




The GR5 trail : Through the french Alps : from Lake Geneva to Nice

Paddy Dillon

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320 pages

Revue de presse

How lucky is Paddy Dillon? Not only does he get to write guidebooks about his travels but he gets to revisit and update those guides. In this third edition, which I'm guessing is Paddy's third traverse of the GR5, he gets to refine his already excellent guide. The style of the guidebook has remained the same; if it's not broken, why fix it? --Irish Mountain Log, Spring 2016

An ideal companion for an alpine trek on the GR5. The author of Cicerone's *Trekking the GR5 Trail* is none other than Paddy Dillon, a prolific writer of guidebooks, who has written 30 books for Cicerone. Obviously writing walking guides means that Paddy is also an experienced walker and indeed he has walked all of Britain's National Trails at some point; so you know you're in safe hands with his guidance. In this guidebook, Paddy Dillon follows the usual successful Cicerone template and in his walking guide gives a lightness of touch which gives just enough opinion and personal description where it matters combined with those all important factual pointers to keep you on track. --High Mountain Holidays, March 2016

Présentation de l'éditeur

An essential guidebook for walking the GR5, one of the world's most spectacular long-distance trails. The GR5 makes its way through the Alps from the shores of Lac Lemman at Geneva to the Mediterranean at Nice. A route of 674km (420 miles), it can be trekked in a month, or split over a series of summer trips. The GR5 is well within the reach of fit and moderately experienced walkers and backpackers. There is good signposting and waymarking, and accommodation, food and drink are all available at regular intervals. The paths and tracks are generally well graded, while steep climbs are tackled on zigzag paths, so the overall gradient is not so severe. Every summer, thousands of walkers embark on this trek. This guidebook also describes some scenic variant routes, including the stunning GR55 through the Vanoise National Park and the delightful GR52 that crosses the Mercantour National Park. Full descriptions and maps are provided for these alternatives. The book includes daily stages, timings, ascents and descents, full-colour mapping and gradient profiles, alongside information about facilities and services along the route. The result is an ideal companion to planning and completing your trek. *Biographie de l'auteur*

Paddy Dillon is a prolific outdoor writer with over 50 books to his name, as well as contributions to many more. He also writes for a number of outdoor magazines. He has walked throughout Europe, including completing the GR5 twice, and has also walked in Nepal, Tibet, Canada and the US. Paddy is a member of the Outdoor Writers and Photographers Guild.

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