

THE GR5 TRAIL - BENELUX AND LORRAINE

The North Sea to Schirmeck in the Vosges mountains

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Guidebook to the northernmost section of the GR5 – from Hoek van Holland in the Netherlands, through Belgium and Luxembourg, to Schirmeck in the northeast of France. Described over 49 stages, this 1000 kilometre section of the GR5 is relatively easy and ideal for those who don't want to hike up and down steep mountains – or not just yet.

This northern European expedition is as much a cultural experience as it is a walk through nature. Walkers will discover different linguistic communities, culinary traditions and architecture. Those partial to museums will also be in for a treat – from tugboats to wine, salt to flint, the route passes by an impressive array of interesting cultural institutions.

This guidebook is divided into five sections: The Netherlands, Flanders, Wallonia, Luxembourg and Lorraine. Information on public transport is provided, so those hoping to 'hop on and hop off' the route or complete sections at a time can do so easily. Background information on landscape, wildlife and history is included, together with practical information – clothing and equipment, food and drink, waymarking, maps, money, staying in touch – to make planning and executing a trip as easy as possible.

Key marketing points

- A great introduction to long-distance walking
- The complete GR5 (2290 km) is covered over 3 Cicerone guidebooks

About the author

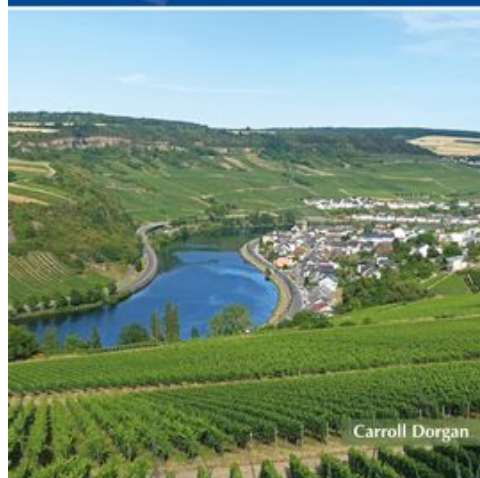
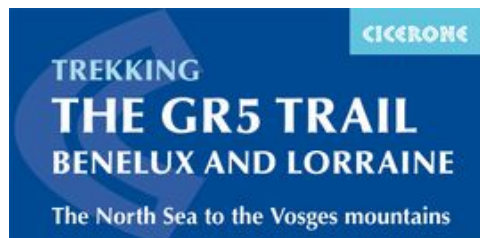
Carroll Dorgan is an American who lives in France. He has hiked in the Olympics, Cascades, Sierras and Green Mountains in the United States and the Pyrenees and Auvergne in France but was always drawn back to the GR5. Carroll is keen to introduce people to the northern part of that legendary trail, which crosses the Netherlands, Belgium, Luxembourg and Lorraine on its way to the Mediterranean.

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