



# The GR5 Trail (Cicerone Guides)

*Paddy Dillon*

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## **The GR5 Trail (Cicerone Guides)** Paddy Dillon

An essential guidebook for walking the GR5, one of the world's most spectacular long-distance trails. The GR5 makes its way through the Alps from the shores of Lac Léman at Geneva to the Mediterranean at Nice. A route of 674km (420 miles), it can be trekked in a month, or split over a series of summer trips. The GR5 is well within the reach of fit and moderately experienced walkers and backpackers. There is good signposting and waymarking, and accommodation, food and drink are all available at regular intervals. The paths and tracks are generally well graded, while steep climbs are tackled on zigzag paths, so the overall gradient is not so severe. Every summer, thousands of walkers embark on this trek.

This guidebook also describes some scenic variant routes, including the stunning GR55 through the Vanoise National Park and the delightful GR52 that crosses the Mercantour National Park. Full descriptions and maps are provided for these alternatives. The book includes daily stages, timings, ascents and descents, full-colour mapping and gradient profiles, alongside information about facilities and services along the route. The result is an ideal companion to planning and completing your trek.

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