A CICERONE GUIDE by Paddy Dillon

WALKING ON LA GOMERA AND EL HIERRO

DAY WALKS AND LONG-DISTANCE TRAILS





Walking On La Gomera And El Hierro Cicerone Guides

Paddy Dillon

Walking On La Gomera And El Hierro Cicerone Guides:

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 Sebasti n 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 Sebastien and Valverde Rugged mountain treks coastal walks and easier expeditions Walking on La Palma Paddy Dillon, 2019-01-15 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 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 Trekking in Greenland - The Arctic Circle Trail Paddy Dillon, 2019-02-15 At just over 100 miles long and taking 7 to 10 days to complete the Arctic Circle Trail crosses the largest ice free patch of West Greenland This splendid trekking route lying 25 30 miles north of the Arctic Circle runs from Kangerlussuag to Sisimiut both of which have airport access The trail traverses remote empty silent and stunningly scenic arctic tundra and is mostly gently graded with just a few short steep and rocky slopes However the landscape between the two towns of Kangerlussuag and Sisimiut is extremely remote and those who choose to take on this route must be competely self sufficient The book includes plenty of practical information on what to take with you and when to go as well as on safety travel and accommodation Fully illustrated with a variety of photographs and its route is highlighted on continuous trekking maps The guide also includes an optional extension to the Greenlandic ice cap 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 Carnaval 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 wifi 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 145 million guidebooks and grown a dedicated passionate global community of travellers You ll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books ebooks and more TripAdvisor Travelers Choice Awards 2012 2013 2014 2015 and 2016 winner in Favorite Travel Guide category Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveler's hands It s on mobile phones It s on the Internet It s everywhere and it s telling entire generations of people how to travel the world Fairfax Media Australia eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing Important Notice The digital edition of this book may not contain all of the images found in the physical edition Trekkina in the Canary Islands Paddy Dillon, 2020-01-15 This guidebook provides a comprehensive and detailed description of the GR131 an island hopping trail across the seven Canary Islands The 560km 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 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 Calda 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 **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 the Galloway Hills Ronald Turnbull,2019-07-15 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 Fleet among others The guide uses OS 1 50 000 maps with detailed route descriptions and 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 The Galloway Hills are small but special They stretch just 15 miles from west to east and 25 miles north to south almost as small as Snowdonia Within this largely pathless area there are 28 summits over 2000ft 600m including four Corbetts Plenty of background information is given on the region's fascinating and important Walking in the Aosta Valley Andy Hodges, 2022-05-15 A stunning autonomous region in the Italian Alps the Aosta valley is a walker s paradise This guidebook describes 32 varied and scenic routes both within the main valley and those to the north including the Lys valley Valpelline Valtournenche and Grand St Bernard The routes vary in difficulty and distance offering something for walkers of all ability 1 50K mapping together with gradient profiles complement clear and concise route descriptions Also included is invaluable practical information everything from travel options and insurance to useful phrases and a handy kit list Information on via ferratas and trail running is also included for those interested in discovering additional activities available in the area A region of immense beauty the Aosta valley is a must visit destination This selection of walks take in ethereal glaciers majestic mountain tops and enchanting valley forests Long or short easy or challenging the routes abound in history and soak up the rich and varied culture of the region **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 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

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 Coniston 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 Munros Vol 1 - Southern, Central and Western Highlands Steve Kew, 2021-06-15 Half of a two volume set describing challenging and inspiring routes to climb Scotland's 282 3000ft mountains this guide covers the southern central and western Highlands south of the Great Glen taking in stunning areas such as Glen Coe Glen Shee Lochaber and Mull 69 demanding and inspiring routes are described covering 139 Munro mountains Including both popular and lesser known routes the guide is ideal both for Munro baggers and those who simply love great mountain walking This volume includes the iconic Ben Nevis Buachaille Etive Mor and Aonach Eagach ridge as well as the Mamores Grey Corries and Arrochar Alps Volume 2 details the other 143 Munros covering the northern Highlands Cairngorms and Isle of Skye The half day and full day walks and scrambles range from 7km to 48km with the option to reduce walking distance on some of the longer routes by cycling the approach Detailed route description and 1 100K mapping is accompanied by information on difficulty mapping parking access and nearby accommodation The guide also includes handy lists of the Munros by height and alphabetically perfect for peak baggers as well as useful details on Gaelic names Walking on Madeira Paddy Dillon, 2018-08-15 This guide describes a varied selection of 57 walks on the Portuguese island of Madeira exploring the dramatic cliff coastline scenic levadas irrigation channels dense laurisilva cloud forests and high mountain peaks plus three walks on neighbouring Porto Santo There are routes to suit all abilities from easy level levada walks to steep and rugged mountain paths some with exposed sections calling for a sure foot and good head for heights Since the steep terrain of Madeira does not easily support circular walks many of the routes are linear however most can be accessed by public transport and there is the option to link routes to create longer outings and multi day hikes With a favourable climate and striking scenery Madeira is a fantastic walking destination The routes in this guide are spread across the whole island and visitors may choose to base themselves in the capital Funchal or in one of the many smaller towns and villages Regular flights and ferries link Madeira with Porto Santo which boasts an exceptional sandy beach and pleasant easy walking The guide also outlines a day cruise to the nearby uninhabited Ilhas Desertas Comprehensive route description overview statistics

and sketch mapping are provided for each walk There is practical advice on travel and transport a basic map of central Funchal and fascinating notes of Madeira's geology history plants and wildlife Useful contacts and a Portuguese English glossary including a menu decoder can be found in the appendices Walking in Essex Peter Aylmer, 2019-04-15 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 Walking in Catalunya - Barcelona Nike Werstroh, Jacint Mig, 2022-11-15 32 varied walks among the rocky mountains forested slopes and idyllic wine country that surrounds Barcelona Routes range from 6 5 to 28km and cover Montseny Vic and Guilleries Savassona Sant Lloren del Munt i l Obac Montserrat and Pened's and Garraf Walking on Uist and Barra Mike Townsend, 2023-01-15 This guide offers 40 walking routes on the Uists and Barra a unique 100km cluster of islands in Scotland's Outer Hebrides The walks are varied and graded from short flat beach walks beside crystal clear waters to long excursions across wild mountainous terrain the routes visit all the major islands from Berneray to Vatersay but also those smaller and offshore such as Eriskay and Mingulay Routes are described in four sections by area and illustrated with vivid colour photographs and OS mapping Walking across these landscapes especially the hill country gives a sense of remoteness and peaceful solitude that cannot be found in the mainland's National Parks or on the Munros busy with peak baggers Despite a relatively narrow area Uist and Barra's diverse islands offer a contrasting walking terrain and many ancient historic sites such as chambered cairns and standing stones as well as lots of local wildlife Upland areas are home to red deer and golden and white tailed eagles while along the coast grey seals are common and thousands of birds set up their breeding grounds in the machair Daily flights between Glasgow and Benbecula as well as the ferry network mean that all of the islands are readily accessible Walking on Harris and Lewis Richard Barrett, 2022-11-15 Guidebook to 30 day walks on the Isles of Harris and Lewis in Scotland's Outer Hebrides Walks range from 2 to 14 miles combining all day routes in the high hills to short lower level walks that visit the world famous heritage sites Routes include the An Cliseam horseshoe the stone circles of Calanais and the Butt of Lewis lighthouse Hiking in Norway - South Ute Koninx, 2021-02-15 This guide describes 10 shorter hut to hut treks showcasing southern Norway's wild natural beauty with highlights including Galdh piggen Norway's highest peak at 2469m and the

iconic Pulpit Rock and Kjeragbolten on the Lysefjord The routes range from 3 to 8 days although many can be adapted or combined to create longer or shorter routes and cover Jotunheimen Rondane Dovrefjell Trollheimen and Ryfylke They are suitable for experienced hikers with a good level of fitness and can be walked from mid July to the end of September Clear route description and mapping are provided for each hike Stages are graded according to difficulty although all of the routes follow waymarked trails some cross remote and challenging terrain which may include exposed sections calling for a sure foot and a good head for heights However in many instances alternatives are provided avoiding the most demanding sections The guide also offers comprehensive advice on public transport access and accommodation options and background notes on each of the featured mountain regions From narrow ridges to wide glacial valleys and from shimmering fjords to striking alpine peaks Norway is home to many awe inspiring landscapes Throw in the warmth and hospitality of the Norwegian Trekking Association s extensive hut network and you have all the ingredients of a fantastic adventure This guide is an ideal companion to discovering some of Norway s classic shorter hikes and best loved mountain landscapes

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