

# WALKING ON LA PALMA

Including the GR130 and GR131 long-distance trails

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Comprehensive guidebook describing 45 waymarked day walks on La Palma, from simple walks to scrambling routes. As all routes are signposted, walkers can be confident in their exploration and enjoy the almost 900km of trails described. Walks range from 7 to 31km, and despite the rugged terrain, there is something for all abilities. Some walks can be combined to complete the circular GR130 long-distance trail (eight days) and the GR131 trail (three days).

Areas covered include Santa Cruz, Buenavista, Los Sauces and La Galga, among others.

The stunning island of La Palma is one of the smaller Canary Islands, and has a rich history, from its unusual volcanic formation and Cro-Magnon Man living there from as early as 3000BC, to battles and conquests taking place on the island. La Palma has an abundance of wildlife, and even the waters surrounding it contain whales and dolphins that can be seen on boat trips.

With full route descriptions, including custom made maps, refreshment options and transport for each walk, accommodation, useful contacts, and a Spanish-English glossary.

## Key marketing points

- The island is relatively untouched by mass tourism
- During the winter it offers an incredible walking escape

## About the author

Paddy Dillon is a prolific outdoor writer with over 90 guidebooks to his name, and contributions to 40 other publications. He has written for a variety of outdoor magazines, as well as many booklets and brochures for tourism organisations. Paddy lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales; writing about walks in every one of them. He enjoys simple day walks, challenging long-distance walks, and is a dedicated island-hopper. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Korea, Africa and the Rocky Mountains of Canada and the United States.

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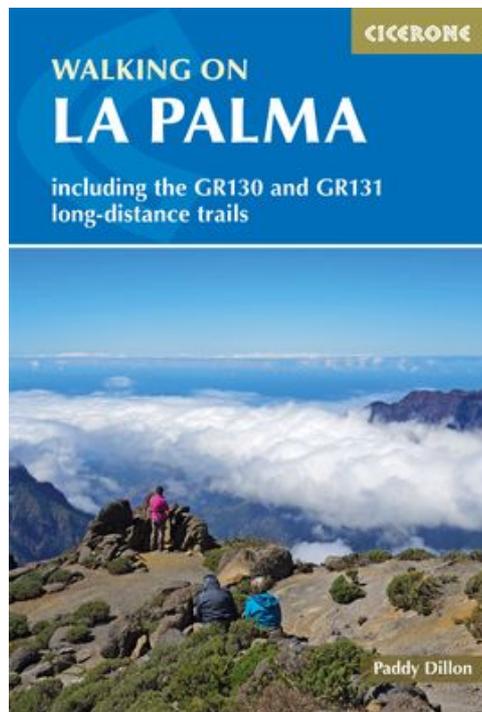
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