

# MOUNTAIN WALKING IN SOUTHERN CATALUNYA

Els Ports and the mountains of Tarragona

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ISBN: **9781852845827** (Short Code: 582)

Publication Date: **August 2010**

Price: **£12.95**

Edition: **First**

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Paperback Gloss Laminated, 192 pages

17.2cm x 11.6cm

Southern Catalunya is an area of remarkable natural beauty and diversity. The immense limestone crags, ridges and pinnacles of the Parc Natural dels Ports overlook the broad orange and olive groves beside the River Ebro, giving a high drama to the landscape. Closer to the Mediterranean, there is good walking on the massifs of Cardó and Montsia and a long-distance footpath along the coast. This first English-language guide has a selection of 30 graded walks and aims to introduce walkers of most abilities to an idyllic winter walking destination.

Mysteriously, this easily accessible coastal mountain region is practically unknown outside the region. The wild limestone landscapes, from herb-covered hillsides to high pine forest, dotted with Templar castles and picturesque hill villages, remain untouched by mass tourism.

## Key marketing points

- Unspoilt and beautiful winter walking destination
- Easy access from UK via Barcelona, Reus or Valencia
- Rugged limestone hills and crags, also gentler coastal walks

## About the author

In 2002 Philip and Vivien Freakley moved to the French Pyrenees to indulge a lifelong passion for mountains. They discovered Southern Catalunya during an escape from a cold Pyrenean winter and have spent the subsequent five winters exploring, translating Catalan descriptions and knitting together apparently unrelated scraps of footpath for this, their first Cicerone guidebook.

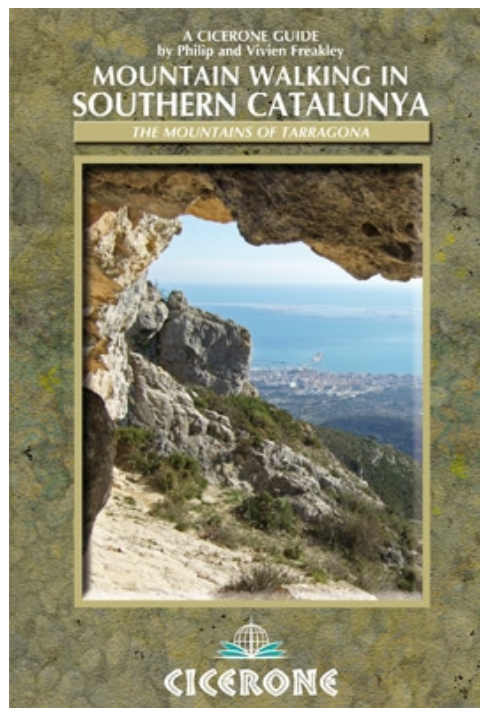
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