

TREKKING IN THE CANARY ISLANDS

The GR131 island-hopping route

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This guidebook provides a comprehensive and detailed description to all 32 stages of the GR131, an island-hopping trail across the seven Canary Islands. The 560km (348 miles) route begins on Lanzarote and finishes on El Hierro and takes about a month to complete. The route is well-marked but some navigational skills are required, and the remote and occasional rocky sections need to be treated with care.

This is the first guidebook to cover the entire GR131 trail. It includes key information about transport to and between the Canary Islands, availability of accommodation and services, and notes on language. The guide is split into seven parts, one for each island. It contains 1:50,000 mapping and detailed navigational description for every stage of the route across these islands.

As a geologically young area, the Canaries boast rare wildlife across their dramatic volcanic landscape. The islands contain a number of national parks, and the landscape varies from semi-desert to forests and barren mountainsides. This month-long route is an opportunity for walkers to fully immerse themselves in the varied culture and scenery of the Canary Islands.

Key marketing points

- The GR131 is part of the E7 European long distance path
- This is the first guidebook to cover the entire GR131 trail

About the author

Paddy Dillon is a prolific walker and guidebook writer with over 90 guidebooks to his name, and contributions to 40 other titles. He has written extensively for several outdoor magazines and other publications and has appeared on radio and television. Paddy is an indefatigable long-distance walker who has walked all of Britain's National Trails and several European trails. He has also walked in Nepal, Tibet, Korea, Africa and the Rocky Mountains of Canada and the US. Paddy is a member of the Outdoor Writers and Photographers Guild and President of the Backpackers Club.

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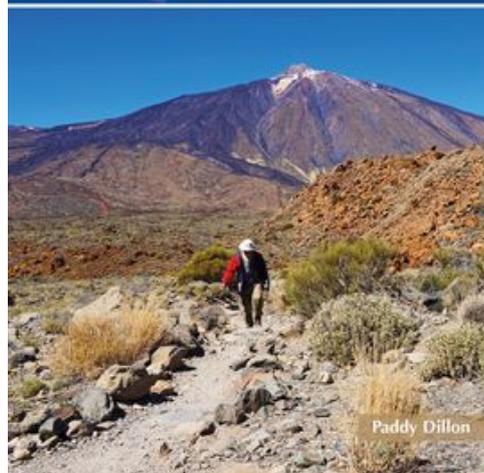
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