

# WALKING IN THE AUVERGNE

42 Walks in the Massif Central - France's volcano region

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42 circular walks in this guide explore the tranquil Auvergne region in central France. The walks are ideal for day walkers and hikers alike, with routes ranging from easy 5km outings to more challenging 20km hikes. The guide focuses on the best routes in the four main areas of walking interest, with bases including Vichy and Puy-en-Velay.

The Auvergne boasts stunning volcanic scenery formed over 70,000 years ago. Walkers can expect long, angular ridge lines, perfect cone summits and secret crater lakes. Medieval villages scatter the hillsides with woodland and flower-strewn meadows, and chateaux and monasteries provide rich historical background.

## Key marketing points

- Popular spa towns of Vichy, Clermont-Ferrand and Puy-en-Velay
- Spectacular volcanic scenery, gorges, craters, forests and lakes
- Rich historical heritage of fortified castles, churches and unspoilt villages
- Near the popular Dordogne region

## About the author

Carl McKeating and Rachel Crolla began hiking in the Yorkshire Dales and the Lake District, before going on to walk and climb all over Europe. In 2005 they bought an old house in the Auvergne, to enjoy the wealth of hiking all over the region. Rachel used to write for newspapers and now teaches; Carl works in Further Education.

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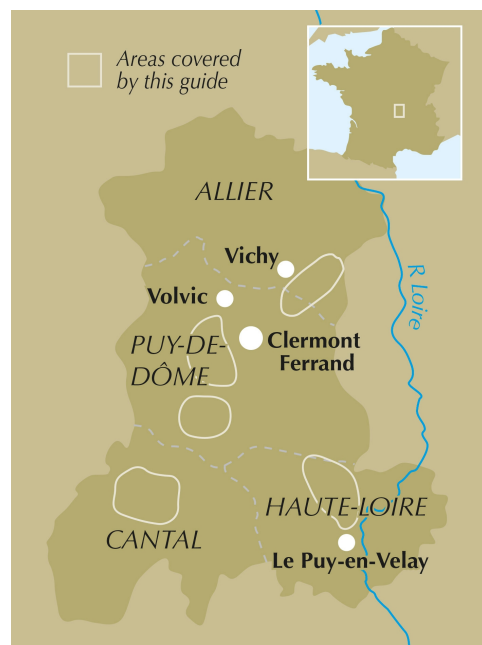
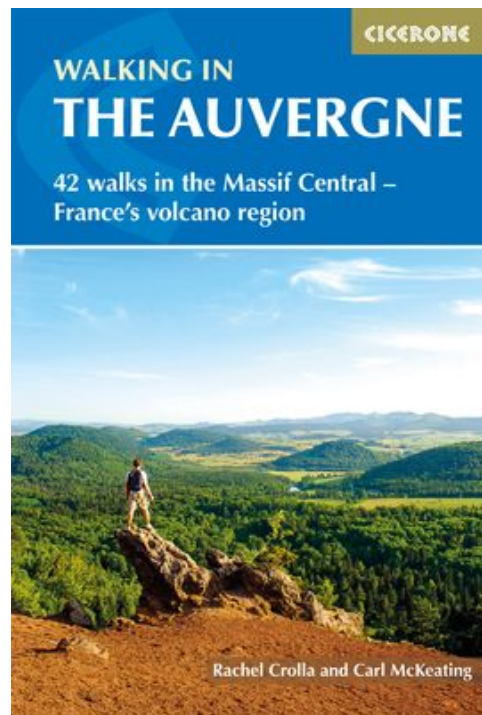
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