

NEW EDITION

WALKING IN THE LANGUEDOC

INFORMATION

The Languedoc has for too long been in the shadow of Provence. Sharing the same Mediterranean climate and vegetation, it has not had done to it what Peter Mayle did for the Luberon - yet! Apart from its beaches, it is a quiet, beautiful place which retains more than a hint of the old France.

This book is the fruit of 10 years' exploration of the central part of the Languedoc, north of Béziers. Much of this area forms the Parc Naturel du Haut - Languedoc, at the heart of which is the stunning Espinouse massif, rising abruptly some 850m from the valley floor. Close by is the valley of Lac du Salagou, an enormous man made lake surrounded by impressive hills. A little further east is the valley of the river Hérault, which provides the explorer with wonderful limestone gorges, caves and cliffs. All three of these areas are well provided with footpaths on which it is rare to see another human being.

The book aims to provide walks into these areas for hikers of all standards; some are very straightforward, others are for the very fit and experienced. All the walks described are circular.

AREA MAP

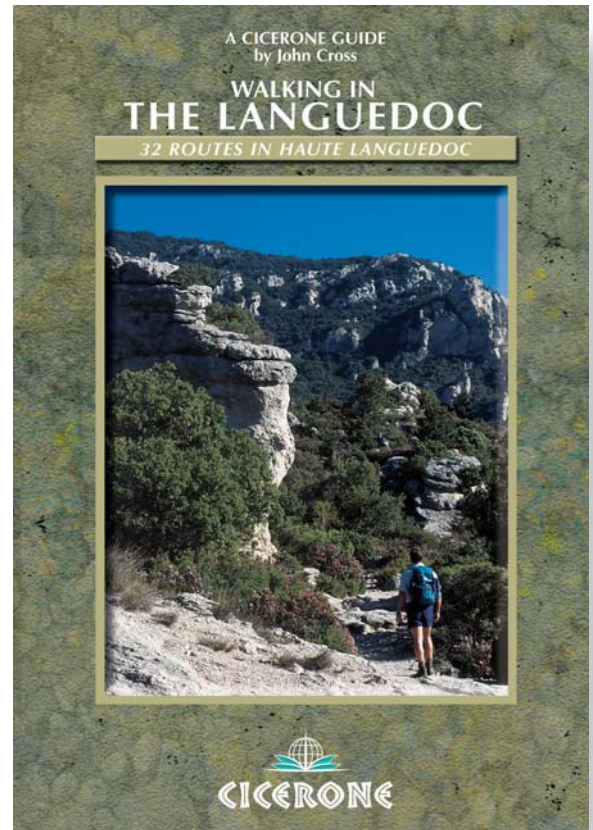


THE AUTHOR

Having spent many a family vacation trudging the damp footpaths of the Lake District and Yorkshire Dales, John Cross decided in 1989 to buy a holiday home in the Languedoc, near Béziers. For the next ten years he spent much of his spare time exploring the Languedoc hills and mountains on foot and by bike. Finally, in 1999, he and his wife, Sarah, gave up their jobs as headteachers to live in the Languedoc full time. John is now working as a freelance translator.

OTHER TITLES

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KEY MARKETING POINTS

- Second edition guidebook to this geologically unique area
- Easily accessible from the UK – many Ryanair and Easyjet destinations

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