

A CICERONE GUIDE
by Paddy Dillon

WALKING ON LA GOMERA AND EL HIERRO

DAY WALKS AND LONG-DISTANCE TRAILS



CICERONE

Walking On La Gomera And El Hierro Cicerone Guides

Lei Huang



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Walking on La Gomera and El Hierro Paddy Dillon, 2020-04-15 A guidebook to day walks and treks on the islands of La Gomera and El Hierro Exploring the beautiful scenery of the smallest Canary Islands the walks are suitable for beginner and experienced walkers alike The 33 day walks range from 7 to 20km 4 12 miles in length and can be enjoyed in 2 8 hours The GR131 trek crosses all seven of the Canary Islands and the La Gomera and El Hierro sections are described in 4 stages covering 86km 53 miles The GR132 a circular long distance walk around La Gomera is also included covering 133km 83 miles over 6 stages with 2 variants provided 1 50 000 maps included for each walk GPX files available to download Detailed information on planning facilities and public transport Easy access from San Sebastian and Valverde Part of a 5 volume Cicerone series on the whole of the Canary Islands

Walking on La Gomera and El Hierro Paddy Dillon, 2010-11-22 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 Sebastian and Valverde Rugged mountain treks coastal walks and easier expeditions [Lonely Planet Canary Islands](#) Lonely Planet, Isabella Noble, Damian Harper, 2020-01-01 Lonely Planet The world's leading travel guide publisher Lonely Planet's Canary Islands is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Ride the cable car to the summit of Tenerife's El Teide celebrate Carnival with dawn to dusk frivolity and catch the waves at Playa de Sotavento all with your trusted travel companion Get to the heart of the Canary Islands and begin your journey now Inside Lonely Planet's Canary Islands NEW pull out passport size Just Landed card with wi fi ATM and transport info all you need for a smooth journey from airport to hotel Improved planning tools for family travellers where to go how to save money plus fun stuff just for kids NEW Accommodation feature gathers all the information you need to plan your accommodation Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history people music landscapes wildlife cuisine politics Covers La Palma La Gomera El Hierro Gran Canaria Fuerteventura Tenerife Lanzarote La Geria Tahiche Santa Maria de Guia La Oliva El Teide La Laguna and more The Perfect Choice Lonely Planet's Canary Islands is our most comprehensive guide to the Canary Islands and is perfect for discovering both popular and off the beaten path experiences Looking for just Tenerife's highlights Check out Pocket Tenerife our smaller guide featuring the best sights and experiences for a shorter visit or weekend trip 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

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Everest: A Trekker's Guide Radek Kucharski,2023-07-15 Guidebook to trekking in the Everest region of the Himalaya in Nepal including Thame Valley Lukla to Namche Everest Base Camp from Namche and Gokyo the Cho la and Phortse route plus two routes in Tibet the Rongbuk route and the Kharta Valley Also describes the Three Passes trek Dingboche to Namche via Kongma La Cho La Renjo La

Walking in the Canary Islands Paddy Dillon,2003-03-01 The severn volcanic Canary Islands lie just over 100 miles off the coast of Africa and have a sunny hot climate with little rainfall and snow only on the highest peaks The islands are crowned by El Teide Spain s highest mountain at an impressive 3718 metres Although the islands are often very rough and rocky with high and often inaccessible cliffs they are also criss crossed with tracks and paths that offer many interesting walking routes Much of the landscape is astoundingly beautiful and it is easy to escape the busy holiday resorts There are mountain ridges and peaks to climb deep and rocky barrancos to explore extensive forests of pine and ancient laurisilva woodlands flowery hillsides rugged cliff coastlines and cultivated terraces bearing all manner of fruit and vegetables This guidebook includes a rich and varied selection of 50 walks on the islands of Tenerife La Gomera La Palma and El Hierro A companion volume includes 50 more walks on the islands of Gran Canaria Fuerteventura and Lanzarote including Graciosa

Walking the Tour of the Lake District Lesley Williams,2021-04-15 The Lake District National Park is England s most popular mountain region and is designated as a UNESCO World Heritage site Suitable for most reasonably fit hillwalkers the 145km 90 mile Tour of the Lake District takes in the best of this beautiful region in a circular tour The route is presented in nine stages plus an optional prologue stage from Windermere station to the start point in Ambleside and can be compressed into one week or extended over two weeks giving time to visit many attractions on the way In addition to the main non waymarked route which links the main towns and valleys of the national park five interchangeable high level stages are also offered enabling you to visit some of the region s most celebrated high peaks including Conistone Old Man Scafell Pike Great Gable and Helvellyn should you so wish Each stage includes summary

statistics and clear route description illustrated with OS mapping and an elevation profile There are notes on local points of interest and a wealth of information to help you plan your tour covering public transport accommodation and kit plus accommodation listings and a facilities table The Tour showcases the magnificent landscapes of the region from mountain vistas to idyllic lakeshore scenery There are lakes rivers and waterfalls characterful towns and villages remote valleys high fells and fascinating historical features including a Neolithic stone circle packhorse bridges and properties that once belonged to Beatrix Potter and William Wordsworth There are a wide range of accommodation options to suit all budgets and opportunities to sample delicious local produce The Tour of the Lake District is an ideal way to discover all the region has to offer and is sure to generate lots of memorable experiences *Walking the Wicklow Way* Paddy Dillon,2021-05-15 A guide

to walking Ireland s Wicklow Way a 146km trail through the scenic Wicklow Mountains from Dublin to Clonegal County Carlow The waymarked route is presented in 7 stages taking in rolling countryside forest trails and wild mountain landscapes as well as the historic monastic site of Glendalough Optional variants are also included **The British National**

Bibliography Arthur James Wells,2004 **Isole Canarie** Damian Harper,Isabella Noble,2020-06-25T00:00:00+02:00 Vulcani siti preistorici pinete rigogliose paesaggi lunari baie sabbiose e chilometri di dune Oltre le località balneari delle Canarie c un mondo da scoprire Le Isole Canarie godono di una temperatura quasi perfetta tutto l anno e ci significa che offrono d estate come d inverno panorami vari e affascinanti che di solito si vedono soltanto recandosi in un altro continente La varietà del paesaggio insieme al bel tempo favorisce ovviamente le attività all aperto passeggiate lungo i sentieri segnalati che attraversano le isole in tutti i sensi salendo sulle montagne incantatevi davanti alla vegetazione subtropicale del parco nazionale de La Gomera alle vette ammantate di Gran Canaria o alle impetuose cascate di La Palma Confronterete poi questa abbondanza di verde con i bassopiani spogli intorno a El Teide di Tenerife il gioco di colori delle distese di lava di Lanzarote e le pianure infinite di Fuerteventura punteggiate di cactus arbusti e capre All interno della guida Attività all aperto Flora fauna e vulcani Arte e cultura Itinerari sulle isole Contiene Gran Canaria Fuerteventura Lanzarote Tenerife La Gomera La Palma El Hierro Trekking in the Canary Islands Paddy Dillon,2020-01-15 A guidebook to trekking the 560km 348 mile GR131

across the Canary Islands The island hopping long distance trail crosses Lanzarote Fuerteventura Gran Canaria Tenerife La Gomera La Palma and El Hierro and can be hiked in around a month or split into shorter sections Most of the route uses quiet roads tracks and old mule paths but there are some remote stretches as well as occasional steep and rocky mountain paths The route is presented in 32 stages of between 7 and 30km 4 18 miles Also included is an optional ascent of Spain s highest peak El Teide on Tenerife Clear route description illustrated with 1 50 000 mapping GPX files available to download Notes on accommodation refreshments and local transport Information on ferry transfers between the islands Sized to easily fit in a jacket pocket Books in Print Supplement ,2002 **La Gomera** Klaus Wolfesperger,Annette

Wolfesperger,2019-11-26 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 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

Walk La Gomera David Anthony Brawn, Ros Brawn, 2000 **Whitaker's Books in Print**, 1998 **Walk! La Gomera** Charles Davis, 2004 Contains 35 main walking routes plus numerous short walk and stroll options In this book each route has walking route summary including ratings for Effort Time Distance Ascents Descents Refreshments and Vertigo risk walk description including frequent timings to check your progress and more

La Gomera David A. Brawn, Ros Brawn, 1995-01-01 *La Gomera North* David A. Brawn, Ros Brawn, 1998-01-01 *La Gomera West Walking Guide* David A. Brawn, Ros Brawn, 1995-12 *El Hierro Walking Guide* David A. Brawn, Ros Brawn, Discovery Walking Guides Limited, 1996-04-04 *La Gomera* Klaus Wolfsperger, Annette Wolfsperger, 2017

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