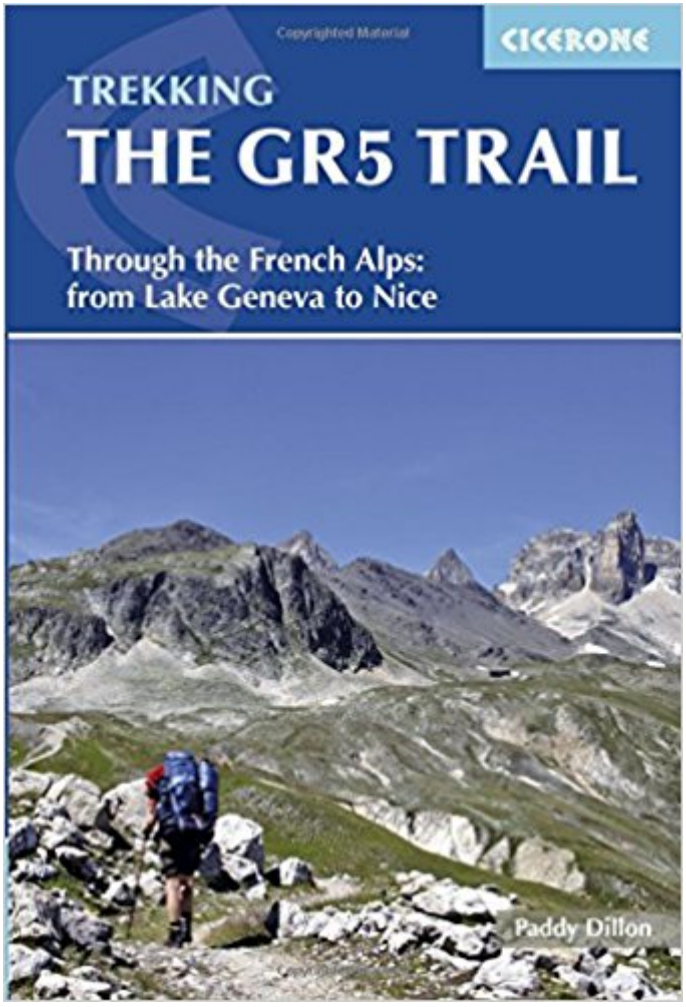
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Trekking The GR5 Trail: Through The French Alps: From Lake Geneva To Nice (Cicerone Guides)



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Synopsis

The GR5 is one of the world’s most spectacular long-distance trails, but at the same time well within the reach of moderately experienced walkers and backpackers. There is good signposting and waymarking, plus lodgings, food and drink are all available at regular intervals. The paths and tracks are generally well graded, while steep climbs are tackled on zigzag paths, so the overall gradient is not so severe. These numerous benefits mean that every summer, thousands of walkers embark on this trek.It makes its way through the Alps from the shores of Lac LÃƒÂ©man at Geneva to the Mediterranean at Nice, following a route of 674km (420 miles) on well-graded and well-marked paths and tracks. The route can be trekked in a month, or it can be split over a series of summer trips to prolong the enjoyment. Good public transport links across the length of the trail mean that it is easy to divide the trek into several separate trips.This guidebook also describes some scenic variant routes, including the stunning GR55 through the Vanoise National Park and the delightful GR52 that crosses the Mercantour National Park. Full descriptions and maps are provided for these alternatives, at the appropriate stages.The book includes daily stages, timings, ascents and descents;full-colour mapping and gradient profiles; full information about facilities and services along the route.

Book Information

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Customer Reviews

Paddy Dillon is a prolific outdoor writer with over 60 guidebooks to his name, as well as more than a dozen booklets and brochures. He writes for a number of outdoor magazines and other

publications, and produces material for tourism groups and other organisations. He lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales; writing about walks in every one of them. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Africa and the Rocky Mountains of Canada and the US.

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