

# TREKKING IN THE VANOISE

Tour of the Vanoise and the Tour des Glaciers de la Vanoise

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This guide describes five short treks in France's beautiful Vanoise National Park. The main focus is on the 163km Tour of the Vanoise and the 72km Tour des Glaciers de la Vanoise, both circular routes, which can be completed in 11 days and 5 days respectively. Also included are the 4-day Tour of the Eastern Vanoise, the 3-day Tour of the Western Vanoise and a linear route, a 5-day traverse of the region via sections of the GR5 and GR55 long-distance routes. The summer trekking season runs from mid-June to late September and, although the routes are fairly high altitude, the walking is generally not difficult.

The routes showcase the region's wild beauty, offering continuously high walking through pristine Alpine landscapes. Welcoming refuges provide accommodation at the end of each stage.

The guide contains everything you need to plan and walk the routes, with advice on travel to the region, accommodation and recommended kit. Clear route description, mapping and overview statistics are provided for each day stage, and accommodation listings and a handy glossary can be found in the appendices.

## Key marketing points

- Suitable for those new to Alpine trekking

## About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, he has produced many titles for Cicerone. Jonathan has been Cicerone's publisher and managing director for over 20 years, working with authors to communicate their passion for mountains, wild places and other journeys on foot or by bike, and leading the development of Cicerone's range.

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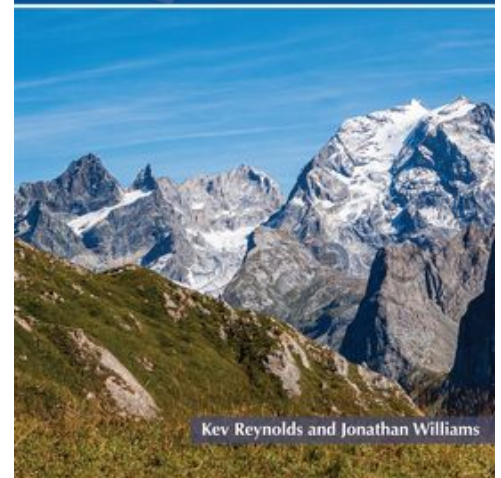
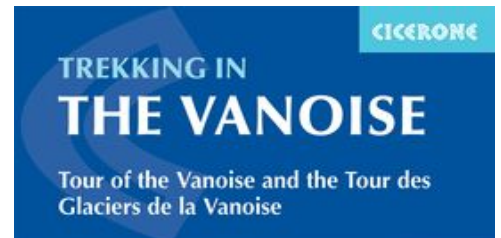
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