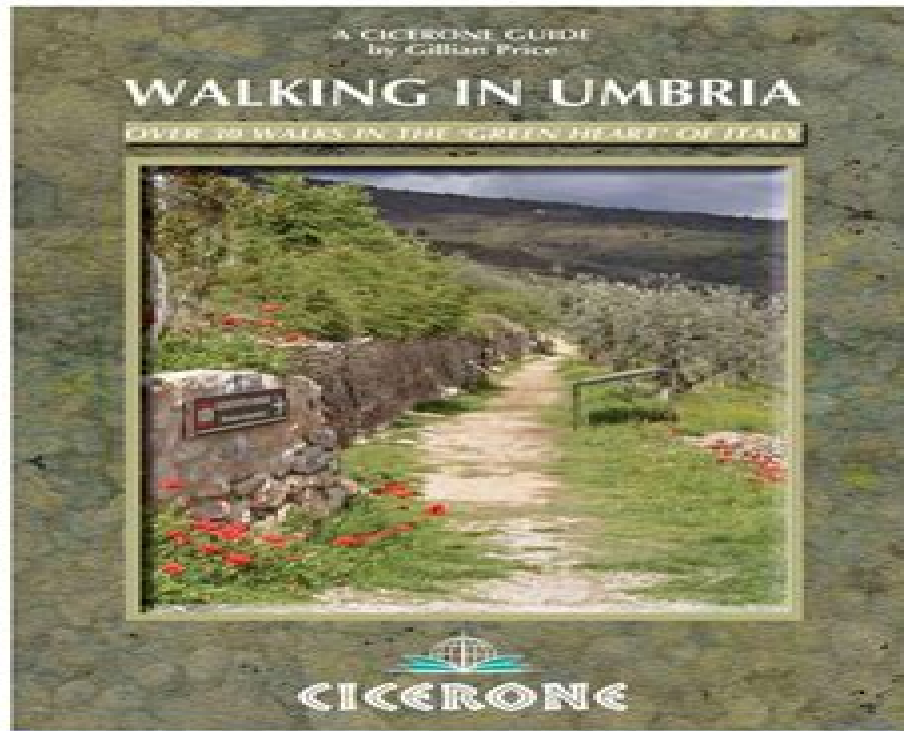


Walking in Umbria (Cicerone Guides)



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This guidebook by Italian walking expert Gillian Price describes 40 varied circular day walks in the region of Umbria, set between Rome and Florence and dotted with UNESCO World Heritage towns such as Orvieto, Norcia, Perugia, Gubbio, Spoleto and Assisi. 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

Walking In Umbria Cicerone Guides

Gillian Price



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Walking in Umbria Gillian Price, 2019-07-15 A guidebook to 40 day walks exploring the Italian region of Umbria Based in the area between Rome and Florence the walks are suitable for beginner and experienced walkers alike Walks range from 3 to 19km 2 12 miles in length and can be enjoyed in 1 5 hours Walks have been graded from 1 to 3 allowing you to choose routes suitable for your ability Sketch maps included for each walk Detailed information on accommodation public transport and facilities Highlights include UNESCO World Heritage towns and Lago Trasimeno Walking in Umbria Gillian Price, 2014 This guidebook describes 40 walks in Umbria among the ancient towns of Assisi Perugia Orvieto and Norcia Known as the green heart of Italy the region of Umbria is home to hills reaching up to the Apennines and Sibillini mountains as well as ancient villages Roman and Etruscan ruins dense woodland and nature reserves **Trekking the Robert Louis Stevenson Trail** Nike Werstroh, Jacint Mig, 2021-02-15 Robert Louis Stevenson's Travels with a donkey in the Cevennes is a classic of travel literature The GR70 long distance trail is based on the author's route allowing walkers to follow in the footsteps of Stevenson and his four legged companion Modestine through the beautiful Cevennes region on the edge of France's Massif Central The route is ideal for both first time trekkers and more experienced hikers covering around 272km of gently undulating countryside from Le Puy en Velay to Alès It can be completed in under a fortnight The trail is presented in 12 stages of 16 to 30km each with clear route description and mapping an elevation profile notes on local points of interest and a brief account of Robert Louis Stevenson's experiences on that section of the route There is useful advice for planning your trip including when to go what to take and how to get there and accommodation listings Following drove roads bridleways and footpaths the GR70 showcases the landscapes of the Cevennes wildflower meadows rolling hills chestnut woods limestone gorges and meandering rivers Characterful villages provide accommodation and other services and offer an opportunity to sample the delicious local produce There are also glimpses into the region's fascinating history from pre historic burial sites to locations associated with the eighteenth century Protestant Camisards who resisted religious persecution While many things have undoubtedly changed since Stevenson's visit the area retains its authentic rural charm and you will soon discover just why Stevenson found it so appealing **Walking in Italy's Cinque Terre** Gillian Price, 2019-05-15 A guidebook to 16 walks in Italy's Cinque Terre Following age old paths linking the UNESCO listed settlements of this beautiful coastline the routes involve moderate to steep ascents and therefore call for a reasonable level of fitness Walks range from 2 to 14km 1 8 miles and can be enjoyed in 2 5 hours There are routes starting from all five of the main villages Monterosso al Mare Vernazza Corniglia Manarola and Riomaggiore and all are accessible by public transport 1 50 000 or 1 25 000 mapping included for each walk GPX files available for download Refreshment and public transport information provided Walks can be combined to create a 3 4 day trek across the Cinque Terre With notes on local history plants and wildlife and cuisine **Walking Lake Garda and Iseo** Gillian Price, 2019-04-15 A guidebook to 20 day walks

around Lakes Garda and Iseo Exploring the dramatic scenery of the Italian lakes the walks are suitable for beginner and experienced walkers alike Walks range from 5 to 13km 3 8 miles and can be enjoyed in 2 5 hours Walks have been graded from 1 to 3 allowing you to choose routes suitable for your ability Sketch maps are included for each walk Detailed information on accommodation public transport and wildlife Highlights include Monte Baldo and Monteisola **Walking and Trekking on Corfu** Gillian Price,2024-07-11 A guidebook to 22 day walks on the Greek island of Corfu plus the Corfu Trail Exploring both the island s stunning coast and unspoilt interior the routes are graded from easy to strenuous with options to suit most abilities and ambitions The day walks range from 4 to 18km 2 11 miles and can be enjoyed in 2 5 hours The 150km 93 mile Corfu Trail traverses the island from south to north and is presented in 10 stages Clear route description and sketch maps included for each walk Detailed information on refreshments and access Suggestions for walking bases Accommodation listings for the Corfu Trail Local points of interest plants and wildlife and Greek cuisine Walks and Treks in the Maritime Alps Gillian Price,2016-08-31 A guidebook to 18 graded day walks and 6 multi day treks across the Maritime Alps Exploring the varied scenery of the border between France and Italy the day walks are suitable for beginner and experienced walkers alike and treks are suitable for hikers with some alpine trekking experience The day walks range from 6 to 20km 4 12 miles in length and can be enjoyed in 3 7 hours The multi day treks vary in length from 22 to 67km 14 42 miles can be completed in 2 7 days and include a 5 day traverse of the Parc National du Mercantour and a 7 day traverse of the Parco Naturale delle Alpi Marittime Sketch maps included for each walk Detailed information on accommodation and facilities Advice on preparation and planning Easy access from Nice **Short Treks on Corsica** Gillian Price,2021-08-25 A guidebook to five short mountain and coastal treks on Corsica the 2 day Sentier du Douanier the 10 day Mare e Monti the 11 day Mare a Mare Nord the 5 day Mare a Mare Sud and the 5 day Mare e Monti Sud The routes are straightforward and are suitable for all walkers of good fitness The treks are presented in day stages of between 8 and 18km 5 11 miles each finishing at a place where accommodation is available There are also opportunities for mixing and matching sections of these routes 1 50 000 mapping and elevation profile included for each route stage GPX files available for download Refreshments and accommodation details Advice on planning and preparation Notes on local plants and wildlife and Corsican cuisine

Walking and Trekking in Zagori Aris Leontaritis,2019-01-15 Zagori in Greece s Northern Pindos National Park is 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 Kalda 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

Walking on the Amalfi Coast Gillian Price, 2024-05-16 A guidebook to 32 day walks on Italy's Amalfi coast Exploring the dramatic scenery of this UNESCO World Heritage site the walks are suitable for beginner and experienced walkers alike and cover the Amalfi coast as well as the Islands of Ischia and Capri Walks range from 3 to 11km 2.7 miles in length and can be enjoyed in 1.5 hours The walks have been designed to allow you to combine routes to create longer days out and are easily accessible from Sorrento Positano and Amalfi Local points of interest are featured including the Gulf of Naples Sketch maps included for each walk Detailed information on accommodation facilities and public transport

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Table of Contents Walking In Umbria Cicerone Guides

1. Understanding the eBook Walking In Umbria Cicerone Guides
 - The Rise of Digital Reading Walking In Umbria Cicerone Guides
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking In Umbria Cicerone Guides
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking In Umbria Cicerone Guides
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking In Umbria Cicerone Guides
 - Personalized Recommendations
 - Walking In Umbria Cicerone Guides User Reviews and Ratings
 - Walking In Umbria Cicerone Guides and Bestseller Lists
5. Accessing Walking In Umbria Cicerone Guides Free and Paid eBooks
 - Walking In Umbria Cicerone Guides Public Domain eBooks
 - Walking In Umbria Cicerone Guides eBook Subscription Services
 - Walking In Umbria Cicerone Guides Budget-Friendly Options

6. Navigating Walking In Umbria Cicerone Guides eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking In Umbria Cicerone Guides Compatibility with Devices
 - Walking In Umbria Cicerone Guides Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking In Umbria Cicerone Guides
 - Highlighting and Note-Taking Walking In Umbria Cicerone Guides
 - Interactive Elements Walking In Umbria Cicerone Guides
8. Staying Engaged with Walking In Umbria Cicerone Guides
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking In Umbria Cicerone Guides
9. Balancing eBooks and Physical Books Walking In Umbria Cicerone Guides
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking In Umbria Cicerone Guides
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking In Umbria Cicerone Guides
 - Setting Reading Goals Walking In Umbria Cicerone Guides
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking In Umbria Cicerone Guides
 - Fact-Checking eBook Content of Walking In Umbria Cicerone Guides
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

-
- Interactive and Gamified eBooks

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