

WALKING AND TREKKING IN THE GRAN PARADISO

Alta Via 2 trek and 28 day walks

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This guidebook describes 28 graded walks in the Gran Paradiso National Park in the Italian Alps, plus the 148km Alta Via 2. Ranging from short strolls to demanding traverses, there are walks to suit all abilities and preferences, exploring both highlights and little-visited places, and plenty of panoramic peaks. The rewarding Alta Via 2 is a strenuous long-distance trek from Chardonney to Courmayeur passing beneath the foot of Mont Blanc, which will appeal to experienced Alpine trekkers. It is presented in 12 daily stages.

Although located just a short distance south of the Mont Blanc range, the Gran Paradiso offers tranquility and solitude, as well as captivating mountain vistas and hundred of kilometres of tracks and trails. The region's excellent rifugi network allows walkers to rest overnight at high altitudes, with many refuges serving tasty local gastronomic specialties.

Clear route description is complemented by mapping and colour photography. A route summary table is provided to aid route selection and there is a wealth of advice to help plan your trip, covering bases, transport, equipment and accommodation. An Italian–English glossary and information on local plants, wildlife and traditions complete the package. The result is an ideal companion to discovering the delights of the Gran Paradiso, with plenty of ideas to inspire you to explore its magical mountains and unspoilt valleys.

Key marketing points

- A beautiful and easily accessible Italian National Park close to Mont Blanc and the Matterhorn

About the author

Gillian Price was born in England but has lived in Venice for many years. Gillian has steadily explored the mountain ranges of Italy and Corsica, and brought them to life for visitors in a series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club (CAI) and Mountain Wilderness.

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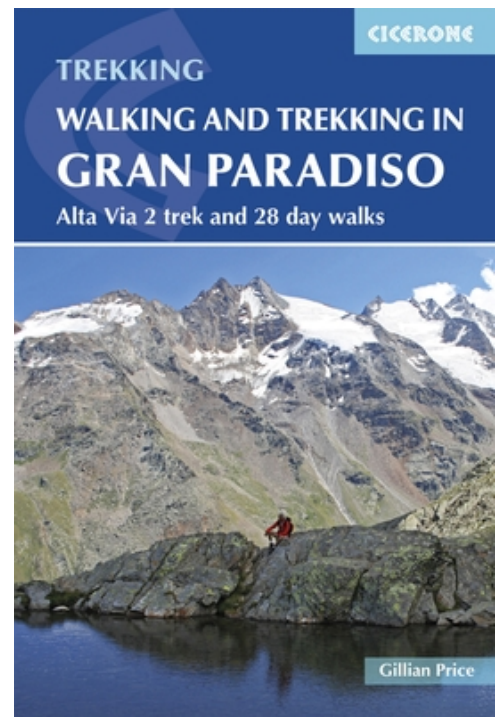
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