

A CICERONE GUIDE
by Gillian Price

WALKING IN UMBRIA

OVER 30 WALKS IN THE 'GREEN HEART' OF ITALY



CICERONE

Walking In Umbria Cicerone Guides

Gillian Price



Walking In Umbria Cicerone Guides:

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 C vennes 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 C vennes 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 Al s 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 C vennes 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 [Short Treks on Corsica](#) Gillian Price, 2021-03-15 With spectacular mountain landscapes beautiful rugged coast forests maquis and striking river gorges Corsica is a walker s paradise This guidebook details five of the islands s most popular shorter treks the 2 day coastal Sentier du Douanier Customs Officer s Path around Cap Corse two coast to coast routes through the central mountains the 11 day Mare a Mare Nord and the 5 day Mare a Mare Sud and two coast and mountains routes the 10 day Mare e Monti and the 5 day Mare e Monti Sud Corsica s famous 190km GR20 trail is described in a separate Cicerone guide The routes can be linked to create longer excursions and accommodation is provided by a mixture of walkers hostels B camping is also an option The guide presents each of the waymarked trails in daily stages averaging around 12 13km per day with route description mapping and

notes on accommodation options There is advice on how to get to Corsica when to go and what to take plus accommodation listings useful contacts and a French Corsican English glossary The guide also offers a wealth of information about the island s rich plant and wildlife Considerably easier than the challenging GR20 these trails offer a more accessible option for trekkers wishing to experience the real Corsica away from the bustling coastal resorts You ll find enchanting scenery towering forests gushing cascades turquoise coves aromatic maquis rugged mountains and quiet villages nestling on hillsides of chestnut woods not to mention a favourable climate and delicious local cuisine Don t be surprised if you fall under the island s spell

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 in the Drakensberg Jeff Williams, 2017-04-30 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 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

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 Haute Savoie: South Janette Norton, 2017-06-30 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 Samo ns Sixt Sallanches Th nes 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 Cha ne 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

Walking in Catalunya - Girona Pyrenees Nike Werstroh, Jacint Mig, 2024-01-10 A guidebook to 35 graded day walks in Spain s Catalunya Girona Pyrenees region Walks are included for all abilities and can be walked between April and November although some of the lower routes can be walked in winter as well The routes and range from 5 to 19km and take between 2 and 8 hours They are graded from short easy strolls to more demanding walks and cover Garrotxa Ripoll s and the Cad Moixer Natural Park 1 25 000 or 1 50 000 mapping included for each route Detailed information on accommodation public transport and parking Information given on local geology and wildlife GPX files available to download Sized to easily fit in a jacket pocket

Walking the Great Glen Way Paddy Dillon, 2025-06-04 A guidebook to walking the Great Glen Way one of Scotland s Great Trails The 120km 74 mile route between Fort William and Inverness is suitable for those new to long distance walking and can be completed within a week The route is described in both directions in 6 stages of between 12 and 31km 8 19 miles with both low and high level options for the central stages Also included is an alternative route along the north shore of Loch Oich via Invergarry Contains step by step description of the route alongside 1 100 000 maps Includes a separate map booklet containing OS 1 25 000 mapping with the route line Refreshment and public transport information provided for each route stage Handy trek planner route summary tables and accommodation listings help you plan your itinerary GPX files available to download

Walking in Italy Helen Gillman, 1998 Presents thorough authoritative information on walking trips in Italy in a handy 5x7 format Among the features of this guide two color maps detailed descriptions of one day and multi day walks outlines of long distance walks public transport access information accommodation options color photos of the scenery and an Italian language section and glossary Annotation copyrighted by Book News Inc Portland OR

Walking in Tuscany Gillian Price, 2010-09-09 A guidebook to 50 walks through Italy s Tuscany Umbria and Latium ranging from brief strolls to a 5 day trek the Chianti Trail Includes the wild Chianti ridge city walks through Perugia Orvieto and Volterra and day walks on the beautiful island of Elba and

along the unspoilt coast around Orbetello **The Cumulative Book Index** ,1997 A world list of books in the English language *The British National Bibliography* Arthur James Wells,2003 *Tuscany* Damien Simonis,2000 Includes a section on the regions world famous food and wine specialties and fascinating coverage of Tuscan art and architecture from the Etruscans to the Uffizi **Wild Italy** Tim Jepson,1994 **Italy's Sibillini National Park** Gillian Price,2010-09-09 An inspirational guidebook to walking and trekking in Italy's Sibillini National Park includes the GAS Grande Anello dei Sibillini 8 day trek Easily reached from airports on the Adriatic coast and from Rome the Monti Sibillini belong to the Appennine chain that straddles the Marche and Umbria and will become a popular walking destination **Walking in Tuscany** Gillian Price,2010 **Italy** Helen Gillman,Damien Simonis,Stefano Cavedoni,1998 Discover the best Italy has to offer from spectacular trekking routes through the Apennines to cities rich with centuries of art and ancient ruins With places to stay for every budget insider tips on the best Italian cuisine a full color arts and architecture section and complete details on transportation color 114 maps **Central Apennines of Italy** Stephen Fox,1996 Over 1000km long and rarely exceeding 100km in width the Apennines constitute the mountainous spine of the Italian peninsula crossing thirteen of Italy's twenty regions The central Apennines covers three of these regions Abruzzo Marche and Umbria Here walkers can find secluded valleys and waterfalls mystical gorges and beautiful

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