

WALKING ON LA PALMA

The world's steepest island

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With a rich history from its unusual volcanic formation to a series of battles and conquests as well as holding a prominent position in the military career of Franco, the Canary Islands offer a wealth of experience to all visitors. La Palma, reputed to be one of the steepest islands in the world, is the latest location for prolific outdoorsman Paddy Dillon to conquer on foot.

The history of the islands merges seamlessly with the needs of the modern walker, as rugged, centuries-old mule tracks and pilgrim trails are now cleared and repaired, ready and waiting for new use by walking enthusiasts.

With 45 routes described in this new guide, from one-day walks to long-distance trails including the GR130 around the island, La Palma's rocky treks and mountain paths are ideal for walkers of most abilities.

- includes the Caldera de Taburiente national park
- sections on geology, wildlife and plants and flowers
- practical information including accommodation, money and language

Key marketing points

- 45 routes, from short walks to long-distance trails
- Superb clear mapping of all routes
- With good background information, and practical tips

About the author

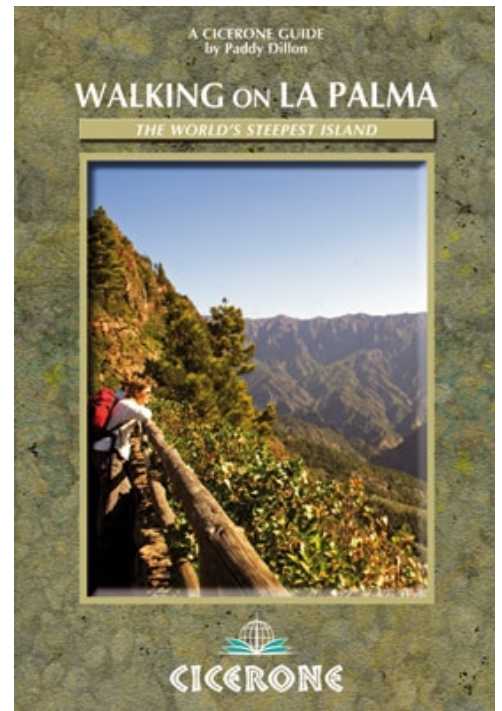
Paddy Dillon is a prolific walker and writer, with over 40 books to his name, many published by Cicerone. He has contributed to many outdoor publications and appeared on radio and television. Living on the fringes of the English Lake District, Paddy has led guided walking holidays and walked throughout the UK and Europe, as well as in Nepal, Tibet, and the Rocky Mountains. He has also walked extensively throughout the Canaries.

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