This guidebook describes the classic GR20 trek, the north to south traverse of the rugged mountains of Corsica. Starting in Corsica's north-west in picturesque Calvi, the route winds south-east, through the heart of Corsica, finishing on the eastern side of the island, just north of Porto Vecchio in the townships of Corte.

Described in 26 stages with high/low level alternatives for relevant stages, the route is roughly 200km in length and takes approximately two weeks to complete. The GR20 climbs high into the mountains. It is demanding trek and only suitable for experienced walkers. Step-by-step descriptions of each stage are accompanied by 1,500 maps, together with information on accessible terrain, food, water and shelter on route. Also included is invaluable information such as path conditions, what to take, and getting there and staying in and around Corsica.

This comprehensive guide also includes information on the history and geography of Corsica, together with notes on the local plants and wildlife. An island of surreal beauty, Corsica showcases dramatic mountainous environments, enchaining coastline and evergreen status. Bare rock and sheer cliffs contrast with black sand beaches, alpine pastures and rocky peaks.

For those planning to go, what to take, and what facilities to expect. Above all, it illustrates the way in which mountain buildings can be truly variable places, where like-minded people can spend a night or two in the most magical of locations and share a love of wild places.

This eBook version of the Green Guide France features Michelin's trusted tips and advice, which make sure you see the best of this beautiful country. From Normandy beaches to the grand châteaux of the Loire and beyond to Corsica's snow-dusted peaks, the Michelin Green Guide France uncovers gastronomic treats and hidden castles, as well as exploring the most beautiful landscapes in France.

The Rough Guides Snapshot France: Corsica is the ultimate travel guide to this beautiful island off the southeastern tip of France. Divided into 12 geographica regions, the guide offers star-rated attractions, regional introductions, detailed maps and easy-to-follow route sections. You'll find information on the best places to visit, what to see and do, and how to get there. It also includes information on the local plants and wildlife.

Corsica is described in 16 stages with high/low level alternatives for relevant stages, the route is roughly 200km in length and takes approximately two weeks to complete. The GR20 climbs high into the mountains. It is demanding trek and only suitable for experienced walkers. Step-by-step descriptions of each stage are accompanied by 1,500 maps, together with information on accessible terrain, food, water and shelter on route. Also included is invaluable information such as path conditions, what to take, and getting there and staying in and around Corsica.

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possible to the main ridge. It stretches 760km from the Atlantic resort of Hendaye to Banyuls-sur-Mer on the Mediterranean, crossing the French-Spanish border many times on its traverse. The hike calls for experience, navigational competence and self-reliance, but offers rich rewards as you pass through some of the most stunning landscapes the region has to offer. This guide presents the Pyrenean Route Route in 44 day stages, which are divided between five sections: since each section starts and finishes at a location accessible by public transport, they can be walked individually if you don’t have a spare month-and-a-half for a complete traverse. Although the route offers excellent opportunities for wild camping, each stage finishes at a mountain hut or village, meaning that you can sleep under a roof every night if you prefer. Clear route description is accompanied by 1,100,000 mapping. There are bad weather variations and alternatives to avoid the most technical sections, and the guide also includes optional ascents of 10 classic summits, including Vignemale, Pic du Toulon and the highest peak in the Pyrenees, Pico de Aneto. You’ll also find helpful advice on travel to and from the route, equipment and safety. From the rolling green foothills of the Basque Country to High Pyrenean landscapes of aquamarine lakes nestled among 3000m peaks, the scenery is as varied as it is beautiful. Highlights include the kauri forest of Pic d’Anie, the Gavarnie glacier, Lac de Mar in the picturesque Vall de Auros and the dramatic Cirque de Gavarnie with its towering cascade.

A diary of a walk on the GR20 across Corsica in September 2002.

The ideal travel companion, full of insider advice on what to see and do, plus detailed itineraries and comprehensive maps for exploring this wild and fascinating island. Admire the clifftop setting of Bonifacio’s Old Town, drive the corniche road around Cup Corse or enjoy the pure white sands of Plage de Lato: everything you need to know is clearly laid out within colour-coded chapters. Discover the best of Corsica with this indispensable travel guide. Inside DK Eyewitness Travel Guide Corsica: • Over 10 colour maps, plus a road map of the island, help you navigate with ease. • Simple layout makes it easy to find the information you need. • Comprehensive tours and itineraries of Corsica, designed for every interest and budget. • Illustrations show in detail the impressive citadels of Bastia, Calvi and Corte, Ajaccio’s Musée des Beaux Arts in the Palais Féral, the wildlife-filled Réserve Naturelle de Scandola and more. • Colour photographs of Corsica’s spectacular citadels, cliff-top towns, beautiful landscapes - including its beach strewn coast, mountainous interior and dense forests - plus its pretty villas, historic sights and more. • Detailed chapters, with area maps, cover Bastia and the North; Ajaccio and the West Coast; Bonifacio and the South; Corte and the Interior - Historical and cultural context gives you a richer travel experience: learn about the island’s tumultuous history, diverse landscape and wildlife, varied architecture, as well as its language, literature, music, traditions, festivals and events, and more. • Essential travel tips: our expert choices of where to stay, eat, shop and sightsee, plus how to get around, useful phrases, and visa and health information. DK Eyewitness Travel Guide Corsica is a detailed, easy-to-use guide designed to help you get the most from your visit in this beautiful island. DK Eyewitness Travel: DK’s highly visual Eyewitness guides show you what others only tell you, with easy-to-read maps, tips, and tours to inform and enrich your holiday. DK is the world’s leading illustrated reference publisher, producing beautifully designed books for adults and children in over 120 countries.

This guidebook describes the classic GR20 trek, the north to south traverse of the rugged mountains of Corsica. Starting in Corsica’s north west, in picturesque Calenzana, the route winds south-east, through the heart of Corsica, finishing on the eastern side of the island, just north of Porto Vecchio in the township of Corte. Described in 16 stages with high/low level alternatives for relevant stages, the route is roughly 200km in length and takes approximately two weeks to complete. The GR20 climbs high into the mountains. It is demanding trek and only suitable for experienced walkers. Step-by-step descriptions of each stage are accompanied by 1,500,000 mapping, together with information on ascents/descents, terrain, food, water and shelter en route. Also included is invaluable information such as path conditions, what to take, and getting softened and around Corsica. This comprehensive guide also includes information on the history and geology of Corsica, together with notes on the local plants and wildlife. An island of unusual beauty, Corsica showcases dramatic mountainous environments, enchanting coastline and eternal vistas. Stone rock and sheer cliff contrast with black sand beaches, alpine pastures and pockets of forests. Mediterranean flora abounds, history singers and culture is celebrated, making it the perfect destination for a trekking adventure with a touch of culture.

The High Tatras is a range of granite and gneiss mountains between Poland and Slovakia: 500 rocky summit, 100 of which exceed 2000m in height (Gerlach 2655m). The ridges are narrow and full of gentlemans and look formidable, yet, as you draw closer you discover the valley which separate the peaks and realize there are ways through. A network of waymarked paths connects peaks, lakes and mountain huts. Many are simple walks, but some are exposed via ferrata type scrambles. With the collapse of the Eastern Bloc, access is now a simple matter and is fully described in the book, as are all major centres on both sides of the border and a comprehensive selection from the easiest to the hardest. Despite its size the book also includes the alpe peaks of Western Tatras and limestone peaks of the White Tatras as well as the High Tatras.

Rough Guides har eksistert i mer enn 30 år og er kanskje verdens mest populære reisehåndbokserie. Guidene gir informasjon om overnatting, restauranter, sport og aktiviteter - også for lavere reisebudsjett.

Includes section “Mountaineering literature.”

Corsica is a mountainous island in the Mediterranean and its GR20 is reputed to be the toughest waymarked trail in Europe. It is an ambitious route for fit and agile walkers, covering 190km in about two weeks as it makes a complete traverse through the high mountains, backpacking the whole way, sometimes with hands-on scrambling. Facilities are limited to a dozen mountain refuges and a mere handful of hotels or gîtes. The classic route is described, along with high- and low-level alternatives, plus extra mountain climbs. The guide explains exactly what is involved in following the GR20, including what walkers need to carry and how the route is in places, revealing everything you need to know. Detailed route descriptions and stunning photographs.

The Rough Guide to Corsica is the ultimate travel clear guide with clear maps, and detailed coverage of all the best attractions Corsica has to offer. This guide highlights the spectacular regions of Corsica from the beautiful island beaches of Corsica, to the amazing GR20 trail and scenic walks through this lush Mediterranean island. New full-colour features explore The Rough Guide to Corsica’s most unique mountainous and coastal landscapes. With local knowledge and the practical advice of locals, the Rough Guide to Corsica is the perfect companion for your Corsica visit.

Wales’ mountains, with their intricate network of valleys and passes, provide the walker with ideal terrain for a coast-to-coast walk. The routes in this guide from Snowdonia to the Gower Peninsula are designed for experienced walkers looking for new routes rather than following the marked ways.

A “what to expect” guide for first-time ayahuasca users paired with accounts from the author’s extensive shamanic journeying. First-hand advice on what to expect, he naturally offered them advice. Part visionary ayahuasca memoir and part practical guide, this book contains the essential information required for those planning to commit to ayahuasca. At first only a curious filmmaker, over multiple trips he transformed from explorer to apprentice, and finally to shaman. In his own words: “It is now a simple matter and is fully described in the book, as are all major centres on both sides of the border and a comprehensive selection from the easiest to the hardest. Despite its size the book also includes the alpe peaks of Western Tatras and limestone peaks of the White Tatras as well as the High Tatras.

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