

TREKKING THE GIANTS' TRAIL: ALTA VIA 1 THROUGH THE ITALIAN PENNINE ALPS

Beneath Mont Blanc, the Matterhorn and Monte Rosa

ISBN: **9781852849924** (Short Code: 992)

Publication Date: **February 2021**

Price: **£16.95**

Edition: **First**

Author: **Andy Hodges**

Paperback Gloss Laminated, 192 pages

17.2cm x 11.6cm

This guide describes Italy's Alta Via 1, a 180km trail through the Italian Alps following the northern flank of the Aosta Valley from Donnas to Courmayeur. The route is sometimes nicknamed the Giants' Trail because it affords fantastic views of the Alpine giants – Mont Blanc, the Matterhorn and Monte Rosa – and can be combined with the Alta Via 2 (covered in a separate Cicerone guide), which runs along the southern flank of the valley, to form the Tor des Géants.

The guide presents the route in two sections, for the advantage of those who can't spare the full fortnight-plus needed to walk the entire AV1. The trail is described in 16 stages, with alternative stages covering some popular variants, including an optional detour to visit the famed monastery at the Great St Bernard Pass. Each stage includes clear route description and mapping, plus notes on local points of interest and accommodation options. An alternative itinerary, list of useful contacts, kitlist and glossary can be found in the appendices.

Key marketing points

- Fantastic views across the foothills of some of the highest peaks in Europe, like Mont Blanc, Matterhorn and Monte Rosa

About the author

Andy was born and bred in northern England and developed his early mountain skills in the Lake District and Snowdonia. Since discovering the joys of the Alps in 1999, Andy and his wife have explored much of the Western Alps, walking, running, cycling, ski-touring and snowshoeing. Since the late 1980s Andy has enjoyed leading others in the mountains and recently completed the in-depth training and assessments to become an International Mountain Leader.

Related books

9781852844721 - Tour of the Matterhorn

9781852845650 - Alpine Flowers

9781852847302 - Tour of Monte Rosa

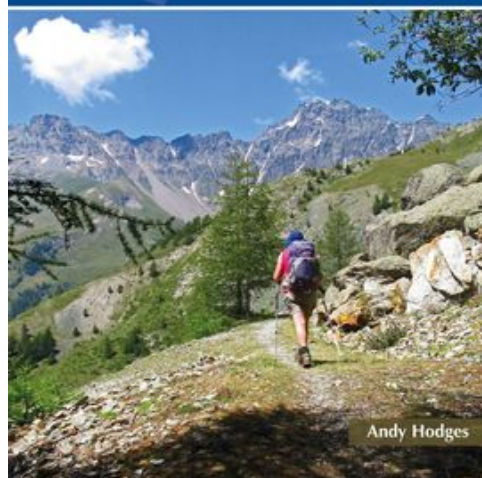
9781852847524 - The Tour of the Bernina

9781852847661 - Trekking in the Apennines

9781852849238 - Walking and Trekking in the Gran Paradiso

9781852849283 - The Mountain Hut Book

9781786310620 - Trekking the Tour of Mont Blanc



We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL
www.cicerone.co.uk - Contact sarah@cicerone.co.uk - Or call 01539 562 069