

Cycling Scotland S North Coast

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Walking the Brittany Coast Path Carroll Dorgan 2022-04-15 This guide describes a 624km section of French long-distance route the GR34, following the north coast of Brittany from ever-popular Mont-Saint-Michel to the port of Roscoff. (The full GR34 - also known as 'Sentier des Douaniers', the Customs Officers Path - totals some 2000km and follows in the footsteps of customs officers of old who patrolled the coast in attempt to curb smuggling.) The trail is waymarked and well maintained, offering mainly easy walking, though there are a few more strenuous sections and some short steep ascents and descents. It takes around a month to complete but the guide also includes suggestions for four five-day 'highlight' sections. The route is described from east to west and presented in 28 stages. For each stage, you will find clear route description and mapping, summary statistics and notes on facilities, accommodation, public transport connections and local points of interest. The introduction offers plenty of practical advice for planning and undertaking your trip, as well as overviews of Brittany's fascinating history and culture. Selected accommodation listings, useful contacts and a glossary can be found in the appendices. The GR34 leads you through interesting and varied scenery: high above the rocky shores of the Emerald Coast, where waves crash, then elsewhere closer to the water, passing innumerable inviting beaches. There are sea-cliffs and sandy coves, pink granite boulder-fields and unique river estuaries, woodland and heath. Although camping is a possibility, accommodation is readily available in a mixture of bustling seaside resorts and quieter fishing villages. As you hike the trail, you will discover Brittany, a region rich in history and culture and with a distinctive identity that sets it apart from the rest of France, and you will uncover the beauty of this beguiling coastline.

Cycling Scotland's North Coast Nicolas Mitchell 2018-08 This cycling guidebook follows the course of a new cycling route around the North Coast of Scotland, described as Scotland's own Route 66. Since its launch in 2015 this route--branded as "North Coast 500" (NC500)--has proved to be a resounding success, with motorists, motorcyclists, and cyclists flocking to Inverness to put rubber to the road, driving and riding through some of the most spectacular scenery in the United Kingdom. This guidebook is aimed specifically at cyclists, describing the entire coastal route over seven stages. A sketch plan, elevation graphs, and turn-by-turn directions are given to each stage; points of interest are highlighted, and in many cases illustrated; helpful sections on travel to Inverness, nutrition, navigation, and emergency cycle repairs; alternative route is offered to the busy and challenging A9 section south of Wick; and finally, a full list of accommodation providers to suit all budgets.

The Kennet and Avon Canal Steve Davison 2016-11-28 This guidebook to walking along the Kennet & Avon Canal covers the 94 mile (152km) route from Reading to Bristol. The canal walk is split into 7 stages of fairly easy, level walking, of between 93/4 and 181/2 miles, with advice on splitting or shortening the

stages if needed. The book also includes 20 easy circular walks, ranging from 4¼ to 9 miles, taking in the best sections of the canal and visiting sites nearby, making this two guidebooks in one. Alongside OS map extracts and detailed route descriptions, there are plenty of details on the history, heritage and wildlife encountered along the way. An itinerary planner is included for walkers who want to create longer or shorter stages, and there is useful practical information including details on accessing the walks by public transport and a list of accommodation available along the route. The result is a highly useful and fascinating companion to exploring the canal and its surroundings. In the early 1800s the Kennet and Avon Canal provided an important direct trade route between London and Bristol. Today the waterway weaves its way through the rolling chalk contours of the North Wessex Downs to the southern edge of the Cotswolds, passing vibrant towns and cities as well as picture-postcard villages with thatched cottages, ancient churches and cosy pubs. Fascinating features - such as Crofton Pumping Station and Beam Engines, the impressive Caen Hill flight of locks at Devizes, the aqueducts at Avoncliff and Dundas, the UNESCO World Heritage Site of Georgian Bath and Bristol's vibrant Floating Harbour - are explored as the canal makes its journey across southern England.

Eat, Sleep, Cycle Anna Hughes 2015-03-12 I have always loved riding my bike; having the freedom to go where I choose, at my own pace. . . the physical pleasure and satisfaction of a hard day's ride, the fresh air, the work out, the fact that it's free. The bike has always been how I get to places. I wanted to see how far I could get. For Anna, a cycling enthusiast, the decision to ride 4,000 miles solo around the coast of the UK wasn't that hard. Following the river from London until it became the sea, then following the sea until it reached the mouth of the Thames again was a beautifully simple idea. But after epic highs, incredible lows, unforgettable scenery, and unpronounceable place names—as well as a hearty battle with some good old British weather—her simple idea turns into a compelling journey of self-discovery, and an eye-opening insight into what makes the island where she lives so special.

Cycling the Reivers Route Rachel Crolla 2021-07-15 As the wildest of the northern coast-to-coast cycle routes, the Reivers Route explores the rich Border Reiving history of northern England and the Scottish Borders. Travelling 173 mile (280km) from Whitehaven to Tynemouth, this four-day cycle tour takes in the Cumbrian coast, northern Lake District, Northumberland National Park and North Tynedale, offering memorable off-road cycling through Kershope Forest and around Kielder Water. The route offers both on and off-road cycling, and is suitable for cyclists using touring or hybrid bikes. Places to stay overnight include Carlisle, Bailey Mill and Bellingham. The guidebook also offers the Borderers Ride, an alternative coast-to-coast ride along the England-Scotland border from Gretna to Berwick-upon-Tweed. This route joins up the fantastic middle section of the Reivers Route with a route heading north via Wooler and the Holy Island of Lindisfarne to finish at Berwick-upon-Tweed. Whether on the Reivers Route or the Borderers Ride, these cycle tours offer exceptional cycling on gated roads and quiet cycle paths as they explore rolling hillsides, remote forests and plenty of historic sites. This guidebook provides everything you need to enjoy a successful cycle tour on the Reivers Route or Borderers Ride. Each stage includes detailed 1:100,000 mapping, profiles and comprehensive route description containing insights into points of interest along the way. The introduction offers plenty of information about the area's history, as well as practical advice about suitable bikes, equipment, and transport to and from the route. The appendices feature useful contacts for bike shops and available accommodation.

Trekking the Tour of Mont Blanc Kev Reynolds 2020-04-15 This guidebook contains in-depth route description and mapping for both the classic 11 day anti-clockwise circuit and an alternative 10 day clockwise TMB circuit. This well-signed but demanding 170km route, starting from Les Houches or Champex, is suitable for fit walkers. The guidebook comes with a map booklet containing official 1:25,000 IGN mapping for the TMB route, and urban maps for the major centres of Chamonix, Courmayeur, Les

Contamines, Les Houches and Champex. Complete with a French-English glossary, comprehensive notes about accommodation, facilities and transport, this guide provides all the information needed for planning and completing your trek. The Tour of Mont Blanc is one of the world's classic treks. Visiting France, Italy and Switzerland, the TMB passes through some of Europe's most spectacular mountain scenery, with views of the peaks and glaciers of the magnificent Mont Blanc massif.

The Swiss Alpine Pass Route - Via Alpina Route 1 Kev Reynolds 2017-05-31 This guidebook presents the stunning Alpine Pass Route, now fully waymarked as Via Alpina 1. The 360km trail traverses Switzerland from east to west, from Sargans near the Liechtenstein border to Montreux on Lac Lemman (Lake Geneva). Crossing sixteen Alpine passes, it showcases some of the country's most breathtaking mountain landscapes, boasting views of iconic peaks such as the Wetterhorn, Eiger, Jungfrau and Les Diablerets. The route is suitable for those with some experience of Alpine trekking: it amasses over 20,000m of ascent and involves some steep sections. It can be completed in 2-3 weeks, although it is also possible to walk shorter sections; alternatively postbus, cable-car and rail connections could be used to allow for a tighter schedule. The route is presented in 18 stages, each featuring step-by-step route description accompanied by 1:100,000 mapping, route profiles and notes on transport, accommodation and facilities. In addition, a 26km prologue in Liechtenstein and an alternative finish following the old course of the Alpine Pass Route via Gsteig are also described. Accommodation options range from mountain huts to hotels and inns, with camping available at a number of licensed sites along the route.

Cycling the Route Des Grandes Alpes Giles Belbin 2022-06-15 Abounding in history and dotted with cols coloured by stories about the world's greatest cyclists, the Route des Grandes Alpes (RdGA) is a must for competent, hill-hungry cycle tourers. Covering some 720km from Lake Geneva (Lac Léman) to mediterranean Nice, the route is described across 14 stages and can be completed in anywhere from 7 to 14 days - depending on how you'd like to spread out the 17,000m of climbing. Six variants are also described, ensuring no holiday is compromised or cut short if a col on route is closed. Clear and concise route descriptions are provided for each stage (and variant), together with 1:150K mapping and extremely helpful gradient profiles. Also included is invaluable practical advice - everything from bicycle selection (including eBikes) and nutrition in the saddle, to logistical planning and accommodation options. Showcasing some of the world's best Alpine cycling, the RdGA takes in 17 major climbs, including the famous Col de l'Iseran (the highest paved pass in the Alps), the Col du Galibier (favourite climb of Tour de France founder, Henri Desgrange) and the Col d'Izoard (synonymous with cycling legends Fausto Coppi and Louison Bobet). It also passes through some of the most spectacular national parks in France, including the Vanoise, the Écrins and the Mercantour.

Walking in the North Wessex Downs Steve Davison 2021-11-15 30 walking routes exploring the North Wessex Downs Area of Outstanding Natural Beauty (AONB). The routes are between 7 and 20km through this peaceful rolling chalk landscape and cover parts of four counties: Berkshire, Hampshire, Wiltshire and Oxfordshire, with walks to reach the highest point in each one.

Fifty Years of the Wilson Cycle Concept in Plate Tectonics R.W. Wilson 2019-11-11 Fifty years ago, Tuzo Wilson published his paper asking 'Did the Atlantic close and then re-open?'. This led to the 'Wilson Cycle' concept in which the repeated opening and closing of ocean basins along old orogenic belts is a key process in the assembly and breakup of supercontinents. The Wilson Cycle underlies much of what we know about the geological evolution of the Earth and its lithosphere, and will no doubt continue to be developed as we gain more understanding of the physical processes that control mantle convection, plate tectonics, and as more data become available from currently less accessible regions. This volume includes both thematic and review papers covering various aspects of the Wilson Cycle concept.

Thematic sections include: (1) the Classic Wilson v. Supercontinent Cycles, (2) Mantle Dynamics in the Wilson Cycle, (3) Tectonic Inheritance in the Lithosphere, (4) Revisiting Tuzo's question on the Atlantic, (5) Opening and Closing of Oceans, and (6) Cratonic Basins and their place in the Wilson Cycle.

Moon Scotland Sally Coffey 2022-07-05 Dramatic landscapes, hauntingly beautiful ruins, and stirring myths and legends: See for yourself why this evocative country has inspired art and folklore for centuries with Moon Scotland. Inside you'll find: Flexible itineraries including a journey through the Highlands and Islands, day-by-day itineraries in Glasgow and Edinburgh, a tour of Scotland's six World Heritage Sites, and more Strategic advice, whether you're looking to castle-hop, trace your ancestry, go cliff-diving, or stroll through misty villages Must-see highlights and unique experiences: Walk along Edinburgh's historic Royal Mile, or climb the Arthur's Seat peak. Explore Neolithic burial chambers and rugged archipelagos in the north, follow the Malt Whisky Trail in Speyside, or hop on the West Highland Railway, one of the world's most beautiful train rides. Catch a traditional music performance in Glasgow or chat with locals at a corner pub over folk music and a pint. Hike through wild moors and pine forests to deserted villages on Skye, play one of the oldest golf courses in the world, or take a seaplane over Loch Lomond for dramatic views of the Highlands Honest tips from Scotland expert Sally Coffey Full-color photos and detailed maps throughout Background information on Scotland's landscape, history, and cultural customs Helpful resources on Covid-19 and traveling to Scotland In-depth coverage of Edinburgh, Glasgow, Southern, Central, and Northeast Scotland, Loch Lomond, Inverness, Orkney & Shetland, the Central Highlands and the Isle of Skye, and the Outer Hebrides Handy tools such as visa information, a Scottish phrasebook, and tips for LGBTQ+ travelers, families with kids, and seniors Experience the best of Scotland with Moon's practical tips and expert insight. Sticking to the major cities? Check out Moon Edinburgh, Glasgow & the Isle of Skye. About Moon Travel Guides: Moon was founded in 1973 to empower independent, active, and conscious travel. We prioritize local businesses, outdoor recreation, and traveling strategically and sustainably. Moon Travel Guides are written by local, expert authors with great stories to tell—and they can't wait to share their favorite places with you. For more inspiration, follow @moonguides on social media.

The Mountains of Romania Janneke Klop 2020-02-15 This guide describes 27 short treks of 2-6 days and 10 day walks in the mountains of Romania. Although there is a slight focus on Transylvania, most of the main massifs are included, with chapters covering the Mountains of Maramures, the Eastern Carpathians, the mountains around Brasov, the Fagara?, the region between the Olt and the Jiu, the Retezat, the mountains of Banat and the Apuseni. Also included is an ascent of Moldoveanu, Romania's highest peak at 2544m. There is a wealth of advice to help you plan your trip and organise the logistics of your walk or trek. Some routes avail of the network of mountain huts; others offer opportunities to camp in attractive wild locations. Overviews and a route summary table make it easy to choose an appropriate excursion. Each route includes clear description and mapping, as well as notes on accommodation and access (some can be accessed by public transport, although others require either pre-arranged pick-up or hitchhiking). There are fascinating insights into Romania's colourful culture and history and appendices containing hut listings, useful contacts and a helpful glossary. The graded routes are as varied as Romania's diverse landscapes. They take in rolling hills, craggy karst peaks, glacial lakes and Europe's last virgin forests, with other highlights including Transylvanian castles, wooden churches, the Piatra Craiului ridge and the spectacular Sapte Scari (Seven Ladders) and Turda Gorges. Historic towns such as the medieval towns of Brasov and Sibiu and the spa resort of Vatra Dornei offer easy access to the mountains; other routes visit remote villages that have changed little over the centuries, where self-sufficiency is still very much the way of life. All in all, the guide is a perfect companion to discovering the unspoilt beauty of Romania's enchanting mountain regions.

Walking the South West Coast Path Paddy Dillon 2021-04-15 The South West Coast Path National Trail (SWCP) measures a staggering 630 miles (1015km) from Minehead on the Somerset coast right round Devon and Cornwall to Poole in Dorset. The guidebook divides the route into 45 stages of between 12.5 to 37.5km, beginning and ending where amenities are available. Written by prolific outdoor writer Paddy Dillon, this guidebook is packed with lots of information for planning your walk, including clear step-by-step route descriptions and OS map extracts, public transport links, accommodation and facilities along the way. Also described is the 17-mile South Dorset Ridgeway, from West Bexington to Osmington Mills, which can be used as a scenic way to shave 42 miles off the total distance. This epic route takes in Exmoor National Park, five AONBs and the Jurassic Coast World Heritage Site, besides various nature reserves and SSSIs. No other stretch of coastline compares for scenic splendour, historical sites and availability of refreshments, accommodation and public transport, making it easy to split the South West Coast Path into week or weekend-long sections.

Cycle Touring in Northern Scotland Mike Wells 2019-10-11 This guidebook describes a 528-mile cycling route in northern Scotland. Starting and finishing in the highland capital Inverness, the circular route passes through the ancient counties and districts of Wester Ross, Sutherland, Caithness, Easter Ross and the Black Isle and is suitable for mountain, touring and road bikes.

Cycle Touring in Northern Scotland Mike Wells 2020-03-18 This guidebook describes a 528-mile cycling route in northern Scotland. Starting and finishing in the highland capital Inverness, the circular route passes through the ancient counties and districts of Wester Ross, Sutherland, Caithness, Easter Ross and the Black Isle and is suitable for mountain, touring and road bikes: the going is entirely on asphalt-surfaced roads, though many are quiet with little traffic. The circuit can be comfortably completed in a fortnight. Featuring clear and concise route description, together with 1:150,000 mapping, gradient profiles, suggested schedules and invaluable practical information - including complete lists of all hostel/bunkhouse accommodation, official campsites and services for cyclists and advice on other accommodation and refreshment opportunities, this guidebook provides all the information needed to plan and execute a terrific cycle tour. Alternative routes are provided in case you should wish to avoid the steep ascent of Bealach na Bà or the undulating Assynt peninsula, or to include the busier A9 east coast road. The route boasts stunning scenery and rich historical interest and cyclists will be treated to mile upon mile of unspoilt wilderness. The journey takes in varied landscapes of craggy mountains, verdant glens, rolling peat moorland dotted with lochs and wild rugged coastlines - and if the scenery isn't enough, there are many distilleries and micro-breweries on or near the route guaranteed to entice. With notes on history, geology, wildlife and local points of interest, the guide offers a perfect way to get to know Scotland's captivating far north.

The Book of the Bivvy Ronald Turnbull 2021-07-15 They are the best of nights, they are the worst of nights? Bivvyng offers a chance to experience a whole new level of immersion in the outdoors, with just a lightweight bag between you and the elements. The Book of the Bivvy provides an informed, humorous, instructive, wry insight into the world of the bivouac, drawing upon Ronald Turnbull's own extensive experience. The book is a half-and-half mix of how to do it and why to do it (or how not to do it and why not to do it). Accounts of bivvybag nights and expeditions, both nice and nasty, are interspersed with practical tips about types of membrane, sites, techniques and minimalist kit. There are stories and anecdotes from all over the UK, plus a few from abroad. The rich and colourful history of the bivvy is also explored in Ronald's own inimitable style, with descriptions of how Diogenes (the Cynic) bivvied under timber and how the Eigerwand was climbed only through improved bivvyng technique. The Book of the Bivvy is a celebration of back-to-basic camping, the perfect antidote to our fast-paced, comfort-based modern life. Honest and entertaining, there is every chance it will inspire you to find a remote hilltop, roll

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out your bag and watch the sunset.

Ten Bodies, Two Bikes and a Boil - Lands End to John O'Groats Cycle Ride Chris Gooderham 2008-04-01 A dark comedy based on the true story of one man's quest for immortality. Matthew Moore has received the worst news of his life - he only has one year to live, and he wants to do something he can finally be proud of. Ten Bodies, Two Bikes and a Boil follows the diary of one man as he cycles the length of the country, from Lands End to John O'Groats, dragging his father-in-law; his Bike Buddy, with him. A man who is grumpy, overweight, unfit, with knackered knees and high blood pressure. A man more likely to die than succeed. Over three weeks, Moore tells of his battle through the country. A light-hearted and jovial tale to begin with, Moore appears to forget about his fatal diagnosis, but quickly becomes envious of other people. What starts as a simple cycle ride soon becomes a personal crusade, one final attempt to live forever. This book is a must read for anyone contemplating the challenge and includes daily maps, road and traffic conditions as well as the contour of the route.

Walking the Munros Vol 2 - Northern Highlands and the Cairngorms Steve Kew 2022-07-15 Volume two of Walking the Munros, this guidebook describes 70 challenging and inspiring routes up Scotland's iconic 3000ft+ mountains within the Northern Highlands, the Cairngorms and the Isle of Skye. The routes, which range from 7 to 46km (with the option to reduce walking distance on some of the longer routes by cycling the approach), cover 143 Munro summits, offering half and full-day walk and scramble options. Clear and concise route descriptions are accompanied by 1:100K mapping, together with invaluable practical information on access, parking, accommodation and more. Also included are two handy indexes of the Munros - listed alphabetically and by height - a perfect resource for peak-baggers. This guide incorporates both popular and lesser-known routes, and celebrates the raw and rugged beauty of these majestic mountains.

Cycling the Camino de Santiago Mike Wells 2019-03-15 The Camino de Santiago de Compostela (Camino Francés or Way of St James) is among the world's most famous pilgrimages: Christian pilgrims have travelled to the shrine of St James in Santiago, northern Spain, since the ninth century. This guide provides all the information you need to successfully cycle the Camino. The Camino Francés is the most popular variant of the Camino, linking St Jean-Pied-de-Port on the French-Spanish border with Santiago via Pamplona, Burgos and León. The guide presents the journey in 18 stages. Two versions of the route are described, the first (770km) based closely on the walkers' route and suitable for hybrid or mountain bikes; the second (798km) a 'road route' for road and touring cycles. It can be cycled in around 10-14 days and is very well provisioned. Clear route description and mapping are accompanied by notes on local points of interest, as well as background information on Spanish history and the history of the Camino. The practicalities are also thoroughly covered, including travel to and from the route, accommodation, facilities, kit and how to qualify for and obtain your Compostela (pilgrims' certificate). Whether you're seeking a spiritual journey, a physical challenge or just a holiday, the Camino promises an unforgettable experience - from the beautiful landscapes, historic towns and rich culture of northern Spain to the famed camaraderie with other wayfarers. Blending information with inspiration, this guide is an ideal companion to cycling this UNESCO-listed route.

The Rough Guide to the North Coast 500 (Compact Travel Guide eBook) Rough Guides 2021-10-01 The Rough Guide to the North Coast 500 Make the most of your time on Earth with the ultimate travel guides. Discover the North Coast 500 with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to sample world-class single malt whiskies, ascend the hair-raising Applecross Pass or go whalewatching off the west coast, The Rough Guide to the North Coast 500 will help you discover the

best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to the North Coast 500: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to luxury getaways - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip along the North Coast 500 - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the sugarloaf moonscape of Assynt and the stunning Duncansby Head sea stacks - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of the best sights and top experiences to be found along the North Coast 500 route - Travel tips and info: packed with essential pre-departure information including when to go, getting there, getting around, accommodation, food and drink, health, costs and more - Background information: comprehensive 'Moments in History' section provides fascinating insights into Scotland's past - Covers: Inverness to the Black Isle and beyond, the road to John O'Groats, along the north coast, exploring the northwest and Wester Ross to Inverness You may also be interested in: Rough Guide to Scotland About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

Joss Naylor's Lakes, Meres and Waters of the Lake District Vivienne Crow 2021-10-15 King of the Fells. Iron man. Lake District fell running legend. Joss Naylor is all of these things and more. His achievements are astounding, his records stand the test of time. In 1983 he completed the 105-mile Lakes, Meres and Waters (LMW) route in a staggering 19hr 14min and to this day, describes it as one of the best routes he ever ran. High praise indeed and yet, so few know of it. Part guidebook, part inspirational regaling, this book interweaves tales of past and present as Naylor reflects on his 1983 epic on a re-walk 37 years later. In the company of award-winning author, Vivienne Crow, Naylor recalls that magical day, sharing stories and anecdotes from, not just his run, but the 1980s fell running scene, his working life and growing up in the Wasdale Valley. Naylor's tales, together with breathtaking photography, are accompanied by basic guide notes for the LMW route, sticking as closely to his 1983 run as possible. These notes divide the route into ten stages (ranging from 9 to 14 miles), allowing runners and walkers to follow in the footsteps of the King of the Fells, albeit on a more relaxed schedule. From Loweswater to Over Water, visiting 27 of the Lake District's largest bodies of water, the LMW route guarantees vistas of unparalleled beauty and an unforgettable experience in true fell country.

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 island'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&Bs and hotels; 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!

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Walking in Torridon, Fisherfield, Fannichs and An Teallach Chris Townsend 2022-07-15 Guide to 50 walks and easy scrambles in north-western Scotland, covering Southern Torridon, Northern Torridon, Letterewe and Fisherfield, and the Fannichs. Ascents of 27 Munros, 20 Corbetts and 14 Grahams are included, with highlights including Liathach, Beinn Eighe, Beinn Alligin, An Teallach and Slioch. The walks are suitable for those with good navigation skills who are competent in a mountain environment. All the walks in the guide are graded, with summary statistics provided, and each includes clear route description and mapping. There's also a route summary table to help with choosing appropriate walks. Background information on local geology, wildlife and history, and planning details on when to go, where to stay and what to take are included to make the most out of any trip to Torridon. The region boasts spectacular and distinctive landscapes and breathtaking views. Steep-sided rocky mountains rise above long winding lochs, both freshwater and sea. From the hills there are vast panoramas out across the sea to the Hebrides and of mountains stretching out to the north, south and east. This is a land for those who love open spaces, vast horizons, and the domination of nature.

Trekking the Cathar Way Luke Smith 2022-01-15 Two of the southernmost départements of France, the Pyrénées-Orientales and Ariège are inextricably linked with the history of the Cathars, a heretical Christian sect who were subjected to a crusade in the thirteenth century. Striking castles built on jagged rocky precipices are a highlight of the region and a reminder of those turbulent times. This guidebook describes the 260km Cathar Way (Sentier Cathare or GR367), a long-distance trail from Port-la-Nouvelle on the Mediterranean coast to Ariège's departmental capital Foix linking several of the impressive Cathar castles. The route follows ancient footpaths, jeep tracks and country lanes and calls for a moderate level of fitness as it sweeps from sea level to 1300m across the rugged hill ranges of the Corbières and Fenouillèdes. The guide describes the main route in 13 stages and also includes the slightly more direct north variant, as well as suggestions for shorter itineraries. Summary statistics introduce each day's walking and are followed by step-by-step route description illustrated with clear mapping. There are also details of facilities available en route and accommodation listings. An introduction covers all the practicalities, with comprehensive advice for planning your trip - including when to go, how to get there and what to take - in addition to a wealth of information about the region's fascinating history and the intriguing Cathars themselves. The trail traverses rocky hills and meanders through woodland, vineyards, ancient villages, gorges and plateaus. As well as the rich Cathar heritage, there are also historic wine-producing towns, sites associated with the French Resistance of WWII and mysterious places steeped in

ancient legend. The guide is a perfect companion to discovering the Cathar Way and the captivating stories of this distinctive region.

[Cycling the Ruta Via de la Plata](#) John Hayes 2022-03-15 This guidebook to cycling the Ruta Via de la Plata through western Spain describes the 930km route from Seville to the coastal city of Gijón in around 2 weeks (14 stages). A pilgrimage variant, the Camino Sanabrés, to Santiago de Compostela is also described (16 stages in total). Empty roads and gentle climbs make the route accessible to a wide range of bikes and cyclists. Both road and off-road versions are presented, and the guide shows how they can be combined to create a perfect touring, hybrid or gravel cycling trip. The guide includes leg-by-leg route descriptions, 1:150,000 colour mapping, elevation profiles and helpful ride planners to show where riders can swap from the off-road to the road route. There is advice on equipment, travel and transporting your bike, alongside a list of accommodation contacts and a useful Spanish glossary. The Ruta Via de la Plata is one of Spain's most important pilgrim routes. The 2-week journey takes in 7 UNESCO world heritage sites (Seville, Mérida, Cáceres, Salamanca, Leon, Zamora, and Oviedo) with the famous pilgrimage site of Santiago de Compostela if the Camino Sanabrés is taken. There is lots of good-value accommodation available, from hostels to palaces, and plenty of chances to sample Spanish gastronomy.

Walking the Lake District Fells - Mardale and the Far East Mark Richards 2020-03-15 This guide describes ascents of 36 Lake District fells that can be climbed from the valleys of Mardale (Haweswater), Kentmere and Longsleddale and from the east side of Ullswater. With few settlements, the area feels wild and remote, and the easternmost fells in particular see few visitors, offering a perfect getaway for walkers seeking solitude. Slightly further west lie some fantastic ridge-lines, including the much-loved Kentmere Horseshoe and High Street Roman road. Unlike other guidebooks which describe a single or limited number of routes to a particular destination, the aim of the Walking the Lake District Fells series is to offer all the options. These are presented as numbered sections which can be combined to create infinite possibilities - from simple ascents to longer ridge routes. You'll find the classics and popular routes alongside less traditional alternatives perfect for the wandering spirit. The series gives you both the freedom to devise your own routes and the information to make informed decisions, thanks to the clear descriptions of the routes, terrain, hazards, interesting features and safe descent paths should the weather close in. Also included are a handful of classic ridge routes for longer fell days. Mark Richards' inimitable text is complemented by HARVEY mapping and the author's own beautiful sketch topos and panoramas. Perfect for keen hillwalkers and peak-baggers alike and ideal both for pre-planning and use on the hill, Walking the Lake District Fells is the new incarnation of the Fellranger series, which sees the volumes updated and trimmed to a more practical size. These true connoisseurs' guides are sure to inspire you to get out and explore the beautiful fells of Lakeland. For those collecting fell summits, a 'Fellrangers' hill list register can be found on the Long Distance Walkers Association website.

Walking in the Peak District - White Peak West Paul Besley 2021-08-15 This guidebook is the ideal companion for walkers who want to explore the western section of Derbyshire's White Peak area. Starting in towns and villages including Castleton, Ilam, Buxton, Tideswell, Hartington and Longnor, these day walks are perfectly suited for year-round trips to the Peak District and are suitable for walkers of all abilities. Across 40 day walks, this guidebook offers a range of routes that showcase the best of the Peak District landscape: rolling green hills rising up to limestone ridges, deep dales with meandering rivers, and limestone caves and pinnacles. There is plenty of history to explore too, with many walks visiting historical sites from Neolithic, medieval and industrial periods. Most of the walks range between 4 and 9 miles and can be enjoyed in 2-4 hours walking. As several start from the same car park or village, many walks can be combined for longer days out. Each walk features clear OS mapping and detailed route

description interspersed with insights into the area's history, geology, art and culture, making this a brilliant guide for both navigation and learning about the Peak District.

[I Will Stand in my House Forever - Lands End to John O'Groats Cycle Ride](#) Chris Gooderham

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 Conistone 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 in Zermatt and Saas-Fee Lesley Williams 2021-04-15 Guidebook describing 50 varied walks in the Valais region in the heart of the Swiss Alps. The graded day walks based around the popular resort towns of Zermatt and Saas-Fee explore the Matternal and Saastal valleys and the surrounding mountains. Ranging from 4 to 18km, the easily accessible routes make use of the area's extensive network of well-made mountain paths and its lift system. There are walks here to suit all tastes, from low-level lake walks or easy strolls up to mountain restaurants, through to serious mountain outings on steep and rocky trails. Distance, walking time and difficulty are shown for each route, and the detailed route description is accompanied by clear mapping. Dominated by 4000m the giants, the Matterhorn and Monte Rosa, this is a land of contrasts, with snow-capped mountains and glaciers above and meadows and vineyards fringing the valleys below. Good transport infrastructure and plentiful accommodation make it a superb area for a walking holiday.

The Pilgrims' Way Leigh Hatts 2017-02-28 This guidebook details the Pilgrims' Way, an historic pilgrimage route to Canterbury Cathedral in Kent, home of the shrine of the martyred archbishop, St Thomas Becket. The route is described both from Winchester in Hampshire (138 miles) and London's Southwark Cathedral (90 1/4 miles), with an optional spur to Rochester Cathedral. With relatively easy walking on ancient byways, the route from Winchester is presented in 15 stages of 5-14 miles: it can be comfortably completed in under a fortnight. It follows a major chalk ridge through scenic countryside, taking in characterful towns and villages and historic churches. The route from Southwark is described in 10 stages and includes a visit to the ruined Lesnes Abbey. Detailed route description is accompanied by 1:50,000 OS mapping, advice on making the most of a trip and information on the historical background to the pilgrimage, key historical figures and local points of interest. Accommodation listings and details of facilities and transport links can be found in the appendices. Pilgrimages to Becket's shrine began within

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a few years of his death in 1170, although Canterbury was a popular destination even before this time due to the nearby shrine of St Augustine. The route has featured in literature, drama and film, and forms the setting for Geoffrey Chaucer's famous Middle English work, *The Canterbury Tales*.

The Rough Guide to Scottish Highlands & Islands Rob Humphreys 2011-05-02 *The Rough Guide to Scottish Highlands and Islands* is the ultimate travel guide to this spectacular region. Written in Rough Guides' trademark honest and informative style, the guide features detailed practical advice on what to see and do and how to get about, plus up-to-date reviews of the best hotels, B&Bs, pubs, activity operators and campsites. This guide covers everything from hiking in the Cairngorms to whale-watching on Mull, plus where to find the best local produce from fresh oysters to fine malt whiskies. There are also features on the area's unique wildlife and where to watch it, plus outdoor activities from mountain biking and climbing to surfing and skiing. With clear maps and detailed coverage of Scotland's islands, national parks and mountain areas, *The Rough Guide to Scottish Highlands and Islands* will help you make the most of your trip. Make the most of your time on earth with *The Rough Guide to Scottish Highlands and Islands*. Now available in epub format.

Walking in the Yorkshire Dales: South and West Dennis Kelsall 2017-04-30 A guidebook to 44 circular walks in the south and west of the Yorkshire Dales National Park, with bases including Sedbergh, Malham, Grassington, Skipton, Settle and Kirkby Lonsdale. The walks cover the valleys of Wharfedale, Littondale, Malhamdale, Ribblesdale and Dentdale - each with its own distinctive landscape and character. Also included is the Yorkshire Three Peaks, a 23 mile (37km) challenge to bag three summits - Pen-y-ghent, Whernside and Ingleborough. The walks range between 3.5 and 13 miles in length and showcase Yorkshire's diverse landscapes, beautiful views and rich heritage. With the exception of the Three Peaks walk, they are designed to suit most abilities: steeper sections are rare and usually short-lived. Detailed route description and 1:50,000 OS mapping are provided for each route, along with information on nearby points of interest and facilities. Highlights include delightful riverside walking in Wharfedale, spectacular views of the distant Howgills and Lake District Fells, and the arresting limestone cliffs of Malham Cove providing a wonderful introduction to this magnificent area.

The River Loire Cycle Route Mike Wells 2022-07-15 The 1061km Loire Cycle Route starts at the source of the River Loire in the Massif Central mountains of central France and finishes at the Atlantic opposite St Nazaire. It descends past extinct volcanoes, crater lakes and deep gorges before joining EuroVelo route 6, followed by the fully waymarked Loire à Vélo, France's most popular cycle trail. Following the river downstream in 26 stages, the route is generally downhill or level, often on dedicated traffic-free cycle tracks. Packed with a wealth of useful information - from practical planning advice to fascinating insights about the river and its surroundings - the guidebook features detailed route descriptions and informative mapping. Details of facilities and places to stay, and a French glossary, are also included. The route goes through the heart of France as the Loire becomes the royal river, bounded by extravagant châteaux, fields of Charolais cattle and vineyards. It passes through historic cities like Orléans and Tours, continuing past Angers and France's fourth largest city Nantes to finish on the Atlantic coast.

Scrambles in the Lake District - North John Fleetwood 2021-06-15 Guide to 100 scrambling routes climbing the rocks and ghylls of the English Lake District, covering the northern area, including Wasdale, Buttermere, Patterdale and Blencathra. Routes range from grade 1 to V Diff (use of a rope is recommended for grade 2 and above) and can be linked to form 24 longer outings. With advice on equipment and safety.

Scottish Wild Country Backpacking Peter Edwards 2022-08-15 Stunning backpacking routes in the

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Scottish Highlands and Islands are covered in this inspiring, large-format guidebook. 30 routes are described, ranging from 1-4 days, with most suitable for a long weekend. The routes are divided between the Western Highlands and Inner Hebrides, the Central and Eastern Highlands, the Northwest Highlands, the Far North and the Outer Hebrides. They are suitable for those with the experience and self-reliance to navigate proficiently and stay safe in an environment which can easily become inhospitable. Although some routes visit bothies, most call for at least one night's wild camping. Each walk includes overview data, route description and 1:100,000 mapping and they are illustrated with stunning photos. An introduction offers background information about the Highlands' rich geology, plants and wildlife and the historical and cultural context of Scotland's 'wilderness'. There is also practical information on preparing for an incursion and advice for those looking to expand their experience of wild-country backpacking. The Highlands and Islands of Scotland are home to the most ruggedly beautiful, expansive and challenging backpacking country in the British Isles. This is a land for those who love open spaces, vast horizons, and the domination of nature.

Walking the Wales Coast Path Paddy Dillon 2022-04-15 The Wales Coast Path offers an unparalleled opportunity to walk a nation's coastline in its entirety. Stretching 1400km (870 miles) from Chester to Chepstow, including Anglesey, the waymarked trail takes 2-3 months to complete but can easily be broken into shorter sections. The walking is generally not difficult, although there are occasional rugged sections, steep ascents and descents and more remote stretches with fewer facilities. Promising fantastic scenery and a unique insight into local history and culture, what better way to experience the diversity and beauty of Wales' captivating coastline? The route is presented in 57 stages, ranging from 16 to 32km, each featuring clear route description illustrated with 1:100,000 mapping, overview statistics and notes on the availability of accommodation, facilities and public transport links. You'll find plenty of helpful advice for planning your walk, plus background information on Welsh history, geology, plants, wildlife and local points of interest. A facilities table, Welsh glossary and useful contacts can be found in the appendices. Passing through the Snowdonia and Pembrokeshire Coast National Parks, as well as numerous AONBs and sections of Heritage Coast, the Wales Coast Path takes in seaside resorts, attractive fishing villages, sandy beaches, rocky coves and striking cliff coastline. Highlights include the picturesque Llyn and Gower peninsulas, 13th-century 'Iron Ring' castles and frequent opportunities for wildlife spotting. The route can be linked with Offa's Dyke Path National Trail (covered in a separate Cicerone guide) to complete a full circuit of Wales.

Cycling Land's End to John O' Groats Richard Barrett 2021-03-15 A concise guide to cycling LEJOG - Land's End to John o' Groats - describing an idyllic route that follows quieter roads and traffic-free paths but without too much meandering. Covering 1000 miles, the route is divided into 14 stages and can be comfortably ridden in two weeks. Easy-to-follow route descriptions are accompanied by clear mapping and useful gradient profiles, together with route highlights and points of interest, of which there are many. Invaluable tips and tricks are also included from preparing yourself to preparing your bike, together with logistical advice such as getting to and from the start and finish, accommodation options and more. In addition to the main 14-stage schedule (which includes an alternative option through Central Scotland), longer and shorter schedules are also suggested, making it easy to prepare a personally tailored adventure. The route, which passes through a diverse range of landscapes, from almost sea level across the Somerset Levels to over 1400ft through the magnificent Cairngorm Mountains, showcases some of Britain's best cycling. It is a must for anyone who's ever been remotely tempted to take on this iconic end-to-end challenge.

The Peddars Way and Norfolk Coast path Phoebe Smith 2019-05-15 The Peddars Way and Norfolk Coast Path National Trail is an easy-to-follow 130-mile trail that combines the best of inland and coastal walking

in Norfolk, and one that, being well waymarked, largely flat and within easy reach of public transport for most of its length, is ideal for people new to long-distance walks. Described in 11 stages, the route can be walked in just over a week but also easily split into day walks or over a series of weekends, with full information about access to start and finish points for each stage by public transport. This handy guidebook is illustrated throughout with extracts of OS 1:50K mapping and stunning photographs depicting the Trail in all seasons and describes points of interest along the way, including the Norfolk Songlines sculptures, and also facilities available in the towns and villages. The trail is a walk of two halves. The Peddars Way begins at Knettishall Heath in Suffolk and follows the route of an old Roman road for over 40 miles to Holme-next-the-Sea, where it meets the Norfolk Coast Path (which begins nearby, at Hunstanton). This then follows the spectacular Norfolk coast to the seaside town of Hopton-on-Sea.