

THE SWISS ALPINE PASS ROUTE - VIA ALPINA ROUTE 1

Trekking East to West across Switzerland

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This guidebook presents the stunning Alpine Pass Route, a 360km (225 mile) long-distance trail that traverses Switzerland from east to west, from Sargans to Montreux on Lake Geneva (Lac Léman). Since the advent of Swiss national walking routes and the European Via Alpina network, the route has been fully waymarked as Via Alpina 1, with a new start-point in Liechtenstein. This guide takes stock of changes to the original route and includes a 26km (16 mile) 'prologue' stage through Liechtenstein to the traditional start-point at Sargans, as well as alternative stages between Lenk and Montreux to follow the 'old' Alpine Pass Route via Gsteig rather than the VA1 via Gstaad.

The main route is described in 18 daily stages of 12.5-29km (8¾-18 miles), with suggestions of ways in which public transport could be used to support a tighter itinerary than the 3 weeks recommended. Comprehensive route description is accompanied by 1:100,000 mapping and a wealth of advice for planning a successful trip, covering safety, transport, accommodation and language.

Crossing 16 passes as it threads its way through mountain and valley, the Via Alpina 1 gives walkers the opportunity to experience the beauty and exhilaration of the Swiss Alps, taking advantage of the region's excellent walking infrastructure. From flower-strewn meadows to snow-capped peaks, the route boasts spectacular mountain vistas at every turn, with highlights including the majestic Wetterhorn, Eiger and Jungfrau.

Key marketing points

- includes a 26km (16 mile) 'prologue' stage through Liechtenstein to the traditional start-point at Sargans
- main route now follows the Swiss Via Alpina 1

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he has since produced many more titles. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside remains undiminished after a lifetime's activity, and he regularly travels throughout Britain to share that enthusiasm through his lectures.

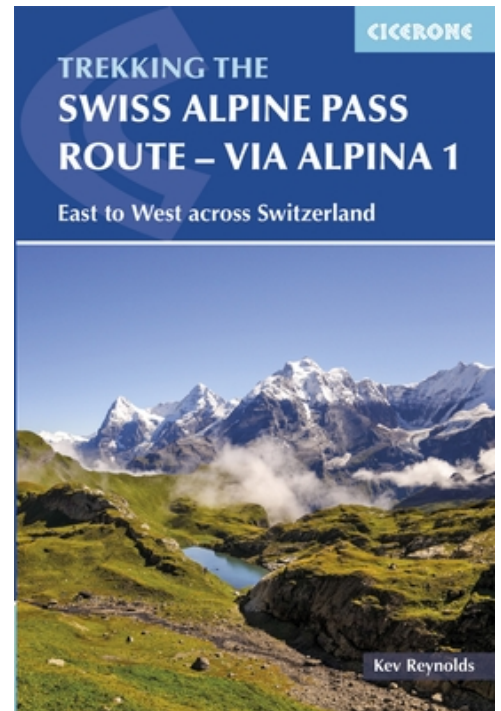
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