

# SHORTER TREKS IN THE PYRENEES

7 great one and two week circular treks

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This guide presents seven treks of 4–12 days, covering the spectacular alpine peaks and passes of the High Pyrenees, as well as the steep rolling hills of the Basque Country and the gentler mountains of eastern Catalonia. With routes on both sides of the border, highlights include charming alpine lakes, the ever-popular Pic du Midi d'Ossau and Puigmal and Canigou and the Tour de Vignemale.

Summary information and statistics are provided, making it easy to choose the right route. The treks vary in difficulty and some involve easy scrambling, but all are on mountain paths and are mostly well waymarked. Accommodation and meals are available in mountain refuges or villages at the end of each stage, although the routes are also ideal for those who prefer to wild-camp. Step-by-step route description is accompanied by clear mapping, plus practical advice on when to go, transport, accommodation and equipment and notes on local wildlife and culture.

The carefully chosen routes are a celebration of the dramatic and varied landscapes of the Pyrenees, taking in steep valleys, high passes, rocky mountains dotted with lakes and tarns and spectacular wildflower meadows. The Pyrenees enjoy a favourable climate and the High Pyrenean treks can be walked between July and September, the Basque Country trek between April and October and the East Catalonia trek between May and October.

## Key marketing points

- Covers both sides of the French-Spanish border, including both the High Pyrenees and lower mountains of the Basque Country and Catalonia.

## About the author

Since taking early retirement from teaching, Brian Johnson has found time for multiple epic hikes. A keen climber and hiker, he has led school groups in Britain, the Alps, the Pyrenees and California and has completed ten traverses from Atlantic to Mediterranean on the Pyrenean High-Level Route, GR11 and GR10.

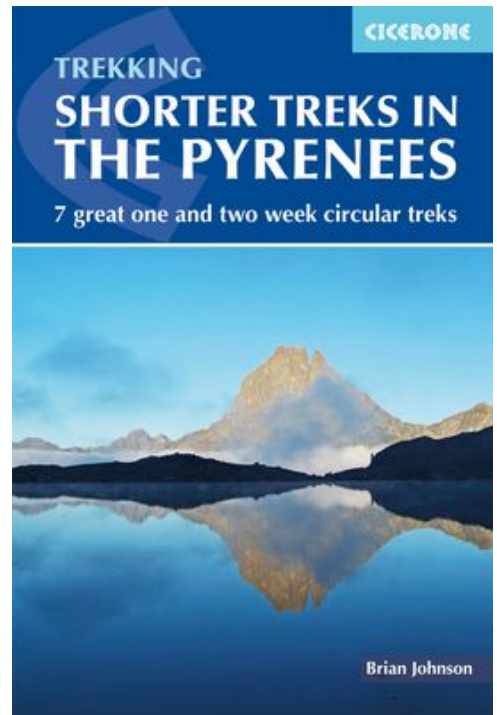
## Related books

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9781852847814 - Walks and Climbs in the Pyrenees

9781852849214 - The GR11 Trail

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