

# WALKING ON GRAN CANARIA

45 day walks including five days on the GR131 coast-to-coast route

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This book, the fourth in a series of five walking guides to the Canary Islands, offers 45 walks on the large island of Gran Canaria, including a five-day coast-to-coast route on the long-distance GR131 – an island-hopping trail that stretches across all seven of the Canaries. Suitable for a variety of abilities, the routes vary from short and easy to long and arduous, and a handful involve some easy scrambling.

Gran Canaria is a hugely popular holiday destination but despite this it offers many peaceful locations for walkers to explore and some truly beautiful and striking scenery. Its rugged uplands are dominated by prominent towers of rock, while elsewhere you will find impressive deep barrancos (valleys), extensive pine forests and amazing cliff coastlines. The island is criss-crossed by a network of well-maintained waymarked trails, including some restored traditional mule paths linking villages.

This collection of walks showcases the island's remarkably varied landscapes – from arid semi-desert to moist laurisilva 'cloud forests' and rugged mountains and coast. Clear route description and mapping are accompanied by information on access (predominantly using the island's good bus services), details of places offering food and drink and notes on the interesting features passed along the way. Shorter walks can be linked to create your own longer itineraries.

## Key marketing points

- Gran Canaria is a hugely popular holiday destination
- 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 magazines and other 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 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 and President of the Backpackers Club.

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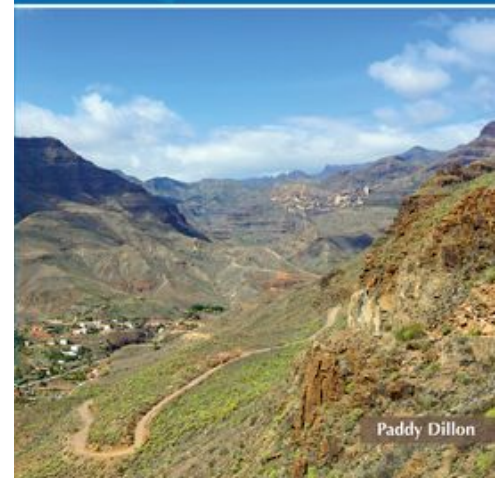
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