

# MOUNTAIN ADVENTURES IN THE MAURIENNE

Summer routes for a multi-activity holiday in the French Alps

ISBN: **9781852846213** (Short Code: 621)

Publication Date: **June 2011**

Price: **£14.95**

Edition: **First**

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pvc Encapsulated, 192 pages

17.2cm x 11.6cm

The Haute Maurienne valley is perfect for many alpine adventures and activities, and this guide brings together walks, treks, scrambles, climbs, via ferrata, cycling and mountain biking routes. The routes are progressively challenging, ranging from short walks and cycle rides for the whole family to sustained mountaineering routes to the highest summits. The guide allows readers the opportunity to mix and match their adventures, be they adrenaline-seeking adventure sports enthusiasts or gentle Alpine ramblers.

The valley's towns and villages, magnificently surrounded by rocky summits and high cols, have offered the warmest of welcomes to visitors for millennia. With so many varied adventures to be discovered and enjoyed, this guide to the Maurienne has something to offer everyone.

## Key marketing points

- The first guide to an alpine area for the outdoor enthusiast, bringing together key routes and information on the many outdoor activities available
- The Maurienne is accessible, beautiful, and well known for both summer mountain sports and skiing
- Will be featured in Trail magazine summer 2011

## About the author

Ever since joining Cub Scouts as a boy in 1976 and learning about the outdoors, Andy Hodges has loved mountains. As a student he became a modern sports climber in France, while his summers were spent leading walking groups in the hills and mountains of the UK. A volunteer member of Mountain Rescue for 16 years, he has walked, climbed and cycled extensively in the Vanoise since discovering it for himself in 2004.

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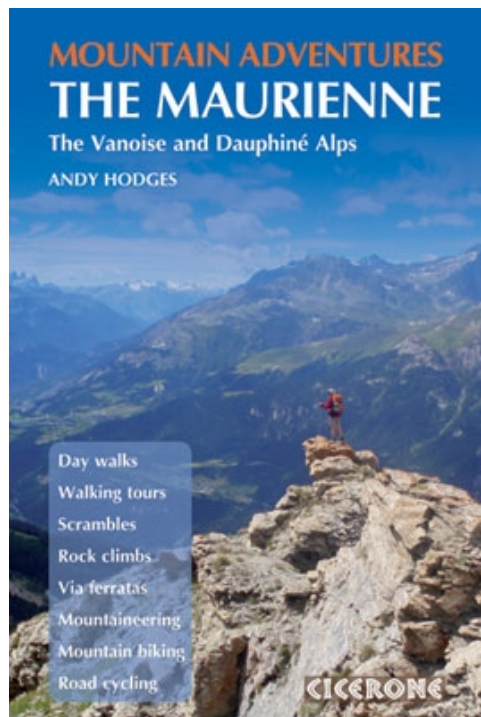
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