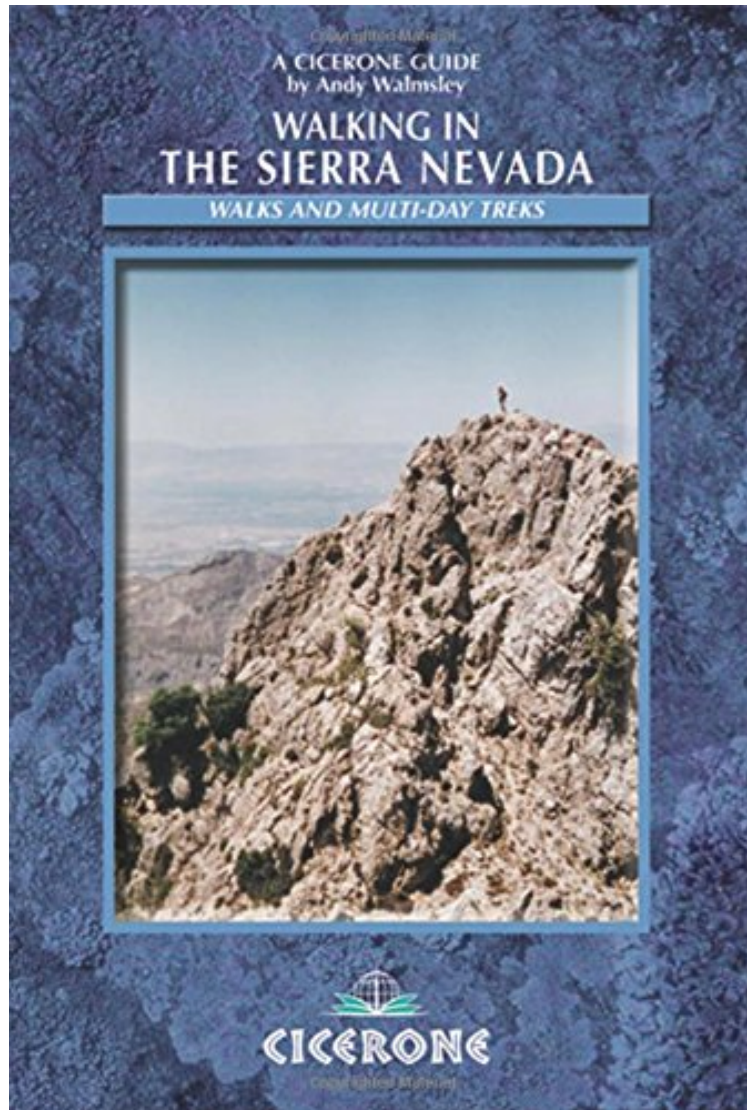


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Walking in the Sierra Nevada: Walks and multi-day treks (Cicerone Mountain Walking)

Andy Walmsley

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Andy Walmsley : Walking in the Sierra Nevada: Walks and multi-day treks (Cicerone Mountain Walking)
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Walking in the Sierra Nevada: Walks and multi-day treks (Cicerone Mountain Walking):

The Sierra Nevada, the highest mountain range in Spain, provides tremendous scope for the adventurous mountain traveller: there are rugged peaks over 3000m (Alta Montana), remote valleys, crystal-clear streams and some very interesting scenery among the lower limestone peaks of Baja Montana. Mountain bikers will find plenty of routes to explore; in winter there are snow sports galore, from downhill skiing and snowboarding to Nordic ski tours and winter mountaineering. With the tourist excesses of the Alps thankfully still absent here, the Sierra Nevada can provide the kind of experience which is now becoming rare in many of the world's other mountain areas. This guide covers the high sector of the range and will prove invaluable to any visitor to the area. There is information on camping and accommodation, road access, mountain-biking routes, local bases, topography and climate, as well as descriptions of 45 walking routes that vary in length from 3km to 56km.

The Nevadas are a long, curved ridge, 100km in length, which reach a maximum height of 3,482m near Granada, at the eastern end. The Author describes them as like the Black Cuillin on Skye, without the mist! He outlines 45 routes, from easy half day walks to arduous multi-mountain expeditions. Good introduction, maps, photos and glossary, and strong weather-resistant covers. *Walking World Ireland*, May/June 2006 'This guide is a second edition of one first published in 1996 and was necessitated by the significant developments in road access and mountain accommodation in the region. The guide is clearly presented, contains a useful introduction and is well illustrated. It will be invaluable to visitors to the area.' *Irish Mountain Log Magazine*, Summer 2006 About the Author Andy Walmsley was born in Lancashire, and has always been involved in outdoor activities. Despite a serious accident in 1981, he remains an active mountain-goer. Andy has spent much time exploring the Spanish Sierra Nevada mountains for this guide.