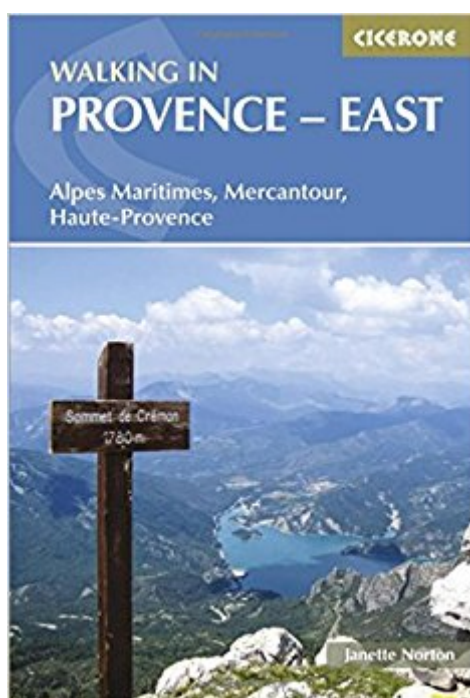


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# Walking In Provence - East: Alpes Maritimes, Alpes De Haute-Provence, Mercantour



## Synopsis

This guide offers 30 circular day walks in the eastern half of Provence, the large sun-kissed coastal region of south-east France. Spanning from the red rocks in the *Estrel* on the Mediterranean to high mountains inland, the walks are set in the areas of the Alpes Maritimes, the Alpes de Haute-Provence and the Mercantour. Provence is a colourful paradise, with a backdrop of dramatic mountain ridges and deep river gorges. History is everywhere, in medieval villages, arcaded streets, abbeys, churches and castles. The sun attracts many visitors to the coast, but the diverse countryside inland provides so much more. Suitable for all walkers of average fitness levels, the walks are graded for difficulty from short, easy routes to more challenging walks that can include precipitous sections, but no special equipment is needed.

## Book Information

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## Customer Reviews

Janette Norton lived in France, near Geneva, for over 30 years with her physicist husband, Alan, raising four children and working in the marketing field. Her love of mountain walking dated from the time she was a guide in her twenties, and the proximity of the Alps and Jura to her home inspired her to continue her passion. After her children grew up, she branched out to explore other areas of France.

I bought this book because we were going to Provence and wanted to go hiking. We browsed it for trails in the area we visited and found three trails in the Estrel mountains out of which we selected one. The description of the trail was very accurate and we had a successful day. We will definitely

use the book next time we visit the area.

Very good hiking guide. Recommended

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