

# THE GR5 TRAIL

Through the French Alps from Lake Geneva to Nice

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This guidebook explores the GR5, running from the shores of Lac Léman, over the French Alps, to reach the Mediterranean coast at Nice. It measures 674km (420 miles) and can be covered in a month or split over a series of trips.

Also included are interesting variant routes such as the stunning GR55, through the Vanoise National Park, and the GR52 through the Mercantour National Park, finishing at Menton. Primarily a summer trek, the route is well waymarked and should be achievable by any fit and fairly experienced walker. There is plentiful accommodation and good food and drink are available throughout.

The guide suggests daily stages, timings, ascents and descents, and it details all the facilities and services from start to finish. It includes seven stage maps and 32 day maps at 1:100,000 scale.

## Key marketing points

- One of Europe's best Alpine treks, and becoming increasingly popular
- 10,000 people walk the route each year, in whole or in part
- Third edition of this established guide

## About the author

Paddy Dillon is a prolific outdoor writer with over 70 books to his name, as well as contributions to many more. He also writes for a number of outdoor magazines. He has walked throughout Europe, including completing the GR5 twice, and has also walked in Nepal, Tibet, Canada and the US. Paddy is a member of the Outdoor Writers and Photographers Guild.

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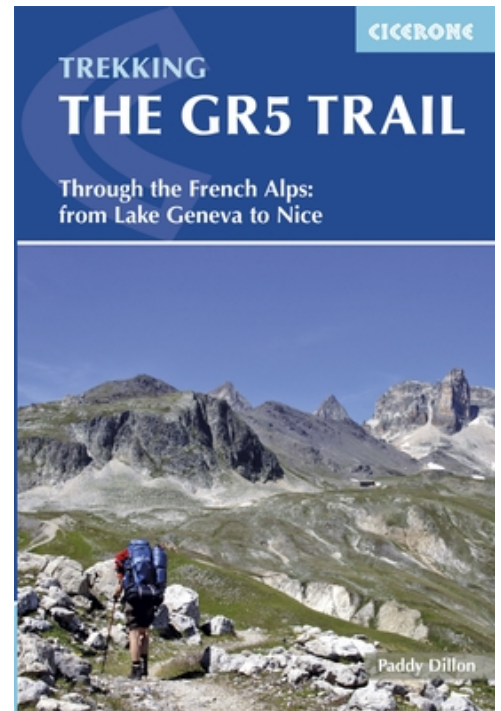
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