

THE SIERRAS OF EXTREMADURA

32 half and full-day walks in western Spain's hills

ISBN: **9781852848484** (Short Code: 848)

Publication Date: **October 2017**

Price: **£16.95**

Edition: **First** (replaces 9788489954953)

Author: **Gisela Radant Wood**

Paperback Gloss Laminated, 224 pages

17.2cm x 11.6cm

Guidebook to one of Spain's most unspoilt regions, comprising the provinces of Cáceres and Badajoz. 32 varied walks of between 6 and 20 km explore the sierras of the region and are suitable for any reasonably fit walker. The book covers The Northern Sierras/System Central (including the Sierra de Gata, Sierra de Bejár, Sierra de Gredos), The Central Sierras/Montes de Toledo, and the Southern Sierras (including the Sierra Morena).

Lying west of Madrid and east of the Portuguese border, Extremadura is an unspoiled gem perfect for walkers, lovers of nature and seekers of peace. The region brings together rugged mountains, rolling hills, deep river valleys, huge forests and thousands of kilometres of paths, perfect for walking. Apart from its natural wonders and superb birdlife, Extremadura boasts a variety of heritage sites including castles, cave paintings and monasteries.

There are detailed route descriptions for each walk, along with clear sketch maps, and information on terrain, refreshments, access and parking. There are also notes on natural and historical information and what to look out for along the way. Walks can be done from a number of bases in the area including San Martín de Trevejo, Gata, Hervás, Jerte, Jarandilla de la Vera, Montánchez, Guadalupe, Almoharín, Mérida, Alange, Hornachos and Monesterio.

About the author

Gisela Radant Wood is a walker, writer, photographer, avid reader and passionate about Extremadura. She has lived in the Sierra de Montánchez for the past 10 years, walking there on a regular basis. Home is a finca outside the village of Almoharín with a husband, a dog, seven sheep, occasional lambs, four hens and 150 olive trees. Ten years ago Gisela set up the website www.walkingextremadura.com and is actively involved in promoting the area as a walking paradise. This is her second book about walking in Extremadura. To her astonishment she has gained the reputation for knowing more about the best places to walk than the locals. Gisela loves the social side to walking with friends in the Almoharín walking group, but, really, prefers the quiet of walking alone in the countryside she loves.

Related books

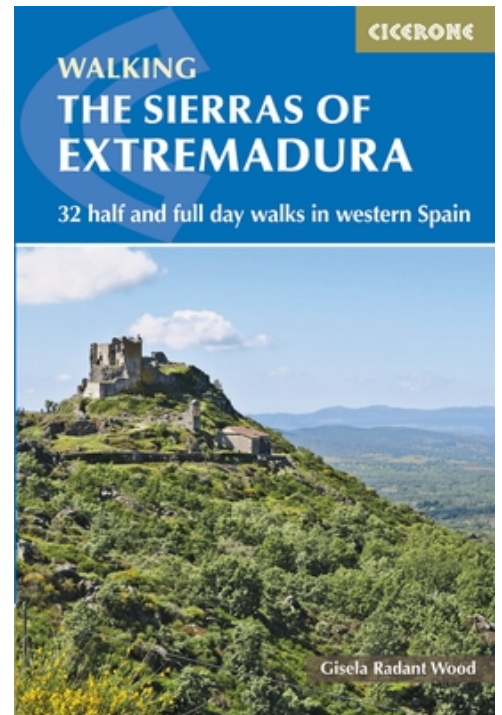
9781852847548 - The Mountains of Nerja

9781852848026 - Walking in Andalucía

9781852848897 - Walking in Portugal

9781852849177 - Walking and Trekking in the Sierra Nevada

9781852849320 - The Camino Portugues



We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL
www.cicerone.co.uk - Contact sarah@cicerone.co.uk - Or call 01539 562 069