

Hiking In Italy

If the ups and downs of mountain trails and picturesque forests lure you, Italy will seem a land of fantasy. Hiking, backpacking and trekking ventures in this exciting country are not your usual organized tours with bus transportation, first-rate hotels, meals and guides. What you will get here is the freedom of a true down-to-earth, under-the-stars, roughing-it adventure — though there are also hundreds of easy one-day walking routes to be found as well. Italy offers some of the finest and most varied walking in Europe — from the gentle, mysteriously beautiful hills of Etruria with their picturesque walled towns and villages, to the dramatically eroded peaks of the Dolomites; from the splendid snowy sky line of the Gran Paradiso to the long ridge of the Apennines with their great diversity of flora, extensive views and, for mountains, fairly stable weather conditions; from the hot lava flows of Mount Etna to the wildlife-filled National Park of Calabria. The relatively mild climate makes Italy a perfect location for year-round hiking and backpacking. Spring is the time for educational hiking. With the aid of local maps you can easily combine tourist sights with leisurely walks and secluded trails. During the summer months the northern regions with their beautiful streams and panoramic scenery will add breathtaking excitement to backpacking vacations. When fall rolls around, the colorful flora found in the central wooded areas, such as the famed National Park of Abruzzo, will have you wondering whether it is Italy you are exploring or Canada. And don't pack up your gear during the winter. This is the period when all warm-blooded birds, and hikers, head south. Though the nights can be cool, the warm sea-breezes off Sicily will keep you moving over the rolling hills for days. Most veteran hikers, however, agree upon four or five locations as being the ultimate in beauty, history and walking pleasure. Beginning in the north-west, near the French and Swiss borders, is the Gran Paradiso National Park. Encompassing the four valleys of the Gran Paradiso Massif, this area contains some of Italy's finest alpine scenery and wildlife. To the east, in the Brenta Dolomite mountains, is the Stelvio National Park. Hiking and trekking adventures here can be planned to fit any schedule — a few hours, a single day, a week or more. In central Italy, the Abruzzo National Park offers thick forests, mountains, rivers and lakes, not to mention an abundance of wildlife. Here, too, routes can easily be combined to fit any schedule. An unusual outing is found along the west-central coast within the borders of the National Park of Circeo. Here you confront not only forests and mountains, but the sea as well. To the south, adventurers enjoy the mild climate and splendor of the National Park of Calabria, which is actually three separate areas stretching along the Sila Mountain ranging from Lake Cecita to the tip of the boot near Reggio Calabria. While these are among the favorite walking areas, there are thousands of others. This guide tells you the details about the best of them all, with suggested daily itineraries, what to look out for, the flora and fauna, the risks, and much more. Filled with color photos.

A popular guidebook to short walks in the Dolomites of north east Italy. The guide describes 50 walks, graded from easy to strenuous, and varying in length from 5 km strolls to 20km full-day expeditions. The Dolomites are suitable for summer walking, and the mountains are easily accessible, just across the border from Austria and easily reached from Verona, Treviso, Venice and Innsbruck airports. The Dolomites are blessed with vast forests, high-altitude rocky landscapes and seas of beautiful wildflowers and the range is now a designated Unesco World Heritage Site encompassing a national park - Parco Nazionale Dolomiti Bellunesi - and several other protected areas. Highlights include the Tre Cime di Lavaredo, the Civetta, the Piz Boè circuit on the Sella massif and the Sentiero delle Odle. This guide offers something for every walking ability and preference, and includes all the background and planning information you need to plan a trip, including an Italian-German-English glossary and a list of accommodation providers and websites and details of all rifugios on or near the routes.

Has your company struggled to roll EOS out to all levels of your organization? Do your employees understand why EOS is important or even what it is? What the Heck is EOS? is for the millions of employees in companies running their businesses on EOS (Entrepreneurial Operating System). An easy and fast read, this book answers the questions many employees have about EOS and their company: • What is an operating system? • What is EOS and why is my company using it? • What are the EOS foundational tools and how do they impact me? • What's in it for me? Designed to engage employees in the EOS process and tools, What the Heck is EOS? uses simple, straightforward language and provides questions about each tool for managers and employees to discuss creating more ownership and buy-in at the staff level. After reading this book, employees will not only have a better understanding of EOS but they will be more engaged, taking an active role in helping achieve your company's vision.

Lonely Planet: The world's number one travel guide publisher* Lonely Planet's Hiking & Tramping in New Zealand is your passport to the most relevant and up-to-date advice on what to see and skip, and what hidden discoveries await you. Spot seals and laze on golden sands along the Abel Tasman Coast Track; explore The Lord of the Rings scenery on Tongariro Northern Circuit; and tramp through ancient rainforest and along gnarly ridges on the Lake Waikaremoana Great Walk. All with your trusted travel companion. Get to the heart of New Zealand's trails and begin your journey now! Inside Lonely Planet's Hiking & Tramping in New Zealand: Colour maps and images throughout Great hiking and itineraries sections show you how to tailor your trip around the best trails Special features on clothing & equipment, hiking safety and other non-hiking outdoor activities Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Budget-oriented recommendations with honest reviews - including eating and sleeping reviews of towns and hiking destinations Cultural insights provide a richer and more rewarding travel experience - covering history, landscapes, geology and wildlife Covers Northland, Auckland,

Ethnographies and Political Control explores the entanglements and contradictions of legal and illegal practices across multiple cultures.

After 40+ years of writing about Europe, Rick Steves has gathered 100 of his favorite memories together into one inspiring collection: *For the Love of Europe: My Favorite Places, People, and Stories*. Join Rick as he's swept away by a fado singer in Lisbon, learns the dangers of falling in love with a gondolier in Venice, and savors a cheese course in the Loire Valley. Contemplate the mysteries of centuries-old stone circles in England, dangle from a cliff in the Swiss Alps, and hear a French farmer's defense of foie gras. With a brand-new, original introduction from Rick reflecting on his decades of travel, *For the Love of Europe* features 100 of the best stories published throughout his career. Covering his adventures through England, France, Germany, Ireland, Italy, the Netherlands, Spain, and more, these are stories only Rick Steves could tell. Wry, personal, and full of Rick's signature humor, *For the Love of Europe* is a fond and inspirational look at a lifetime of travel.

This guidebook describes 20 walks around Lakes Garda and Iseo in Northern Italy. The routes range from 4 to 13km in length and are graded 1 to 3. There is something for everyone, from easy leisurely strolls for first-time walkers to strenuous climbs up panoramic peaks. The clear maps, inspirational photographs and information about accommodation and public transport options help to make this guidebook an ideal companion to exploring the exceptional scenery, views and culture of the Italian Lakes. A basic English-Italian glossary is also included. Formed by ancient glaciers and hemmed in by awesome towering cliffs, Lago di Garda boasts a superb network of well-marked trails exploring alpine ridges and peaks, in addition to ancient stepped ways to fascinating industrial archeology sites. The southern shores are very Mediterranean in flavour, lined with olive groves and vineyards. Beautiful Lago d'Iseo is one of Italy's well-kept secrets. Well out of view until you actually reach its shores, it boasts an attractive mountainous island, appropriately named Monteisola.

Northern Italy's famous Alta Via long-distance walking routes are spread across the Dolomites, running roughly north to south and reaching as far as the Austrian border. There are six of these routes, and they increase in difficulty: Alta Via 1 has few exposed sections and is suitable for novice alpine trekkers; AV2 is much more challenging, only suitable for experienced alpine trekkers with a good head for heights, while AVs 3-6 have extended via ferrata sections and considerable exposure. AVs 1 and 2 are described in detail in this guidebook. The 120km AV1 is described over 11 day stages; AV2 covers 160km in 13 days and is more strenuous and technical. Overnight stops are at mountain huts or guesthouses. The demanding AV3-6 routes are described in outline. Now a World Heritage Site, the Italian Dolomites make a first-rate trekking destination. There is an excellent network of paths dotted with welcoming 'rifugi' (mountain huts) in stunning locations, and efficient public transport serving key trekking points. Written by an expert in Italian trekking, with information on the fascinating wartime history of the region, plants and wildlife and also practical considerations such as the best time to go, what to take and hut protocol, this guide offers trekkers all the

information they need to enjoy the mountains to the full.

This guidebook describes the Grande Escursione Appenninica (GEA), a nearly 400km long, three week trek crossing the Apennines in 23 stages, from Bocca Trabaria to Passo Due Santi on the edge of Liguria. The route dips in and out of Tuscany and Emilia-Romagna, never dropping below 400 metres. Best walked between spring and autumn, it is suitable for any reasonably fit walker, and this guidebook provides step-by-step route descriptions, accompanied by detailed mapping. There are transport options for joining and leaving the walk at a number of points, making it perfect for undertaking in small sections or single-day walks. There are suggestions for accommodation en route in comfortable guest houses and alpine-style huts, making it essential reading for anyone undertaking the GEA. The Apennines are Italy's best-kept secret. Forming the rugged spine of the Italian peninsula, this range provides thousands of kilometres of marked trails over rocky crests and ridges and explores extensive forests and meadows, following routes established long ago by traders, pilgrims and shepherds and little affected by mass tourism.

Guidebook to the Karnischer Höhenweg, a 170 km waymarked hut-to-hut trek along the border between Italy and Austria. Also known as the Carnic Peace Trail. With information on planning your trip, accommodation and the history of the area

The 134km Tour of Monte Rosa is a challenging and very varied trek that takes a high route around the massif, in a circuit that begins and ends in Zermatt. The trek is described in eight stages, but these are not necessarily one-day stages, and some will be more comfortably achieved over two days or more. Realistically you should allow 9-10 days to complete the route. The Tour of Monte Rosa covers a variety of terrain, ranging from major forest tracks to narrow single-track footpaths to scree slopes to glacier, and offers a great introduction to high mountain walking. Along the way, this Alpine trail takes in spectacular views of the Monte Rosa massif, including ten 4000m summits, as well as breaks in mountain huts and the towns of Resy, Saas Fee, Macugnaga and Cervinia among others. The guidebook also provides a wealth of practical information to help you prepare for the trek.

Guidebook to 43 graded, mostly easy walks in Tuscany. Taking in the Renaissance splendour of Florence and Siena, the World Heritage scenery of Val d'Orcia and San Gimignano and the stunning island of Elba, the routes use historical pathways used by traders, pilgrims and armies, and include some brief, trouble-free climbs/descents.

"Rome pull-out map, Rome airport pull-out card"--Cover.

Walking on the Amalfi Coast describes 32 day-walks, ranging from 3km to 11km in length. The walks explore the Sorrento Peninsula, Amalfi Coast and Monti Lattari, as well as the islands of Capri and Ischia in the Gulf of Naples. The whole area is crisscrossed by ancient mule tracks, pilgrim routes and goat tracks, offering a variety of walking from family strolls to strenuous treks across terrain from paved paths to verdant hillside paths and rough volcanic scree. Split into the five sections of Ischia, Capri, Sorrento, Positano and Amalfi, each walk is accompanied by relevant public transport information as well as a sketch map. The book also provides local and practical information, accommodation options and an Italian-English glossary. The steep southern edge of the Sorrento peninsula, famous for its medieval villages perched atop plunging cliffs, with their near-vertical vineyards and lemon orchards, is recognised as a World Heritage Site. This coastline, the rugged landscape behind, crowned by the

Monti Lattari, and the idyllic islands of Capri and Ischia together make a perfect holiday destination for walkers.

Lonely Planet's Best Day Walks Italy is your passport to 60 easy escapes into nature. Stretch your legs away from the city by picking a walk that works for you, from just a couple of hours to a full day, from easy to hard. Hike the Dolomites, explore the Italian Lakes, and stroll Sardinia's coast. Get to the heart of Italy and begin your journey now! Inside Lonely Planet's Best Day Walks Italy Travel Guide: Colour maps and images throughout Special features - on Italy's highlights for walkers, kid-friendly walks, accessible trails and what to take Best for...section helps you plan your trip and select walks that appeal to your interests Region profiles cover when to go, where to stay, what's on, cultural insights, and local food and drink recommendations to refuel and refresh. Featured regions include: Italian Lakes, Campania & the Amalfi Coast, Abruzzo, Tuscany, Sicily, Dolomites & Stelvio, Sardinia, Umbria & Le Marche, Liguria and Western & Maritime Alps Essential info at your fingertips- walk itineraries accompanied by illustrative maps are combined with details about walk duration, distance, terrain, start/end locations and dif(more...)

NEW! Second Edition with 3 extra walks and updates! Italy's Val Gardena in the Dolomites is the perfect spot for a break from your Italian voyage and even a destination if you crave a different type of European holiday. In summer, you will find a respite from the heat and crowds of Rome, Venice, and Florence. This book will guide you through breathtaking scenery using itineraries suitable for anyone who likes to walk, likes to be in nature, and who enjoys Italy but may not have the stamina for longer, more strenuous hikes. Seniors, people with children, and anyone who wants to experience the mountains but not climb them will benefit from the 23 walks that are carefully described. Also included are instructions on local transportation, lodging, and sample itineraries to help you plan your stay of 3, 5, 7 or more nights. The authors have traveled to Ortisei annually exploring this mountain paradise completely via public transportation, discovering and documenting the walks.

There are many hiking guides to Italy's Dolomites featuring long treks of 4-6 hours, as well as multi-day ventures and the famous via ferrata. What makes this one so special? This is a guide to easier options for walking in Italy's breathtaking Val Gardena! Seniors, people with children, and anyone who wants to experience the mountains but not climb them will benefit from the 20 walks that are carefully described. In this book, Laurel and Ric Barton guide you through the breathtaking scenery using itineraries suitable for anyone who likes to walk, likes to be in nature, and who enjoys Italy, but may not have the stamina for longer, more strenuous hikes. This unique guide includes 20 walks in-and-near the Val Gardena towns of Ortisei, Selva, and Santa Cristina, as well information on when to visit, how to get around without a car, suggestions for lodging, and sample itineraries to help you plan your stay of 3, 5, 7 or more nights. Of special interest will be the easy hikes in the amazing Alpe di Siusi. Included are: directions to the trailheads; walking time and distance; where to eat along the trail; 39 beautiful photographs; plus details on how to use the system of mountain lifts and buses to access the high meadows and breathtaking Dolomite views. You will discover delightful "rifugi: " mountain restaurants offering shelter and great food making each walk a special expedition. In addition, every walk is accessible by public transportation! The authors have traveled to Ortisei annually exploring this mountain paradise discovering and documenting the walks to share with you so you can be certain every hike is within your ability.

This guidebook describes 25 hut-to-hut treks in the Dolomites of northern Italy, covering 15 regions including Cortina, Sella, Sesto, Marmolada and Latemar. Ranging from 11.3km to 40.8km and from two to four days, the graded routes are suitable for walkers with a reasonable level of fitness and experience of mountain terrain, and some feature exposed sections which

demand a good head for heights. This edition includes a number of treks in less frequently visited rugged districts, as well as the more popular trips, all of which take advantage of the region's network of mountain refuges and efficient public transport system, with the majority of routes accessible by public bus. Detailed route description is presented alongside mapping and stunning colour photography and the guide also suggests alternative access and exit routes, and options for linking routes to create a longer trek. There is plenty of advice to help make the most of a trip as well as background information on the region's geology, plants and wildlife and local cuisine. The Dolomites - a UNESCO World Heritage Site - are characterised by striking volcanic and sedimentary rock formations. Walking is an ideal way to discover this breathtaking landscape of angular peaks, towering pinnacles and jagged ridges, and the carefully chosen routes in this guide will exhilarate, challenge and inspire.

This guidebook by Italian walking expert Gillian Price describes 40 varied day walks in the region of Umbria, taking in the towns of Assisi, Perugia, Orvieto and Norcia. The walks range from 2.5km to 19km in length, the majority of the routes are circular, and several wonderful traverses have been included, with the return to the start point always possible by public transport. This guidebook also includes lots of practical information about recommended gear and maps to take and tips on local food, wildlife and culture, as well as useful tourist, accommodation and transport information and a brief Italian-English glossary. Set between Rome and Florence, the region is dotted with UNESCO World Heritage towns. The landscape, like that of neighbouring Tuscany, is one of rolling hills and deep woodlands, without the crowds of other well-known holiday regions in Italy. Walks cross flower meadows, wander down river valleys and also climb onto rugged hills and Apennine mountains, visiting Roman and Etruscan ruins as well as myriad ancient villages.

Suggests hikes in five French and one Italian national parks, and offers tips on trip planning, map sources, and safe hiking.

Rick Steves Pocket guidebooks truly are a "tour guide in your pocket." This colorful, compact 220-page book includes Rick's advice for prioritizing your time, whether you're spending 1 or 7 days in a city. Everything a busy traveler needs is easy to access: a neighborhood overview, city walks and tours, sights, handy food and accommodations charts, an appendix packed with information on trip planning and practicalities, and a fold-out city map. Included in Rick Steves Pocket London: Sights: the National Portrait Gallery, Courtauld Gallery, Tate Britain, Tate Modern, Victoria and Albert Museum, and the Bankside Walk Walks and Tours: the Westminster Walk, Westminster Abbey Tour, National Gallery Tour, West End Walk, British Museum Tour, British Library Tour, The City Walk, St. Paul's Cathedral Tour, and Tower of London Tour

The only English language guide to cover walks throughout all of Italy contains classic walks such as the Grande Excursione Appennica and Grande Traversata dell Alpi, plus details on the old trade routes and Roman roads. in color.

A detailed guidebook to walking in Italy's Sibillini National Park. 21 day walks and one 8-day trek of the Monti Sibillini (that belongs to the Appenine Chain) route descriptions are provided in the guidebook, with maps and profiles given for each walk. The day walks range from 3 to 21km in length. The 8-day trek around Italy's Great Sibylline Ring is 120km long, with mountain huts available to stay in along the way. No special equipment or training is required for this route, but a lightweight rucksack, hiking boots and walking poles are recommended. The area has a lengthy walking season from early spring to late autumn, and refuges are open from mid-April to mid-October. Easily accessible the area can be reached from budget airline destinations on the Adriatic Coast, as well as from Rome. The Monti Sibillini straddles the Marche and Umbria, close to the towns of Norcia, Ascoli Piceno, L'Aquila and Perugia. Details of accommodation, refreshments and public transport along all the routes are also included with full-colour sketch maps and profiles.

The 38 summer day walking routes in this guidebook explore the renowned Stelvio National Park in the Italian Rhaetian Alps. Bordering the Dolomites to the east, and Switzerland to the west, the Stelvio is one of the largest protected areas in all of the Alps. The walks explore each of the Stelvio's valleys, are graded for difficulty and range from 4 to 18km. There is plenty for active holidaymakers; from easy strolls to strenuous climbs to panoramic summits for experienced walkers. The Stelvio's unspoilt landscape ranges from valley farmland to forested hillsides and alpine meadows, and up to a wilderness of rugged glaciated summits and ridges, the highest of which is Ortler, at 3905m. The guidebook also includes plenty of background information on local wildlife and cuisine, as well as planning details such as what to take and dos and don'ts. The guide also contains accommodation suggestions, including campsites, B&Bs, hotels and mountain huts in the National Parks picturesque towns and villages such as Bormio, Suldén and Martell Dorf. Close to Milan, Verona and Innsbruck, with good public transport throughout, the Stelvio National park offers extensive, spectacular Alpine walking, with this as the first English-language guide to the area.

Hiking guide to the AV1 and AV2 trails, the most popular of the long-distance walks in the Italian Dolomites. Includes detailed walking maps, places to stay, and places to eat.

Visit Salzburg and Hallstatt and Innsbruck, in Austria, and Triglav National Park and Logarska Dolina and Velika Planina and Ptuj, in Slovenia. Then see Bozen/Bolzano, in the South Tyrol of northern Italy, where you join up with your trip leaders and companions for 10 fabulous hikes in four Ladin-speaking valleys. Get up close with the Rosengarten/Catenaccio, Torri di Vajolet, Belvedere, Civetta, Gardenacia meadows, Pralongia, the hike from Colfosco to Vallungo, the Schlern, and the needles of Odle-Geissler. The Dolomites are an astonishingly beautiful and varied landscape, and these hikes (selected by Mountain Hiking Holidays, of Portland, OR) are a fantastic sampler! And we had great weather, so we got a lot of good photos! Enjoy!

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's

Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

This guidebook includes 46 walks throughout Sicily and the adjoining Aeolian and Egadi Islands. Particular highlights include walks on Mount Etna, and through the Madonie and Nebrodi mountains. Walks range from 2 to 23km long, and are graded according to difficulty and terrain, so the right walk can be easily found, whether for a short family stroll around Medieval Erice, or the challenging trail that traverses the lava and ash-covered Mount Etna. This guidebook combines detailed route description and mapping with fascinating insight into the history and geology of Sicily and the many points of interest along the way. Whether the active volcanic rumblings of Stromboli, or elaborate coastal forts, to prehistoric cave paintings; Sicily is home to some of Europe's greatest natural and historical wonders. The guidebook also includes practical information on travel to and around Sicily, the best time to go, as well as accommodation advice, information on facilities along the way, and a useful Italian-English glossary. The result is an ideal companion to explore all that Sicily has to offer the walker.

This guidebook describes the 570km (354 mile) Traumpfad or 'Dream Way', an Alpine trek from Munich's Mariënplatz to the Piazza San Marco in Venice. The route is broken into 30 stages of between 5hrs 30mins and 9hrs, graded according to difficulty, with 5 alternative stages and the option to spend a day traversing a section of via ferrata in the Dolomites. Previous experience of Alpine trekking is not necessary as the route is suitable for most able walkers: however, a head for heights is essential. Known as 'Europe's playground', the Alps boast an unrivalled walking infrastructure and breath-taking views of angular peaks, flower-strewn valleys and verdant slopes. Hugely popular with German trekkers but little-known in the English-speaking world, Der Traumpfad revels in this stunning scenery. The route passes through German Bavaria then Austria before entering the Italian Tyrol, taking advantage of the region's extensive network of mountain huts for accommodation en route. With custom-designed mapping and stunning colour photography, the guide has all you need to get the best from your

trek. Alongside detailed route descriptions, there is useful practical advice on when to go, what to take and refreshment stops, background information on the region's fascinating history, plants and wildlife and full contact details for over 80 places to stay. The result is an ideal companion to discovering this amazing route, regarded by many German trekkers as 'the hiking experience of a lifetime'. Guidebook to 30 walks in the beautiful Italian lakes of Maggiore and Como. Routes are graded by difficulty and range from easy lakeside strolls to challenging mountain peaks. Well waymarked trails take you away from the crowds to visit tiny hamlets, historic villas and scenic islands, with walks for all year round.

This guidebook presents 16 graded walks exploring the world-famous Cinque Terre villages of Liguria in Italy. Suitable for beginners and experienced walkers, routes take in the villages of Monterosso, Vernazza, Manarola, Corniglia, Riomaggiore, as well as neighbouring Levanto, Campiglia and Porto Venere. It describes the most popular pathways as well as less trodden routes to hidden gems. Route descriptions and maps for each walk are accompanied by information on how to get around by public transport (train, ferry and bus), with background notes on history, culture, wildlife and flora, and suggestions on where to sleep and what to eat. In short, everything you could possibly need to get the most out of a holiday in this unique corner of the Italian Riviera. One of the best loved places in Italy, the Cinque Terre are UNESCO World Heritage listed, a string of centuries old fishing villages where colourful houses, terraced fields and vineyards perch on plunging cliffs above a breathtaking coastline. It's a paradise for walkers and food-lovers, who can follow age-old routes constructed by the locals and sample the seafood specialities on offer at harbour-side trattorias.

Scale the literally breathtaking Dolomites, peer into brooding Sicilian volcanoes, explore medieval villages along the pilgrim routes of Tuscany or saunter along the sparkling coastline of the Cinque Terre: we've selected the best sentieri (walking trails) in the country for every interest and ability level. Whether you're looking for easy day strolls among vineyards and olive groves, multiday adventures in the Alps, or the thrill of the challenging vie ferrate (iron ways), this guide will walk you through Italy's wealth of natural beauty, history and culture.

2018 Chanticleer I & I Grand Prize Book Award Winner Move over traditional sightseeing, throngs of visitors, and tourist traps! Explore Europe on Foot gives travelers an alternative way to discover Europe. A hiking vacation offers countless rewards: the time to admire the tidiness of a village farm, soak in the rugged alpine view from a rocky perch, and absorb a country through the smells of its landscape and encounters with locals. Explore Europe on Foot is a complete guide to conceptualizing, planning, and executing the slow-travel hike (or hikes!) of a lifetime. Author Cassandra Overby tells you how you can spend all, or even just part, of your vacation enjoying scenery, small towns, and cultural experiences most travelers miss—all without carrying a big backpack. This guide offers all the nuts and bolts you need: how to choose a route that is right for you, how to plan, what to pack, what to expect, how to find

accommodations and food, how to deal with challenges along the way, and so much more. These aren't wilderness backpacking trips, but rather a wide range of town-to-town walks that offer the opportunity to have an authentic, affordable, restorative vacation. Travelers will also appreciate overviews of fifteen long-distance trails in Belgium, France, Italy, Germany, Great Britain, Morocco, Portugal, Spain, Switzerland, and Turkey, with itineraries that range from one to fifteen days. For those unwilling to go all-in, Cassandra also offers tips on incorporating day-hike outings into a more traditional vacation. The focus is on how to craft that more immersive vacation so users of the guide will be able to apply what they learn to their own dream destinations. 15 Handpicked Walks include: Rota Vicentina, Portugal English Way, Spain Mont Saint-Michel, France Alsace Wine Route, France Tour du Mont Blanc, France and Italy Cinque Terre 2.0, Italy Lycian Way, Turkey Alpine Pass Route, Switzerland King Ludwig's Way, Germany The Moselle, Germany The Ardennes, Luxembourg and Belgium The Lake District, England, UK West Highland Way, Scotland, UK Laugavegur Trek, Iceland The Sahara Desert, Morocco

First English-language guide to walking in Abruzzo, in the Apennine mountains centred on Sulmona and between L'Aquila and Castel de Sangro, one of Italy's wildest regions with 3 national parks and 1 regional park. 30 day and half-day walks including an ascent of Como Grande, on Gran Sasso, the highest point in Italy outside the Alps. Alpe-Adria Trail Travel Guide - Expert travel advice for trekking from the Alps to the Adriatic through Austria, Slovenia and Italy, including maps and route descriptions (including time, distance, ascent) for all 43 stages. Also covering fauna, flora, history, culture, geography and accommodation, plus local transport, culture, food and language.

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