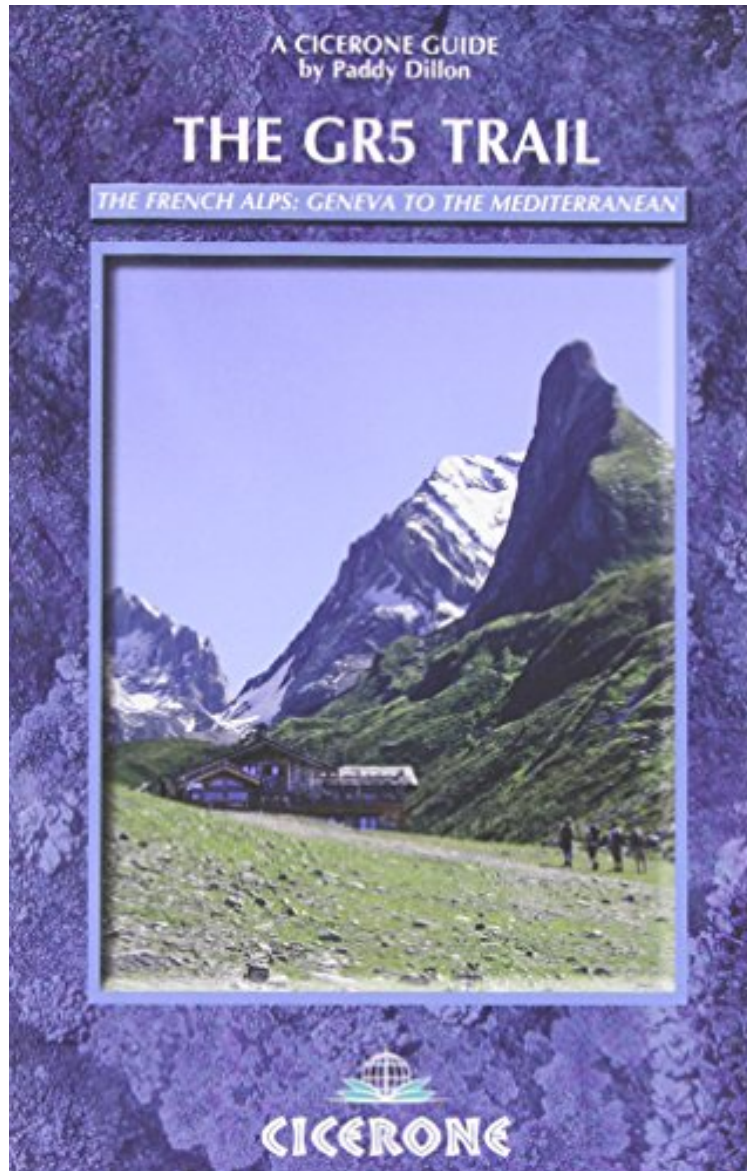


[Pdf free] The GR5 Trail: Through the French Alps: Lake Geneva to Nice (Cicerone Guides)

## The GR5 Trail: Through the French Alps: Lake Geneva to Nice (Cicerone Guides)

*Paddy Dillon*

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**Paddy Dillon : The GR5 Trail: Through the French Alps: Lake Geneva to Nice (Cicerone Guides)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The GR5 Trail: Through the French Alps: Lake Geneva to Nice (Cicerone Guides):

5 of 5 people found the following review helpful. A first-class guide to the GR5By Alp WalkerThis guide is excellent. It is thorough, with great maps and sound directions, useful details and good advice. It is really pushing the limits to criticize such a fine work. So before I do, let me say that it is essential that you buy this book if you are planning to hike the GR 5, or sections of it, between Lake Geneva (Leman) and Nice. Don't hesitate. Put your money down.My criticisms are minor, and to some degree personal. The book is small in size, but it is printed in color and on quality paper, so it is a little heavy. I am hiking the GR 5 in sections, so while I read the guide at home, I will be taking color photocopies of the sections with me on my GR5 expeditions, where every bit of weight counts. So in my view it is easy to get around this first criticism.Secondly, and more seriously, the length of the days proposed are sometimes very long. Even when I was younger, the prospect of some enormous days, such as the first day from St Gingolph to La Chapelle d'Abondance (7 1/2 hours and over 6000 feet ascent) would have been excessive. And as a first day of alpine hiking, such a forced march would never have been my choice. Instead, I cut this day off at the Chalets de Bise, shortening the day by about 30%, and had a wonderful overnight stay there, watching the cows being brought in at this working farm (and refuge) and enjoying the alpenglow on the Cornettes de Bise. Had I followed the guide's recommendation, I would have had a very unpleasant time reaching La Chapelle. Instead, I had one of the most wonderful evenings I have ever passed in the Alps.I have been doing the same ever since, and I plan to continue doing so. Critically, the guide has all the detail that allows you to work out these shorter days, and the author himself occasionally provides suggestions. If you are really fit and you like big days, then by all means follow the guide. If you are maybe a bit slower, or past your thirties, or you like to savor the landscapes more as you pass through them (I put myself into all these categories) then you might want to aim for 4 1/2 to 6 hour days on the author's timing. You will enjoy yourself a lot more. And FYI, on the first section of this hike, my stopovers were: St Gingolph (hotel), Chalets de Bise (refuge), La Chapelle d'Abondance (hotel), Col de Bassachaux (dormitory), Chalets des Mines d'Or (hotel just off trail), Le Fey (near Salvagny, gite), Moedes d'Anterne (refuge) and then via the Col Brevent to the Chamonix lifthead (I had a plane to catch). This all worked really well for me. Everyone, of course, is different, so my plan is no better than the author's, but just another perspective. Enjoy the trail!0 of 0 people found the following review helpful. Excellent guideBy KateTVery clear and thorough. I haven't put it into practice yet, but I would feel confident using this very well researched guide by the author who is an experienced hiker.0 of 0 people found the following review helpful. Great bookBy D.I.AThe book is great. Exactly as I've expected.The book's condition was perfect when I got it.I highly recommend.

The GR5 is one of the world's most spectacular long-distance trails, but at the same time well within the reach of moderately experienced walkers and backpackers. There is good signposting and waymarking, plus lodgings, 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. These numerous benefits mean that every summer, thousands of walkers embark on this trek.It makes its way through the Alps from the shores of Lac Lman at Geneva to the Mediterranean at Nice, following a route of 674km (420 miles) on well-graded and well-marked paths and tracks. The route can be trekked in a month, or it can be split over a series of summer trips to prolong the enjoyment. Good public transport links across the length of the trail mean that it is easy to divide the trek into several separate trips.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, at the appropriate stages.The book includes daily stages, timings, ascents and descents;full-colour mapping and gradient profiles; full information about facilities and services along the route.

About the AuthorPaddy Dillon is a prolific outdoor writer with over 60 guidebooks to his name, as well as more than a dozen booklets and brochures. He writes for a number of outdoor magazines and other publications, and produces material for tourism groups and other organisations. He lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales; writing about walks in every one of them. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Africa and the Rocky Mountains of Canada and the US.