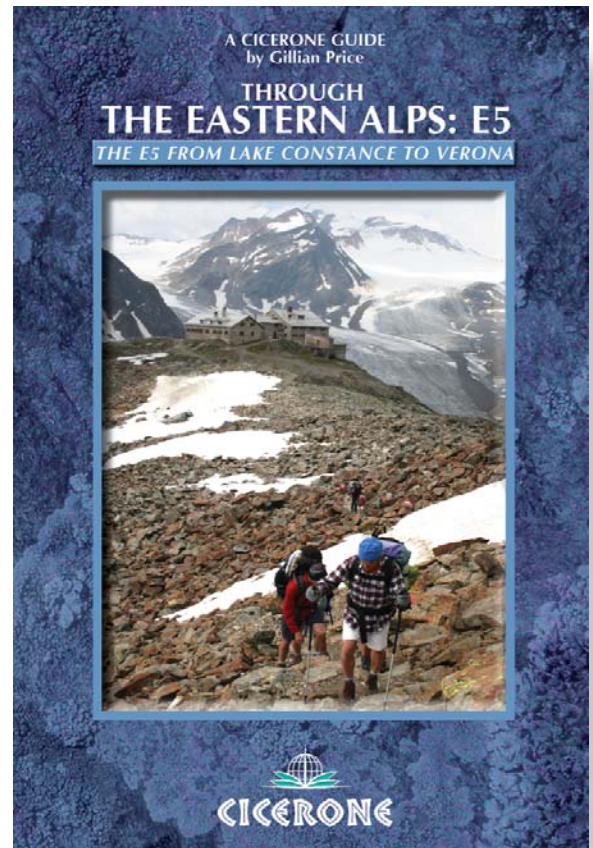


THE AUTHOR

Gillian Price has trekked throughout Asia and the Himalayas, but now lives in Venice and is exploring the mountain ranges of Italy to write a series of outstanding Cicerone guides. Starting in the Italian Dolomites, Gillian has written guides to walking all over Italy as well as Corsica, and is an active member of the Italian Alpine Club and the Outdoor Writers' Guild. She also enjoys leading walking tours.

OTHER TITLES

- 1852843543 Trekking in the Stubai Alps
- 1852844973 Walking in Bavaria (pub June 2007)
- 1852843594 Treks in the Dolomites



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KEY MARKETING POINTS

- First English guide to this established trans-alpine route
- A highly varied trek of one month, or two visits of two weeks.

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2 Police Square, Milnthorpe, Cumbria, LA7 7PY
01539 562069 Fax: 01539 563417
Email: info@cicerone.co.uk