

WALKS AND TREKS IN THE MARITIME ALPS

The Mercantour and Alpi Marittime Parks

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This guide to trekking the Maritime Alps on the border of France and Italy offers a wide selection of routes in an area with great walking potential. There are 18 graded day walks of between 6 and 20km, suitable for reasonably fit walkers with no previous mountain experience required. The book also describes 6 longer treks, including a 5-day traverse of the Parc National du Mercantour and a 7-day traverse of the Parco Naturale delle Alpi Marittime. These treks may entail exposed passages or require confident navigation. The main walking season is between June and late September.

Rising directly from the Mediterranean coast the Maritime Alps straddle the French-Italian border for 190km. Easily accessible from Nice, and with good waymarking and plentiful high-quality accommodation, this is a wonderful area even for novice walkers, worlds away from the crowds at the coast.

This guidebook provides clear route information and comprehensive mapping, and includes details of accommodation both in the mountains and the valleys. Practical information is provided on travel and access, and on the best bases for walkers in France and Italy.

Key marketing points

- 18 graded day walks, from 6km to 20km
- 6 long treks, including traverses of both parks
- the area is easily accessible from Nice

About the author

Gillian Price was born in England but has lived in Venice for many years. Gillian has steadily explored the mountain ranges of Italy, and Corsica, and brought them to life for visitors in a series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club (CAI) and Mountain Wilderness.

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