

# WALKING ON LA GOMERA AND EL HIERRO

45 day walks and treks for all abilities

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This guidebook features 27 walks on La Gomera and 18 on El Hierro. There are routes of all types, from easy strolls to long-distance trail, and they include the Garajonay National Park on La Gomera and the World Biosphere Reserve of El Hierro.

Although they are two of the smallest islands in the archipelago, La Gomera and El Hierro both feature a number of walks. The former's rocky exterior surrounds a gentle higher terrain; the latter is home to striking volcanic slopes and pine forests. The Canary Islands have long been known as sub-tropical sanctuary for sun-seeking holidaymakers. Less well known is that they also boast an array of varied landscapes including mountain treks, rugged cliff coasts and dense forests.

The guide contains 1:50,000 mapping and detailed navigational description for every walk across these islands, as well as practical information including how to get there and when to go.

## Key marketing points

- One of a series covering the Canaries
- Wide selection of routes suitable for a variety of abilities

## 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 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 major 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.

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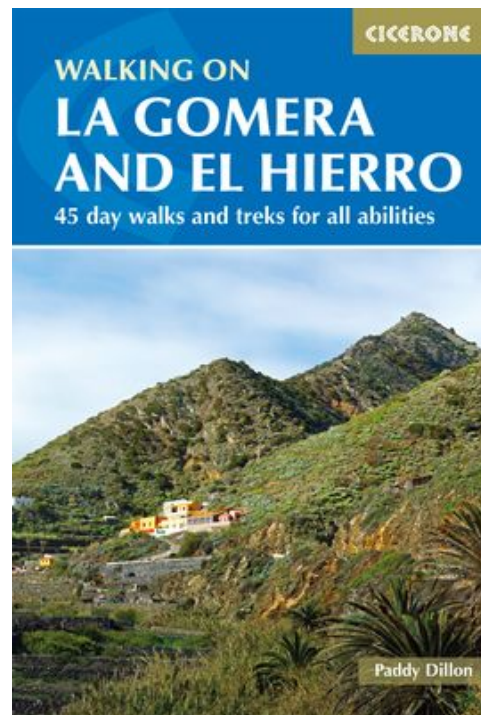
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