

WALKING IN NORWAY

A walking guide

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This book describes 20 walking routes in the main mountain areas of Norway, ranging from the far south to the Arctic regions. Here you will find mountains relatively free from crowds, and few roads criss-crossing the remote landscape; within this ideal setting for walkers, cairned routes twist through splendid scenery and link up with comfortable mountain lodges.

The routes, outlined in the descriptions and divided into daily segments, vary in length from a few days to over a week. Supporting these descriptions is information on travelling to and within Norway, notes on what to expect in the mountains, advice on equipment to take with you and appendices detailing mountain accommodation, Norwegian words and useful addresses. For anyone visiting the mountains of this beautiful country, there is no other such informative and useful guide.

Key marketing points

- 20 walk ranging from Norway's far south to its Arctic regions
- Multi-day routes divided into daily sections
- Supporting information on travelling to and within Norway
- Appendices, including accommodation lists and useful Norwegian vocabulary
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About the author

Constance Roos was born in San Francisco, where she made her home and practised psychiatry. She received degrees from Stanford University and her MD from Case Western University. She was Assistant Clinical Professor of Psychiatry at the University of California San Francisco.

Constance was an avid traveller, hiker and climber. She had explored and climbed in Africa, New Zealand, Bolivia, Mexico, Europe and Alaska as well as the western states.

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