

# WALKING IN ABRUZZO

Gran Sasso, Maiella and Abruzzo National Parks, and Sirente-Velino Regional Park

ISBN: **9781852849788** (Short Code: 978)

Publication Date: **January 2019**

Price: **£16.95**

Edition: **Second** (replaces 9781852845766)

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Paperback Gloss Laminated, 256 pages

17.2cm x 11.6cm

The essential guidebook for walking in Abruzzo, including the Maiella and Gran Sasso national parks. 40 day walks in places such as the Val di Rose, the Prati di Tivo, and an ascent of Corno Grande, the highest point in the Apennines of peninsular Italy. The walks range from 4km to 25km, and are graded from 1 (easy) to 3 (difficult), so there are walks for all abilities. Most of the routes are accessible from May until October, and spring and autumn can provide perfect conditions for the lower routes.

Abruzzo offers wonderful walking. Despite its close proximity to Rome, it is one of the wildest and least populated regions of Italy, and has 169 peaks over 2000m high. The highest points in peninsular Italy and the southernmost glacier in Europe are all contained within Abruzzo. The region has three national parks (Gran Sasso e Monte della Laga, Maiella, Lazio e Molise), one regional park, and many smaller reserves, and the stunning natural environments are highly protected and maintained.

This guidebook contains route maps for every walk, advice on where to stay, detailed access and parking information for the routes, useful contacts, and an Italian-English glossary.

## Key marketing points

- Unspoilt region with three national parks and numerous reserves
- Graded full- and half-day routes throughout the area
- The only English-language walking guide to Italy's best kept secret

## About the author

Stuart Haines is a walker, mountain lover, guidebook writer, project manager and occasional viticulturalist. His explorations of the remoter corners of central Italy began in 2004, following many years of climbing and adventuring in the Alps, North America and his native UK. Since 2007 he has been based between Bristol, England, and Casa La Rocca, the country house in the heart of Abruzzo that he renovated with his partner, Hil.

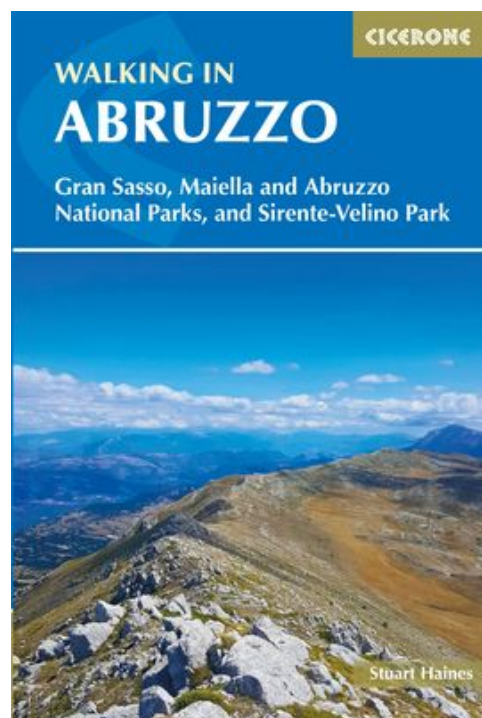
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