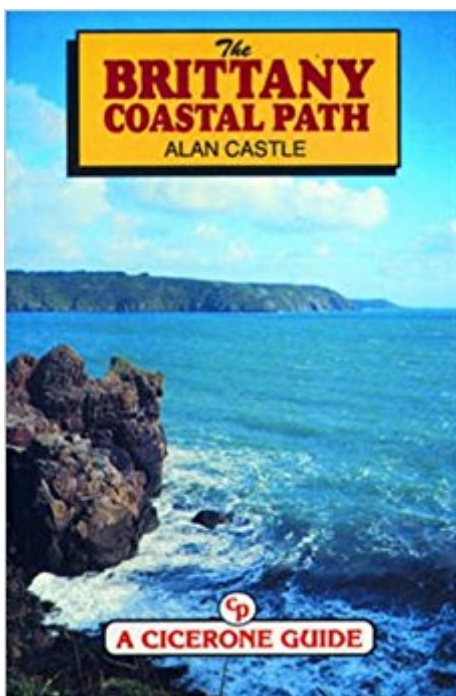




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Brittany Coastal Path (A Cicerone Guide)



Synopsis

Brittany has some of the most dramatic and varied coastline in all Europe, ranging from the weird rock formations of the Pink Granite Coast to the long white sandy beaches and high clifftops of the Cote d'Emeraude. There are ancient towns to explore and picturesque fishing villages by the score. With its unique language, culture and traditions, Brittany has much to offer the visitor, and for lovers of good food the walk is an epicurean delight. The 360 miles of Path from Morlaix to Mont-Saint-Michel are described in detail. The walk is divided into 9 sections and can be completed in a single trek of about a month's duration or can be split into weekly or fortnightly holidays, or even long weekends. There are also details of 78, mainly circular, walks that are suitable for day walks. Details of accommodation, transport and other facilities are included, plus places of interest and practical information for newcomers to walking in France. The author is a former National Secretary of the Long Distance Walker's Association.

Book Information

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Customer Reviews

Alan has trekked in over twenty-five countries within Europe, Asia, North and South America, Africa and Australasia, and for seventeen years led organised walking holidays in several European countries. A member of the British Outdoor Writers' Guild, he has written more than a dozen walking guidebooks, several on long distance mountain routes in France. His longest solo walks include a Grand Traverse of the European Alps between Nice and Vienna (1510 miles), the Pilgrim's Trail from Le Puy to Santiago de Compostela (960 miles) and a Coast-to-Coast across the French

Pyrenees (540 miles). A Munroist and erstwhile National Secretary and Long Distance Path Information Officer of the Long Distance Walkers Association, Alan now lives at the foot of the Moffat Hills in Scotland, in the heart of the Southern Uplands. Alan's first encounter with the Southern Upland Way was in 1995, when he backpacked the full length of the trail. A decade later he repeated the complete trail a second time, this time mainly using bed and breakfast and hotel accommodation, in order to research this guidebook. He has travelled extensively on foot in most areas of the Southern Uplands, having climbed all of the Donalds and most of the other hills above 500m in height, and traversed them from south to north in 2003 as part of his walk between Land's End and John o'Groats.

While old, there's still much useful info; compared to the other books on the coastal path, would recommend this one even with its age.

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