

PRESS RELEASE

TREKKING IN GREECE

The Peloponnese and Pindos Way
by Tim Salmon, Michael Cullen

Many people know only its summertime seaside, but in fact mountains cover most of Greece. This guidebook presents four treks - two long ones and two shorter ones - exploring these mountains, showcasing the country's beautiful scenery, rich flora and cultural interest.

The Peloponnese Way crosses the Peloponnese peninsula from Dhiakoftó in the north to Pantazí beach in the south, via Trípoli. Taking in alpine meadows, a dramatic gorge and forest-clad slopes, the 220km route can be walked in around a fortnight. The 460km Pindos Way is a south-north traverse of the Pindos range, Greece's mountain backbone, and can be walked in a month. With remote terrain, navigational challenge and fewer facilities on route, it is a tough trek but offers a unique chance to experience the country's wilderness and its traditional mountain life. Both these longer routes are split into sections of around a week, with start and end points accessible by public transport, for walkers who would prefer not to tackle the full route in one go. The shorter Zagóri trek can be enjoyed in its own right or incorporated into the Pindos Way, and the final route explores Mt Olympus, home of the ancient gods of Greek myth and the highest mountain in Greece.

Clear mapping is provided alongside step-by-step route description for each stage of the treks. A number of variants and side trips are detailed, offering opportunities to climb nearby peaks and visit ancient monasteries. The guide also includes background information about the region and a Greek-English glossary.

What's inside?

- maps and route description for each stage
- points of interest about the country's wildlife, history and culture
- detailed language notes

About the authors

Tim Salmon first visited Greece in 1958. He has lived and worked in the country, visited countless times, written and translated books and articles, and made a film about shepherd life for Greek TV. Michael Cullen was born in Greece and spent his childhood there. In 1990 he set up his own trekking business and has spent most of the last 15 years researching and leading hikes throughout the country, as well as compiling walking guidebooks.

Front cover

Key information

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