

# WALKING IN PROVENCE - EAST

Alpes Maritimes, Alpes de Haute-Provence, Mercantour

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Author: **Janette Norton**

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17.2cm x 11.6cm

This guide offers 30 circular day walks in the eastern half of Provence, the large sun-kissed coastal region of south-east France. Spanning from the red rocks in the Ésterel on the Mediterranean to high mountains inland, the walks are set in the areas of the Alpes Maritimes, the Alpes de Haute-Provence and the Mercantour.

Provence is a colourful paradise, with a backdrop of dramatic mountain ridges and deep river gorges. History is everywhere, in medieval villages, arcaded streets, abbeys, churches and castles. The sun attracts many visitors to the coast, but the diverse countryside inland provides so much more.

Suitable for all walkers of average fitness levels, the walks are graded for difficulty from short, easy routes to more challenging walks that can include precipitous sections, but no special equipment is needed.

## Key marketing points

- Popular guidebook, now updated and expanded to two volumes
- Superb walking area, attracting many visitors
- Good access from regional airports, motorways and TGV

## About the author

Janette Norton was born in England but lived in the Geneva region for over 40 years. After her first book, on the Haute Savoie, she explored and wrote about Provence, the Cevennes and the Dordogne. Janette died in January 2013, while preparing a new edition of Walking in Provence. This volume was completed on her behalf by her husband Alan and her friend Pamela Harris-Andrews.

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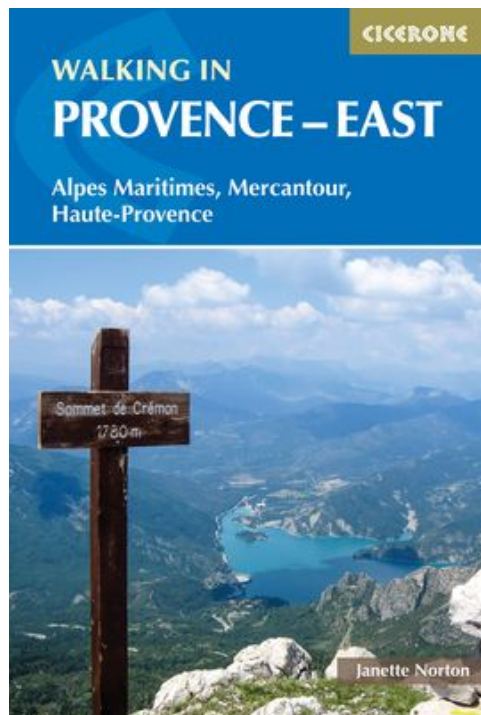
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