

WALKING IN THE CORDILLERA CANTABRICA

A mountaineering guide

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Walking in the Cordillera Cantábrica is a mountaineering guide to one of Spain's premier ranges, and includes detailed descriptions for 60 routes around the whole of this magnificent mountain chain. Based on selected valley bases, the routes are readily accessed, thus minimising travel time. All of the routes can be done in a day and all are circular, whilst in difficulty they vary from straightforward, half-day outings to strenuous, full-day ascents demanding fitness, good overall mountain skills, and the ability to deal with short sections of scrambling.

This guide is complemented by articles on four specialist topics of interest to any who wish to know the range in greater depth: place-names, transhumance, the Civil War and alpine flora. The Cordillera Cantábrica is home to nine protected areas, including three UNESCO -Man and the Biosphere- sites, and as such is the best-preserved continuous mountain area in Spain, together with the nearby Picos de Europa.

Key marketing points

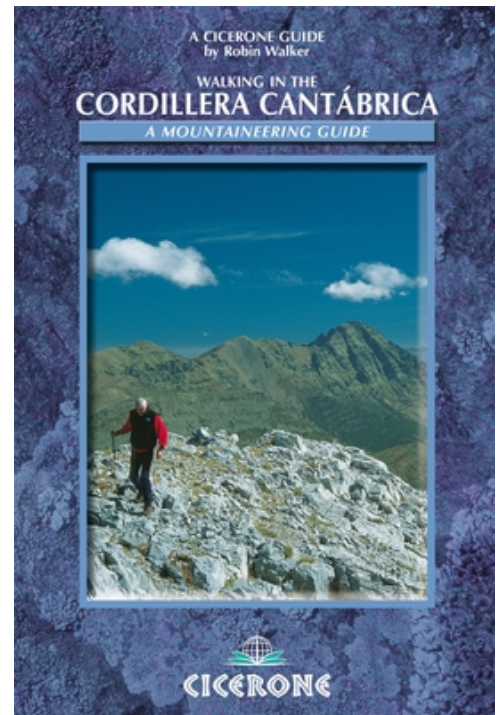
- Complete introduction to exploring this remote mountain region
- Detailed instructions for 60 walks throughout the region
- Full colour guide with complete colour mapping
- Introductory articles on the region's place names, flowers, Civil War history and tradition of transhumance.

About the author

Robin Walker began mountaineering in his native Northumberland at the age of 13, and went on to walk and climb throughout the British Isles, Norway, the Dolomites, the Alps and the USA. In 1981 he moved to Spain, his early experiences culminating in Walks and Climbs in the Picos de Europa (Cicerone, 1989).

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