

Gran Canaria Walking

This guide, the fourth in a series of five to the Canary Islands, offers 45 walks including a five-day coast-to-coast route on the long-distance GR 131 - an island-hopping trail that stretches across all seven of the Canaries. All routes

Guidebook to 45 day walks and treks ranging from 4 to 32km in length on Tenerife, in the Canary Islands. The routes described are made up of 40 one-day walks, with four routes covering El Teide, plus the GR131 is described as a five-day long-distance walk from Arona to La Esperanza. This route can of course be followed as a series of linear day-walks broken at intervals. The walks range from easy strolls to hands on scrambling; from simple day walks to a 32km (20-mile), rugged 'Three Peaks of Tenerife' route, climbing Guajara, Pico Viejo and finally El Teide, Spain's highest mountain. Detailed route descriptions are illustrated with the author's own clear contour mapping and colour photographs. The guide is split into seven sections - Anaga, Teno, Arona/Guia, Valle de la Orotava, Parque Nacional and El Teide - covering all the best walking to be had on the island. Walks also explore the Parque Nacional del Teide, Las Canadas and Corona Forestal.

This guide describes ascents of 36 Lake District fells that can be climbed from the valleys of Mardale (Haweswater), Kentmere and Longsleddale and from the east side of Ullswater. With few settlements, the area feels wild and remote, and the easternmost fells in particular see few visitors, offering a perfect getaway for walkers seeking solitude. Slightly further west lie some fantastic ridge-lines, including the much-loved Kentmere Horseshoe and High Street Roman road. Unlike other guidebooks which describe a single or limited number of routes to a particular destination,

Read Free Gran Canaria Walking

the aim of the Walking the Lake District Fells series is to offer all the options. These are presented as numbered sections which can be combined to create infinite possibilities - from simple ascents to longer ridge routes. You'll find the classics and popular routes alongside less traditional alternatives perfect for the wandering spirit. The series gives you both the freedom to devise your own routes and the information to make informed decisions, thanks to the clear descriptions of the routes, terrain, hazards, interesting features and safe descent paths should the weather close in. Also included are a handful of classic ridge routes for longer fell days. Mark Richards' inimitable text is complemented by HARVEY mapping and the author's own beautiful sketch topos and panoramas. Perfect for keen hillwalkers and peak-baggers alike and ideal both for pre-planning and use on the hill, Walking the Lake District Fells is the new incarnation of the Fellranger series, which sees the volumes updated and trimmed to a more practical size. These true connoisseurs' guides are sure to inspire you to get out and explore the beautiful fells of Lakeland. For those collecting fell summits, a 'Fellrangers' hill list register can be found on the Long Distance Walkers Association website.

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

Read Free Gran Canaria Walking

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.

This guidebook describes 25 coastal and inland day walks covering the whole of the county of Essex, stretching from the Lea Valley in the west and the Thames in the south over to the North Sea and up to the River Stour in the north. Walks range from 4 to 18 miles and are mostly circular. Also included is a description of the Essex Way which crosses the county in 11 stages from Manor Park, on the fringes of London, to the port of Harwich - a distance of 96 miles. The walks are suitable for all abilities and there are shorter alternatives for many of the longer routes. With a huge variety of scenery and walking landscapes, Essex surprises and delights in equal measure. It boasts a 350-mile coastline (which, away from the busy seaside resorts, is barely known), numerous estuaries and river valleys, great and ancient forests, and more green lanes than any other English county except Dorset. Each walk is described step-by-step, illustrated with OS map extracts and packed with historical, and geological information about the landscape the route passes through.

La Gomera can be considered the wildest of the Canary Islands. From the central highlands of the almost 1500-metre high island, countless, steep-walled gorges wind down to the sea, slicing the otherwise gently sloping island coast like a cake. La Gomera is made for nature-loving walkers, and offers an incredible variety in its countryside: Idyllic valleys with terraced fields and palm groves stand in contrast to precipitous cliffs and spectacular gorges; the magical laurel forests of Garajonay National Park are countered by pine

Read Free Gran Canaria Walking

forests and banana plantations. Thus, the hiker can expect a pleasant stroll like no other, between blazing lava beaches, lush, misty primeval forests, ridges shrouded in clouds – and the ever-present, deep-blue Atlantic. This Rother Walking Guide presents the hiker with a wide variety of entertaining tour recommendations encompassing all regions of La Gomera. These walks range from comfortable paths through palm-studded valleys, to tranquil mountain strolls, to panoramic summit climbs – hiking trails through the dreamy, misty primeval forest are mentioned, as well as the partly paved caminos, which once represented the main connecting roads between villages. Many of the 70 tour recommendations are ideal for less experienced hikers. Yet experienced mountain hikers who are not afraid of power hikes and can handle a shot of adventure and risk will also find a rich selection of routes. This excellently researched guide is enhanced by outstanding colour photos and map excerpts based on the Freytag&Berndt hiking map of Gomera (scale 1:35,000), and is highly recommended to all mountain fans of the island. Walkers also interested in the neighbouring islands should check out the Rother Walking Guides on La Palma, Tenerife and Gran Canaria.

A guidebook for the mainstream traveller wanting to discover the best of the ever-popular Canary Islands. It offers a balance of culture, history, practical information, mapping, photography and listings.

This guide covers 34 day walks and one long-distance route in the wild and remote hills of Galloway. Although there are some shorter and easier routes, many of these hill walks are long and on rugged terrain, so are more suitable for experienced walkers. The walks cover the evocative areas of The Merrick, The Awful Hand, The Rhinns of Kells, the Minnigaff hills and Cairnsmore of

Read Free Gran Canaria Walking

Fleet, among others. The guide uses OS 1:50,000 maps with detailed route descriptions and inspirational photos accompanying each route. Key information such as distance, time, and ascent are given. A 'harshness' grade gives an indication of how rough the ground is expected to be, and suggestions of variants, shortcuts and ways to extend each walk are also given. Plenty of background information is given on the region's fascinating and important history. If you like your wild landscape really wild? If you like your lakes to have whooper swans in the middle and no ice-cream vans around the edge? If you like to have one foot on bare rock and the other one deep in a peat bog? If you like your granite with goats on? Then Galloway is the place to go.

This guidebook describes the Cape Wrath Trail, a long-distance trek from Fort William to Cape Wrath crossing the wild northwest of the Scottish Highlands. The route is described from south to north in 14 stages, with 6 alternative stages along the way, allowing for a flexible itinerary of between two and three weeks. A long tough trek with no waymarking, this is for the tried and tested backpacker. The guidebook includes OS mapping, route profiles and detailed route descriptions and gives you all the information you need about accommodation (including hotels, bothies, B&Bs and bunkhouses), campsites and amenities en route, to help you plan and prepare for this epic challenge. The Cape Wrath Trail is regarded as the toughest long-distance route in Britain and offers unparalleled freedom and adventure to the experienced and self-sufficient backpacker prepared to

Read Free Gran Canaria Walking

walk for many days in remote wilderness. Travelling through the wild and rugged landscapes of Morar, Knoydart, Torridon and Assynt, it will test the limits of your endurance.

The south-eastern Grampians of the former county of Perthshire may be grassier and less rugged than other Scottish mountains, but they are just as big. The routes in this guide take you to the summits of these 'jolly green giants' - covering all of the region's Munros, often by unconventional routes, as well as several Corbetts and smaller hills - and also over the Atholl passes, along rivers and through the woods of Perthshire's 'Big Tree Country'. The 80 walks comprise a mixture of low-level, mid-level and mountain routes and are graded by both length and difficulty. Many are demanding, crossing remote, uneven, steep and/or pathless terrain, but also included are gentler walks on clear paths taking in local features of interest. The route description is illustrated with clear mapping (a mixture of OS 1:50,000 and smaller-scale maps for the longer routes) and the route summary table and grading information make it easy to choose an appropriate route. There is a wealth of information about the landscape and the region's fascinating history. Finally, appendices cover local facilities and access to the hills during the deer-stalking season. With highlights including the mighty Ben Lawers, Beinn Dorain, Ben Alder and Beinn a' Ghlo; Schiehallion; the great rivers Tay and Garry; the Birks of Aberfeldy; and old drovers' routes over the passes of Minigaig and Gaick, Perthshire has plenty to offer. And with historic towns, such as Perth and Pitlochry, and attractive

Read Free Gran Canaria Walking

villages, this is an ideal base for a walking holiday. Guidebook describing 24 coastal and inland walks on the island of Jersey, ranging from 4.5km (3 miles) to 12.5km (8 miles) in length. Almost all of the walks link directly with one or two other walks, allowing all kinds of extensions to the route. The walks can also be joined together to create the 80km (50 mile) Jersey Coastal Walk, part of the Channel Island Way. The walks use good paths and tracks as well as quiet country roads. Occasional more rugged paths explore the island's excellent cliff coastline. Jersey has an excellent bus network and the walks can be accessed by public transport. There are also plenty of opportunities for refreshment, details of which are provided in the text. Clear step-by-step route description is illustrated with States of Jersey 1:25,000 mapping (very similar in style to British OS mapping), and route statistics and a summary table make it easy to choose the ideal walk. Famous for sunshine, year-round walking, history and a wonderful coastline, Jersey is an intriguing destination for travellers. Outwardly British but with French overtones, the island has plenty of fascinating historical sites and attractions to visit, including castles, churches and museums. The guide includes a brief overview of Jersey's turbulent history and unusual constitutional status, as well as notes on local points of interest. Most visitors cling to the shoreline, unaware that Gran Canaria is a hill walker's paradise. This guide explores the island's hidden corners, its abandoned trails, its countless ravines and ridges. Twenty walks are described in this English translation of a very successful

local guide.

Guidebook describing 25 day walks on the Mediterranean island of Corsica. The graded routes, which cover both the coast and the mountainous inland, showcase Corsica's beautiful landscapes, visiting cliffs, inlets, forests, river gorges, waterfalls, maquis shrubland, peaks and historic sites. With information about history, plants and wildlife.

A guidebook to 32 walking routes on the beautiful Isle of Wight, including the 70 mile Coastal Path - a complete circuit of the island's spectacular coast. Ranging from 4 to 18 miles long, the walks explore clifftops, beaches, forest trails and downland, and visit picturesque villages and the towns of Yarmouth, Cowes and Ventnor. Graded easy to moderate, they are suitable for all abilities and are accessible all year round. The guide contains clear step-by-step route descriptions for each walk, accompanied by an extract from 1:50,000 OS mapping. There is information about refreshment and accommodation options along the route and plenty of details about the island's history and the interesting places encountered. Options for accessing the start and finish using the island excellent public transport are also given for each walk. With an incredible 326 miles of footpaths in a compact area, there is a huge choice of where to walk, which means that walkers can experience all the diversity the island has to offer - jaw-dropping views such as those from the magnificent coastline of West Wight, St Catherine's Point and the Needles, sweeping downland, as well as 2000 or so listed buildings.

Read Free Gran Canaria Walking

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)

Offering 40 day walks in Lancashire, this guidebook explores the often-overlooked regions of Forest of Bowland, Ribble Valley and West Pennine Moors. With walks ranging from low-level valley trails to higher hill routes, this guidebook offers plenty of year-round walking options for active families and committed hikers alike. The walks are accessible from a range of nearby villages, towns and cities including Preston, Blackburn,

Read Free Gran Canaria Walking

Burnley, Chorley, Lancaster and Clitheroe. Lancashire showcases some of the most varied walking in the UK, featuring the wide expanse of Morecambe Bay, the Forest of Bowland AONB and limestone fringes of the Yorkshire Dales. These walks travel along green valleys, gritstone moors and untamed hillsides to explore remnants of Lancashire's rich history: The War of the Roses, the Pendle witch trials and the industrial heritage of the West Pennine Moors. Providing detailed route description and clear OS mapping for all 40 walks, this guidebook includes an introduction full of information about the area including accommodation, transport and access. The appendices contain a route summary table to help you plan your days out, while each walk offers notes on wildlife, history, geology and available refreshments.

Guidebook describing 50 graded day walks in Valais, Switzerland, based around the resort towns of Zermatt and Saas-Fee. The routes cover the Mattertal and Saastal valleys and their surrounding mountains and offer spectacular views of the Swiss 4000m giants, including the Matterhorn and Monte Rosa. Welcoming huts offer refreshment on the routes.

A guidebook to 44 circular walks in the south and west of the Yorkshire Dales National Park, with bases including Sedbergh, Malham, Grassington, Skipton, Settle and Kirkby Lonsdale. The walks cover the valleys of Wharfedale, Littondale, Malhamdale, Ribblesdale and Dentdale - each with its own distinctive landscape and character. Also included is the Yorkshire Three Peaks, a 23 mile (37km) challenge to bag three summits - Pen-y-

Read Free Gran Canaria Walking

ghent, Whernside and Ingleborough. The walks range between 3.5 and 13 miles in length and showcase Yorkshire's diverse landscapes, beautiful views and rich heritage. With the exception of the Three Peaks walk, they are designed to suit most abilities: steeper sections are rare and usually short-lived. Detailed route description and 1:50,000 OS mapping are provided for each route, along with information on nearby points of interest and facilities. Highlights include delightful riverside walking in Wharfedale, spectacular views of the distant Howgills and Lake District Fells, and the arresting limestone cliffs of Malham Cove providing a wonderful introduction to this magnificent area.

The guidebook describes 45 day walks across eight areas of Gran Canaria, including Las Palmas in the north to Playa del Ingles in the south. Also included is a five-day coast-to-coast route on the GR131, an island-hopping long-distance trail stretching across all seven of the Canary Islands. There are walks suitable for those of all abilities, ranging in landscape from coastal clifftops to the dramatic volcanic mountains inland. Walks venture through villages and towns, and up to the summits of the highest peaks on Gran Canaria. Each walk gives information on access (predominantly using the island's good bus services), details of places offering food and drink, and notes on the interesting features passed along the way. The book also provides lots of background information on geology, wildlife, plants and flowers as well as practical information on accommodation, currency and language. Gran Canaria is a hugely popular holiday destination but despite this it offers many

Read Free Gran Canaria Walking

peaceful locations for walkers to explore and some truly beautiful and striking scenery. This collection of walks showcases the island's remarkably varied landscapes - from arid semi-desert to moist laurisilva 'cloud forests' and rugged mountains and coast.

Gran Canaria's towering mountains, pristine beaches, cosmopolitan towns and distinctive mix of Old and New World cultures make it an irresistible destination to visit. Your DK Eyewitness Top 10 travel guide ensures you'll find your way around Gran Canaria with absolute ease. Our newly updated Top 10 travel guide breaks down the best of Gran Canaria into helpful lists of ten - from our own selected highlights to the best historical buildings; places to eat; shops and traditional fiestas. You'll discover: - Seven easy-to-follow itineraries, perfect for a day-trip, a weekend, or a week - Detailed Top 10 lists of Gran Canaria's must-sees, including detailed breakdowns of Casa de Colón, Catedral de Santa Ana, Museo Canario, Jardín Botánico Viera y Clavijo, Maspalomas, Teror, Tejeda, Puerto de Mogán, Barranco de Guayadeque and Puerto de las Nieves. - Gran Canaria's most interesting areas, with the best places for shopping, going out, and sightseeing - Inspiration for different things to enjoy during your trip - including children's activities, drives and cycle routes and things to do for free - Streetsmart advice: get ready, get around, and stay safe DK Eyewitness Top 10s have been helping travellers to make the most of their breaks since 2002. Staying for longer and looking for a more comprehensive guide? Try our DK Eyewitness France.

Zagori in Greece's Northern Pindos National Park is

Read Free Gran Canaria Walking

among the last relatively undiscovered and unspoilt hiking destinations in Europe. This guide presents a selection of thirty walks and three short treks within the region's captivating scenery, from dramatic gorges to mystical forests, crystal-clear turquoise rivers, rugged alpine peaks and characterful mountain villages. Routes vary from easy walks on clear paths to strenuous ascents and mountain traverses, meaning that there is something to suit most ambitions and abilities. Clear mapping accompanies the route description, and the introduction to the guide covers all the practicalities, including getting to Zagori, accommodation, equipment, maps and safety. There is also a wealth of information about the region's rich history, architecture, geology, plants and wildlife, as well as fascinating notes on points of interest encountered on route. The routes are presented in five chapters, covering Central Zagori, Vikos Gorge and vicinity, Mt Timfi, Konitsa and Mt Smolikas, and Valia Caldera National Park and Metsovo, with highlights including Mt Timfi and Mt Smolikas (Greece's second highest mountain), the breathtaking Vikos Gorge, traditional stone arch bridges and the alpine tarns of Drakolimni (Dragonlakes). With so much stunning scenery, this is a region that cries out to be explored.

True to its name, this Gran Canaria travel guide covers all the island's major sights and attractions in easy-to-use top 10 lists that help you plan the vacation that's right for you. This travel guide for Gran Canaria will lead you straight to the best

Read Free Gran Canaria Walking

attractions this location has to offer, from hiking to national parks to museums. Expert travel writers have fully revised this edition of DK Eyewitness Travel Guide: Top 10 Gran Canaria. + Brand-new itineraries help you plan your trip to Gran Canaria. + Maps of walking routes show you the best ways to maximize your time. + New Top 10 lists feature off-the-beaten-track ideas, along with standbys like the top attractions, shopping, dining options, and more. + New typography and fresh layout throughout. You'll still find DK's famous full-color photography and museum floor plans, along with just the right amount of coverage of history and culture.

Guidebook covering walks in the Canary Islands, including walking in Gran Canaria, Fuerteventura and Lanzarote, these 50 routes take in a wide variety of landscapes from the coast to the highest mountains. Walks vary from spectacular dune walks to high mountain scrambles. Everywhere there is spectacular volcanic scenery.

A fully waymarked trail from Ilkley to Bowness-on-Windermere, the Dales Way links two of England's most celebrated national parks, the Yorkshire Dales and the Lake District. Well served for accommodation and facilities, and with easy walking on riverside paths, it is one of the gentlest multi-day walks in Britain and therefore an ideal introduction to long-distance walking. It can be comfortably completed in 6-8 days. The guide offers

Read Free Gran Canaria Walking

comprehensive notes on local points of interest, as well as an overview of Dales geology, history, plants and wildlife to enhance the walking experience. The practical information is all there too, including when to go, how to get there and what to take, making for an ideal companion to enjoying this delightful route. Presented in six daily stages of 7-19 miles (with suggestions for alternative schedules), this guide describes the Way in both directions, with the main route description running from south to north. Step-by-step route description is accompanied by 1:100,000 mapping, and a trek planner, showing where facilities are available, is included to facilitate planning. Accommodation listings and useful contacts can be found in the appendices. A separate, conveniently sized map booklet located in the back-cover sleeve provides all the OS 1:25,000 mapping needed to complete the trail.

A walking guidebook for exploring La Palma in the Canary Isles. The 45 routes include both day walks and long distance trails including the GR130 and GR131. The routes vary in terrain ranging from trails in Caldera de Taburiente national park to mule tracks and pilgrim trails in Santa Cruz. Includes routes that suit all abilities.

Guide to walking on La Palma. In total 45 day walks are described ranging from 7 to 32km in length, and covering a wide variety of terrain. Although La Palma is one of the smaller Canary Islands, there are

Read Free Gran Canaria Walking

routes of all types from easy strolls to hands-on scrambling, from simple day walks to long-distance treks on rocky mountain paths, including the GR130, which circumnavigates the island, and the island-hopping GR131. With full route descriptions, including custom-made maps, refreshment options and transport for each walk, accommodation, useful contacts and a Spanish-English glossary. The book also includes lots of background information on geology, wildlife, plants and flowers. The circular GR130 trail takes about a week to complete and can be started and finished at any point around the island. The GR131 trail is exclusively high level and mountainous, requiring careful planning. The dramatic volcanic landscape of La Palma, reputed to be one of the steepest islands in the world, is little-known outside the Canaries, but offers an ideal winter walking destination for walkers of most abilities, featuring rocky treks and mountain paths. Gran Canaria not only enjoys a fabulous reputation as a paradise of sunshine and beaches; it can also be described as one of the most versatile hiking islands of the Canary Archipelago. Connoisseurs praise it as a miniature continent because of its diversity of landscapes: shimmering dunes in contrast with luscious subtropical valleys, deep ravines with palm tree oases and glittering reservoirs, next to which are extensive pine tree forests and green slopes with grazing sheep and

goats. To the North West cliffs drop down 800 m deep into the ocean, while in the centre of the island serrated, almost 2000 metre high ridges and bizarre rock monoliths emerge, which the Spanish writer Miguel de Unamuno once interpreted as "fossilised storms of fire and lava". This Rother walking guide - following La Palma and Tenerife - is now the third featuring the Canary Islands: excursions to beaches and spectacular cave villages, walks through pine forests and atmospheric ridge paths. Due to the increased significance of hiking tourism, parts of what at times are more than 500 year old rocks have been carefully restored over the last years. These Caminos Reales (royal paths) stretch across the entire island and used to link remote mountain villages with coastal territory. Many proposed tours follow these mainly stone-paved hiking paths and are therefore also ideal for less experienced hikers. Experienced mountain hikers who are not afraid of "dramatic walks" will also find a rich offer of tours. The first comprehensive hiking guide on Gran Canary leaves nothing to desire! Coloured illustrations and excellent hiking maps at an ideal scale of 1:50,000/1:75,000 round off the picture and awaken the curiosity for ever new excursions into the charmingly bizarre world of the mountains. This guidebook provides a comprehensive and detailed description of the GR131, an island-hopping trail across the seven Canary Islands. The 560km

Read Free Gran Canaria Walking

(348 mile) route begins on Lanzarote and finishes on El Hierro and is presented in 32 daily stages. The route is well waymarked but some navigational skills are required, and the remote and occasional rocky sections need to be treated with care. Also included is an optional ascent of El Teide, the highest peak on Spanish territory at 3718m. The guide is split into seven parts, one for each island. Overview statistics, detailed navigational description and 1:50,000 mapping is provided for each stage and the guide also includes key information about transport to and between the Canary Islands and availability of accommodation and services. There is background information on the geology, history, plants and wildlife and notes on local points of interest. An appendix contains a helpful glossary. As a geologically young area, the Canaries boast rare wildlife across their dramatic volcanic terrain. The islands contain a number of national parks, and the landscape varies from semi-desert to forests and barren mountainsides. This month-long route is a great opportunity for walkers to fully immerse themselves in the diverse culture and scenery of the Canary Islands.

30 walking routes exploring the North Wessex Downs Area of Outstanding Natural Beauty (AONB). The routes are between 7 and 20km through this peaceful rolling chalk landscape covering parts of four counties: Berkshire, Hampshire, Wiltshire and

Read Free Gran Canaria Walking

Oxfordshire, with descriptions to reach the highest points in each one.

Guidebook to walking the Munros in southern, central and western Highlands. Describes 69 challenging routes across 139 of the iconic 3000ft+ mountains covering areas such as Glencoe, Bridge of Orchy and Mull. Includes routes up Ben More, Ben Alder, Ben Lomond and Ben Nevis, the highest mountain in the British Isles. Volume 1 of two guidebooks.

Walking guide to La Gomera and El Hierro, in the Canaries, with day walks and long-distance trails including Camino de La Virgen, GR132 around La Gomera and part of GR131 across the Canary Islands. Routes in Garajonay National Park and from San Sebastien and Valverde. Rugged mountain treks, coastal walks and easier expeditions.

This guide to Malta, Gozo and Comina includes: topographical walking maps; fold-out touring maps; many short walks and picnic suggestions - suitable for hot summer days and for those with young children; and an update service with specific route-change information.

[Copyright: 4fe8bc736b4270256611a8432be256cf](https://www.gran-canaria-walking.com/)