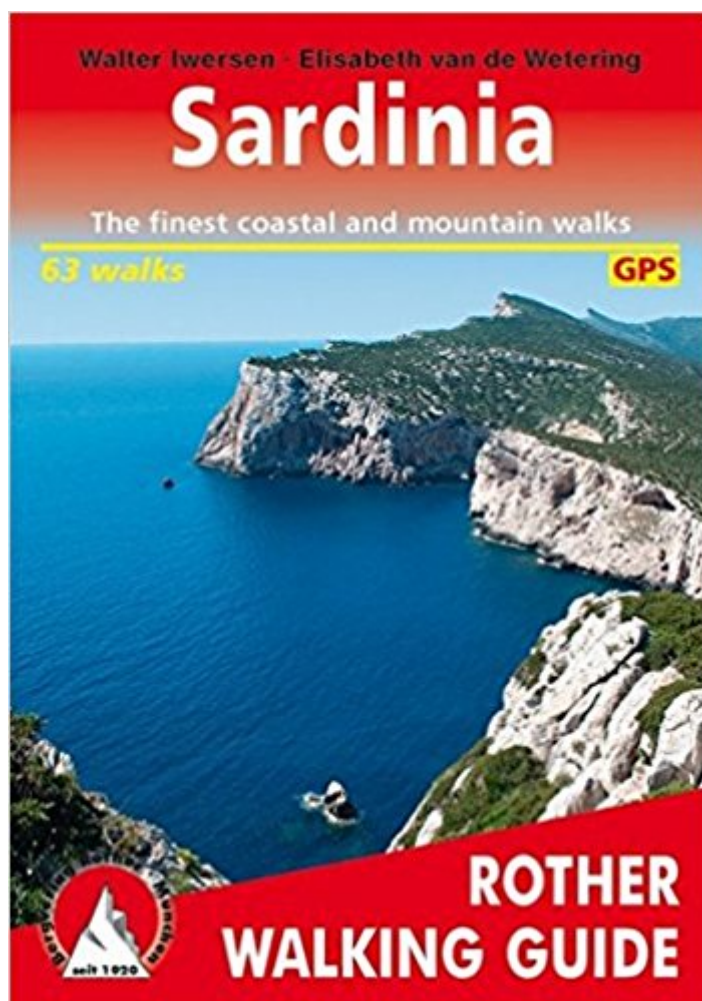


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Sardinia A Rother Walking Guide (English And German Edition)



Synopsis

Sardinia, which, according to legend, was created when God stamped his foot, is the largest island of the Mediterranean, and is considered one of the most popular bathing islands of Europe. Newcomers to Sardinia are surprised that the island is mountainous. The idea that there are countless opportunities for hikers and mountain climbers seems exotic. And exactly that is the attraction: To travel Sardinia as a mountain holiday destination is a totally new experience. In contrast to the neighbouring island, Corsica, Sardinia cannot claim any exceptionally lofty heights (the highest peak, the Punta la Marmora, measures only 1833m); however, it does offer other specialities. They include the deep, winding gorges, whose crossing is very challenging to the hiker: "torrentism," known at home as canyoning, is the magic word here which is continually finding new friends. Speleologists will find undreamt-of forms in the "underworld" of the karstic landscape. And some steep walls are still waiting for their first contact with human feet - climbers have the choice between granite, lime, or basalt! Yet the pleasurable walks and adventure tours amidst the diverse countryside apply the finishing touch of all mountain-sport activities on Sardinia. The island is surprising in its unprecedentedly diverse, divinely overgrown scenes, which stretch from the splintered, steep coast in the east to the majestic high mountain chain in the centre, to the gentle hill landscape in the west not to mention the lush forest regions in the south and bizarre granite mountains in the north. Walter Iwersen presents to the mountain and nature friend 63 selected hikes these vary from the tranquil beach tour to the adventurous cliff tour, from tour suggestions for the culturally and botanically-minded, to the challenging mountain and gorge hike. Excellent colour pictures and coloured hiking maps enhance the thorough route descriptions. A successfully-realised volume on any level, it is an absolute must for every holiday-maker in Sardinia who has more than just sun and the beach in mind!

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