

WALKING IN PORTUGAL

40 graded short and multi-day walks throughout the country

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Guidebook describing 40 walks in Portugal, including Peneda Gerês National Park, Portugal's highest peak in the Serra da Estrela, and the stone-built schist villages. The mainly circular routes range from 5 to 25km, and there are also two longer walks of 2 to 4 days duration. Walks are graded from easy to very challenging, depending on distance, total ascent, ease of navigation and terrain.

Beyond the Algarve Portugal is a relatively undiscovered country. The diverse terrain includes the rugged north with its multitude of high mountains and the beautiful Douro valley. Further south, the Serra da Estrela mountain range provides snowcapped peaks and plateaux. There is nearly 1000km of coastline including the dramatic arid scenery and cliffs of the southern coastal areas.

For each route there is a detailed walk description along with clear sketch maps. GPS files are available to download to aid navigation, and there is an appendix of useful contacts and a language glossary.

The guidebook is split into 10 areas: Peneda Gerês National Park, Montesinho Nature Park, Alvão Nature Park, Douro International Nature Park, Schist villages, Serra da Estrela Nature Park, Around Lisbon, Tejo and São Mamede Nature Parks, Monsaraz and Evora, and The Algarve, Costa Vicentina and Guadiana.

Key marketing points

- Superb network of waymarked paths, Roman roads and historic tracks
- National and natural parks, the mountains of central Portugal, and exquisite coastline
- First Cicerone guide to walking in Portugal
- Portugal currently enjoying significant rise in tourist numbers

About the author

Andrew Mok and Simon Whitmarsh are both keen walkers, covering over 2000km a year. They have walked extensively in Britain, doing (at least part) of all the major trails, have hiked across England twice, and have walked in most countries in Europe. More recently their addiction to mountains has increased, with treks in the US (including many parts of the Appalachian trail), Australia, New Zealand, Andrew's native Hong Kong, and Nepal (Everest Base Camp).

They are both doctors, a General Practitioner and a Consultant Paediatrician, who decided to write this book after being delighted and astounded by the walking opportunities of Portugal.

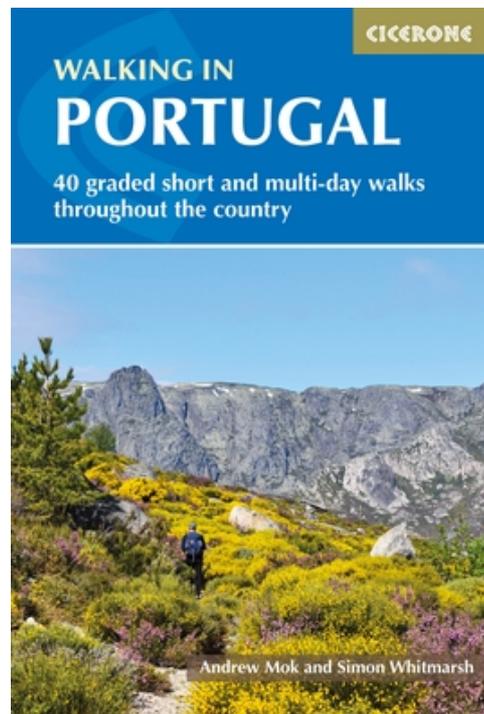
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