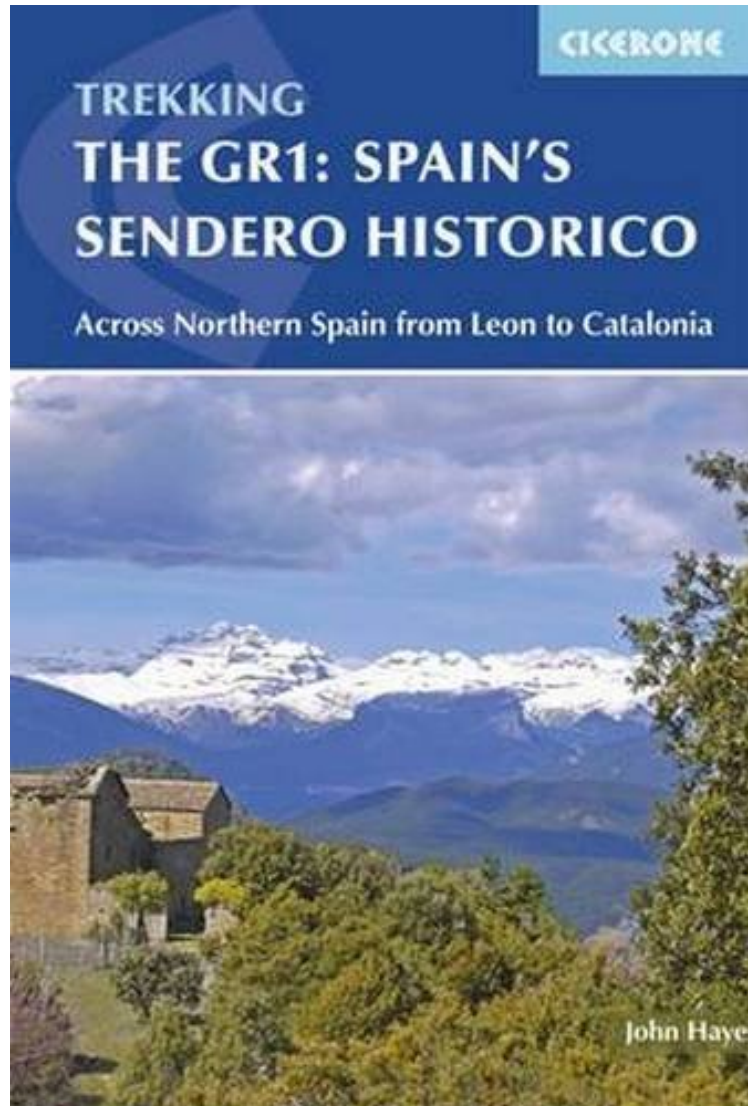


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The GR1: Spain's Sendero Historico: Across Northern Spain from Leon to Catalonia

John Hayes

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John Hayes : The GR1: Spain's Sendero Historico: Across Northern Spain from Leon to Catalonia before purchasing it in order to gage whether or not it would be worth my time, and all praised The GR1: Spain's Sendero Historico: Across Northern Spain from Leon to Catalonia:

This guidebook is for trekkers tackling all or part of the GR1 (Sendero Historico) - 1250km of waymarked route

across northern Spain through the Pyrenean foothills from Puerto to Tarna at the western end to near L'Escala on the Mediterranean coast. Broken into 7 sections and 53 stages, the walking goes through remote landscapes, but accommodation is available every day, and the terrain is not difficult. Providing all the information trekkers will need, the guide combines practical information about planning your own itinerary, when to go, what to take and the accommodation, cuisine and terrain with general information about the varied geology and history of the area. Route description is accompanied by contoured mapping and stage and section summary information, as well as detailed information about any accommodation available en route. The GR1 meanders through some of the best scenery northern Spain has to offer while visiting many medieval churches and castles from the time of the Christian kingdoms, the reconquest, the crusades and Spanish Unification as well as key locations in the development of modern Spain. And you'll have long views of the changing landscapes all the way, as the mountains of Spain are not cloaked in trees.

About the Author John Hayes is a retired management consultant with degrees from Liverpool University and University College London. Immediately after finishing work in 2011 he embarked on an epic 5,000km trek across Europe, walking from Tarifa in Spain to Budapest. The veteran of numerous long treks in the Alps, Spain and the Himalayas, John has written for numerous walking and trekking magazines. John first walked the GR1 in early 2013 and has made two return trips. When exploring new routes in Spain John enjoys the advice and support of Juan Holgado, whose website JuanHolgado.com is one of best known local sources on Spanish walking.