

THE PYRENEES

The High Pyrenees from the Cirque de Lescun to the Carlit Massif

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The guide covers the High Pyrenees from the Cirque de Lescun on the edge of the Basque country in the west to the Carlit massif and Cerdagne east of Andorra, and is divided into five regional chapters: the Western Valleys; Cirques and Canyons; the Central Pyrenees; Enchanted Mountains; and Andorra and the Eastern High Pyrenees.

Intended as a resource book for those planning a range of mountain activities in the Pyrenees, the guide describes each area valley by valley, and provides information on access and accommodation, as well as recommended maps and guidebooks. Unlike a conventional walking book, detailed route descriptions are not included; the guide does, however, direct the reader to the finest walks, treks and climbs in the area and provide an outline of specially selected routes.

An extensive introduction gives all the practical advice and information needed for planning a trip. It offers a background to the mountains and their exploration, and provides a snapshot of the range with sections that help the reader focus on specific areas of activity, and suggests where best to exercise that activity. It also lists for the first time in an English-language guide all the Pyrenean 3000m summits and their location.

Key marketing points

- A resource book aimed at the mountain enthusiast, written by a highly respected author.
- Covers the whole gamut of mountain activities from walking through to climbing and ski touring/mountaineering opportunities.
- Comprehensive valley-by-valley coverage, including access, public transport, villages/resorts, accommodation and camping possibilities, medical facilities, detailed visitor infrastructure.

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. He has published many books on the Alps, a series of trekkers' guides to Nepal and, nearer to home, several guides on walking in southern England. A member of the Alpine Club, Austrian Alpine Club and the Outdoor Writers' Guild, he is also first Honorary Member of the British Association of European Mountain Leaders.

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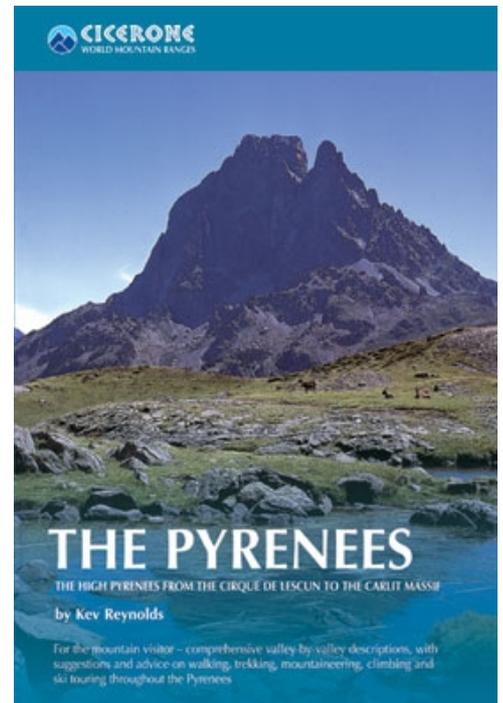
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