

TREKKING IN THE APENNINES

The Grande Escursione Appenninica

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This guidebook describes the Grande Escursione Appenninica (GEA), a nearly 400km long three week trek criss-crossing the central-north section of the Apennine mountains of Italy. Best walked between spring and autumn (late June to September for the central section), it is suitable for any reasonably fit walker, with no special experience required.

The Apennine mountains form a rugged spine along the slender Italian peninsula. The GEA makes its way northwest from Bocca Trabaria to Passo Due Santi on the edge of Liguria, dipping in and out of Tuscany and Emilia-Romagna. At altitudes of between 400 and 2054 metres above sea level, it negotiates rocky crests and ridges and explores extensive forests and meadows, following routes established long ago by traders, pilgrims and shepherds.

The trek is described in 23 day-long stages ending with accommodation in comfortable inns and high-altitude huts. There are transport options for joining and leaving the walk at a number of points, making it perfect for undertaking in small sections or even single-day walks. With notes on the history and wildlife of the area, and suggested highlights for shorter itineraries, this is essential reading for anyone doing the GEA.

Key marketing points

- The trek is suitable for a broad range of walkers
- It opens up a little-known walking area in the
- popular tourist region of Tuscany and Emilia-Romagna
- The mild Mediterranean climate gives a long walking season

About the author

Gillian Price was born in England but has lived in Venice for many years. Gillian has steadily explored the mountain ranges of Italy and Corsica, and brought them to life for visitors in a series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club (CAI) and Mountain Wilderness.

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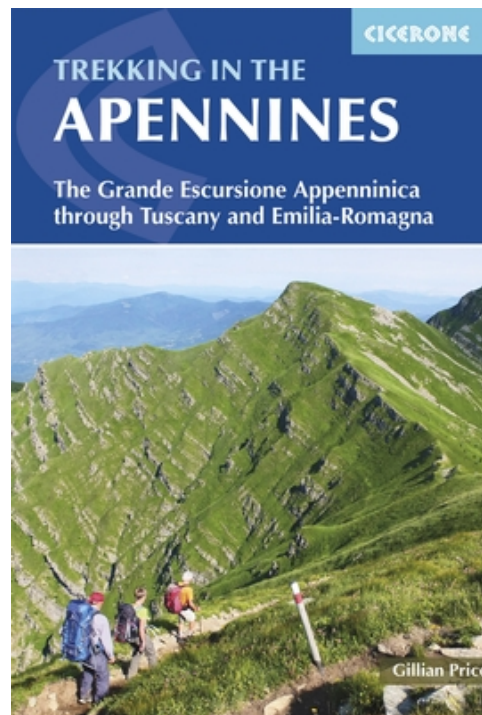
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