

THE KARNISCHER HOHENWEG

A 1-2 week trek on the Carnic Peace Trail: Austria and Italy

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Author: **John Hayes**

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Guidebook to the Karnischer Höhenweg, a 170km high-altitude trek along the border between Austria and Italy. The route is presented in 8 day stages of between 6hrs 30mins and 9hrs walking, with suggestions for making a longer itinerary (up to 2 weeks) and variant routes. Following a high Alpine trail along the main ridge of the Carnic Alps, the route is clearly waymarked and requires a reasonable level of fitness, a sense of adventure and a head for heights, but no special equipment or technical expertise. It can only be walked in the summer between mid-July and the end of September.

The Karnischer Höhenweg is a beautiful high Alpine trail above the tree line, with amazing views of the Dolomites to the south and Hohe Tauern to the north. Also known as the Friedensweg ('Peace Trail'), it follows the First World War front line and reminders of the conflict are everywhere. The Carnic Alps have a unique history and geology and are the location of some of world's most important geological sites.

Maps and route descriptions are accompanied by information about points of interest encountered, while background notes give advice on travel, budget, equipment and planning, as well as the history, geology and wildlife of the area.

Key marketing points

- Only English-language guide available to the trail

About the author

John Hayes is a retired management consultant with degrees from Liverpool University and University College London. Immediately after finishing work in 2011 he embarked on an epic 5,000km trek across Europe, walking from Tarifa in Spain to Budapest. The veteran of numerous long treks in the Alps, Spain and the Himalayas, John has written for numerous walking and trekking magazines.

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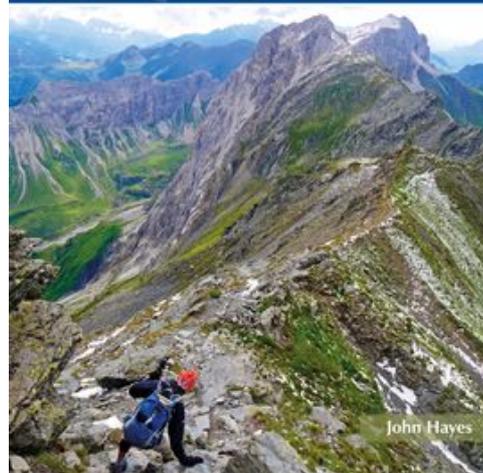
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