

PRESS RELEASE

Wildflowers and ancient history overlooking the Aegean Sea

WALKING ON THE GREEK ISLANDS - THE CYCLADES

Front cover

Naxos and the 50km Naxos Strada, Paros, Amorgos, Santorini
by Gilly Cameron-Cooper

Exploring the captivating islands of Naxos, Paros, Amorgos and Santorini, this guidebook offers an opportunity to get away from the main tourist centres and discover the wild rural landscapes of the Cyclades. Across the four islands, the guide provides 35 day walks ranging from a 4km historically focused tour of Naxos town to a challenging 17km route into the spectacular mountains of remote Amorgos. The guidebook also features the new Naxos Strada, a 50km coast-to-coast route divided into five day walks, and a 9km hike to the summit of Mount Zas, the highest peak in the Cyclades.

Often travelling along traditional paved paths, the walks pass ruins of ancient settlements, marble quarries and Byzantine monasteries perched on rugged mountainsides. As Mediterranean wildflower hotspots, the islands showcase exquisite autumn flowering bulbs, aromatic shrubs, and glorious floral displays in spring and early summer. A view of the deep blue Aegean Sea is never far away, whether admired from dramatic clifftops or while enjoying the best of Greek hospitality in one of the many seaside tavernas.

For each walk, this guidebook provides detailed Anavasi mapping and route description that is interspersed with a wealth of insights into local history, geology and wildlife. Featuring an overview map for each island, a comprehensive route summary table and plenty of practical advice, this guide contains everything needed to plan and enjoy a walking holiday on one or more of the Cyclades.

What's inside?

- Anavasi mapping and in-depth route description for each of the 35 walks
- Travel guidance including ferry routes, local transport and taxis
- Appendices containing useful contacts and a Greek-English glossary

About the author

Gilly Cameron-Cooper's main career was as a journalist, non-fiction author and editor, but in 2002 she and her husband Robin set up Walking Plus Ltd, the first company to offer guided and self-guided hiking holidays on the Cyclades. While living in Athens, Gilly wrote for the English language press and produced consultation documents on sustainable tourism for the Greek government. She has hiked all over the world, publishing articles for national magazines and newspapers, and books on mythology, walking London's waterways, and Beatrix Potter's Lake District.

Key information

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By Gilly Cameron-Cooper

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- First guide introducing the 50km five-stage Naxos Strada
- 35 walks suitable for various abilities, ranging from easy to challenging
- Best visited in spring, early summer and autumn for the weather and wildflowers

For further information, or to receive a review copy please contact Hannah hannah@cicerone.co.uk
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