

Trekking The Kungsleden The King S Trail Through

In 2011, 25-year corporate veteran Sandy Van Soye had a dream to travel with a purpose. Out of this vision came the Trekking the Planet expedition. Sandy and her husband Darren left their jobs and traveled 14 months to 53 countries on six continents, bringing the subject of geography to life through stories, pictures, and videos from the road. Following their travels were 55,000 students in 20 countries. Darren and Sandy traveled to such places as the Phongsali province of Laos, the countries of Kyrgyzstan and Uzbekistan, the Tigray region of Ethiopia, and the Amazon Rainforest of Brazil. An integral part of their journey was a goal to complete 500 miles of demanding trekking in 12 of the most remote locations on the planet. More than just about their expedition, Trekking the Planet is the story of Sandy's perseverance in making her dream come true. This was put to the test while trekking in difficult conditions, narrowly missing a plane crash in Nepal, and being bitten by a vampire bat in Brazil. This book not only details these challenges, but how the dream of traveling with a purpose ended up giving back in its own special way, changing her life forever.

Located in Scandinavia in Northern Europe, Sweden experiences some very cold weather. Many polar bears call Sweden home! In addition to the wildlife of Sweden, this title introduces readers to the physical geography of Sweden, its traditions and customs, and how Swedes live from day to day.

This walking and trekking guidebook offers a total of 49 day walks and 10 multi-stage treks set right across the magnificent country of Iceland. With three national parks including the mighty Vatnajökull, it is a country of incredible beauty, and its capital, Reykjavík, is an established and easy-to-get-to destination. Including popular, such as the classic Laugavegur Trail from Landmannalaugar to Þórsmörk, as well as lesser-known trails, the guide is split into 12 sections that cover all the best walking and trekking to be had in and around Iceland's amazing and awe-inspiring volcanic, glacial landscapes. The routes range in difficulty from easy walks to challenging treks and give readers all the information they need to experience this wonderfully unique destination on foot. Venturing inland to the remote interior and captivating ice caps, and across glaciers, past lakes and around coastlines and geothermal areas, Paddy Dillon's guide to this 'Land of Ice and Fire' encourages visitors to explore all that Iceland has to offer, and will inspire lovers of the great outdoors to return time and time again. The guide gives lots of tips for travellers on a budget as well as details on public transport and accommodation.

At the heart of Walking Distance: Extraordinary Hikes for Ordinary People are firsthand descriptions of thirty of the world's best long-distance hikes on six continents—including personal anecdotes, historical backgrounds, and useful tips—accompanied by stunning full-color photographs and maps.

A Novel

Polar Exploration

Walking the Royal Trail from Abisko to Hemavan

Walking and Trekking in Iceland

National Parks of Europe

The 10 best multi-day treks

The Complete Guide for Hikers, Bikers, and Skiers

A guidebook to 44 circular walks in the south and west of the Yorkshire Dales National Park, with bases including Sedbergh, Malham, Grassington, Skipton, Settle and Kirkby Lonsdale. The walks cover the valleys of Wharfedale, Littondale, Malhamdale, Ribblesdale and Dentdale - each with its own distinctive landscape and character. Also included is the Yorkshire Three Peaks, a 23 mile (37km) challenge to bag three summits - Pen-y-ghent, Whernside and Ingleborough. The walks range between 3.5 and 13 miles in length and showcase Yorkshire's diverse landscapes, beautiful views and rich heritage. With the exception of the Three Peaks walk, they are designed to suit most abilities: steeper sections are rare and usually short-lived. Detailed route description and 1:50,000 OS mapping are provided for each route, along with information on nearby points of interest and facilities. Highlights include delightful riverside walking in Wharfedale, spectacular views of the distant Howgills and Lake District Fells, and the arresting limestone cliffs of Malham Cove providing a wonderful introduction to this magnificent area.

Let The Rough Guide to Sweden show you the very best this unspoilt country has to offer: from the style-conscious capital, Stockholm, with its magnificent archipelago, to the vast pine forests of Swedish Lapland. Spend a night in the world-famous Icehotel inside the Arctic Circle or laze on the sunny, sandy beaches of the Baltic island of Gotland - Sweden is much more than flat-pack furniture and meatballs. The Rough Guide to Sweden includes full colour pictures to inspire your travels through this vast country of forests and lakes, detailed maps to help you on your way and expert background on everything from smorgasbords to saunas. With The Rough Guide to Sweden in your hand, you'll find that Sweden offers superb value for money and is a gem waiting to be

discovered - where seemingly everyone speaks perfect English. Originally published in print in 2012. Make the most of your time with *The Rough Guide to Sweden*. Now available in ePub format.

This guide describes 10 shorter hut-to-hut treks showcasing southern Norway's wild natural beauty, with highlights including Galdhøpiggen - Norway's highest peak at 2469m - and the iconic Pulpit Rock and Kjeragbolten on the Lysefjord. The routes range from 3 to 8 days (although many can be adapted or combined to create longer or shorter routes) and cover Jotunheimen, Rondane, Dovrefjell, Trollheimen and Ryfylke. They are suitable for experienced hikers with a good level of fitness and can be walked from mid-July to the end of September. Clear route description and mapping are provided for each hike. Stages are graded according to difficulty: although all of the routes follow waymarked trails, some cross remote and challenging terrain which may include exposed sections calling for a sure foot and a good head for heights. However, in many instances, alternatives are provided avoiding the most demanding sections. The guide also offers comprehensive advice on public transport access and accommodation options, and background notes on each of the featured mountain regions. From narrow ridges to wide glacial valleys and from shimmering fjords to striking alpine peaks, Norway is home to many awe-inspiring landscapes. Throw in the warmth and hospitality of the Norwegian Trekking Association's extensive hut network and you have all the ingredients of a fantastic adventure. This guide is an ideal companion to discovering some of Norway's classic shorter hikes and best-loved mountain landscapes.

The Pennine Way is Britain's oldest, toughest long-distance footpath - and arguably its most iconic. Now a National Trail, the 427km (265 1/2 mile) route from Edale in Derbyshire to Kirk Yetholm in the Scottish Borders offers wayfarers the opportunity to immerse themselves in wild beauty of the North. The Pennines boast rolling hills, sweeping moorland and wide glacial valleys, and the Pennine Way has come to embody personal challenge and adventure. This guidebook presents the route in 20 daily stages of 10.5-31.5km (6 1/2-19 1/2 miles). Step-by-step route description is accompanied by 1:100,000 mapping and information about points of interest along the way, as well as

advice on facilities and planning your trip, tips for walking the route and an alternative 15-day itinerary. Useful contacts and full accommodation listings can be found in the appendices. In addition, the guide includes a pocket-sized map booklet containing all the OS 1:25,000 mapping needed to complete the trail, saving the need to carry numerous map sheets. The Pennine Way crosses three National Parks - the Peak District, Yorkshire Dales and Northumberland National Park - and other highlights include Cross Fell, the highest point in England outside of the Lake District; the Cheviot Hills; Kinder Scout; the limestone cliffs of Malham Cove; the North Pennines Area of Outstanding Natural Beauty and the awe-inspiring UNESCO World Heritage Site of Hadrian's Wall. Overnight options range from camping to a mixture of hostels and B&Bs and there is great camaraderie amongst wayfarers. With a wealth of information to help you get the most from your trip, Paddy Dillon's guide is an ideal companion to discovering this classic trail.

Walk the world's epic trails

Sweden

John Muir Trail

Fifty Places to Hike Before You Die

The Christmas Escape

Hiking in Norway - South

The Essential Guide to Hiking America's Most Famous Trail

Plan & Go - Kungsleden is the definitive guide to hiking Sweden's famous King's Trail between Abisko and Hemavan. The book clearly outlines what to expect from a journey on the 'Royal Trail' and provides all the essential planning information to save you time and effort on your own preparations.

Canoe camp through hidden Norwegian fjords. Hike to Sweden's cosiest lakeside bothies and feast on locally sourced regional specialities. Wild swim in the secret hot springs of Iceland. Discover the best of Denmark's golden sand beaches. Perfect for family explorers or romantic adventurers. With informative descriptions and 24 detailed maps, including the best places for secret beaches, fantastic hikes, canoe trails and mountain train and boat adventures, as well as special places in which to stay, enjoy the best local food and discover the wildlife. Travelling from high above the Arctic Circle to the very south of Sweden and Denmark the landscapes you will discover are as varied as they are idyllic.

Pitch a tent and unroll your sleeping bag in some of the most secluded campsites on Earth. With tales from the trail, arresting images, and helpful instruction, this wild guide reveals what calls people to camp: under all the gear, it's as much about living off the grid as it is about

thrill of staying alive. Whether you love car camping with kids, rock climbing with friends, or roughing it solo in a lean-to, you'll find them always somewhere new to explore—even if it's just in your backyard. Inside you'll find:

- Interviews with expert campers, adventurers, basecampers, and alpinists
- Hundreds of captivating photographs of sites and set-ups around the world
- How-tos that cover choosing a tent, building a fire, making coffee, and more

Praise for *Camp* "Far more than just a practical guide to camping, this coffee table tome serves as an homage to the outdoor activity. Dozens of explorers . . . share their favorite journeys, camping spots, tips, and essentials."—*Furthermore from Equinox*

At just over 100 miles long, and taking 7 to 10 days to complete, the Arctic Circle Trail crosses the largest ice-free patch of West Greenland. This splendid trekking route, lying 25-30 miles north of the Arctic Circle runs from Kangerlussuaq to Sisimiut (both of which have airport access). The trail traverses remote, empty, silent and stunningly scenic arctic tundra, and is mostly gently graded with just a few short and rocky slopes. However, the landscape between the two towns of Kangerlussuaq and Sisimiut is extremely remote and those who choose to take on this route must be completely self-sufficient. The book includes plenty of practical information on what to take with you and what to go, as well as on safety, travel and accommodation. Fully illustrated with a variety of photographs and its route is highlighted on contemporary trekking maps. The guide also includes an optional extension to the Greenlandic ice cap.

Trends and Horizons

23 Breathtaking Treks

The Beacons Way

Classic Hikes of the World

From Edale to Kirk Yetholm

The Rough Guide to Sweden

The Ritual

A stunning photographic journey to the world's most iconic walking destinations. Discover the epic drama of mountain trails, windswept coastal paths, dense forest walks and the immense canyons, glaciers and ocean vistas only your feet can take you to. Vivid essays introduce the world's best trekking regions – from the Himalayas to the Andes, the wilds of the Scottish Highlands to the dusty Australian Outback – exploring the challenges of walking these paths, the history of their formation and the sense of exploration and wonder to be found along these distinctive routes. Each route is accompanied by stunning photography, showcasing the variety of terrains and their magnificent vistas.

This is the story of Nilas and how he navigates life, trying to reconcile being gay as well as being Sami. Set over several decades, we follow Nilas and his Swedish husband Casper, as they build a life amid the shallows of bigotry, discrimination, and the onset of the AIDS crisis. *Last Winter's Snow* portrays recent LGBT history from a Swedish perspective, from the days when being gay was considered a "mental disorder" to today's modern anti-discrimination legislation and the move toward equality. It's also the story of one couple and the ups and downs of everyday life in the face of changing rules and attitudes toward them and their relationship. Last, not least, it's a book that celebrates the rich history and culture of the Sami and their land, Sápmi, as well as their ongoing struggle to

achieve recognition and win back the right to self-determination over lands they've lived on for thousands of years. Last Winter's Snow is Hans M Hirschi's first novel set almost entirely in Sweden, but it is the second time (after Fallen Angels of Karnataka) he takes his readers on a journey into the mountainous regions of Scandinavia in one of his acclaimed novels.

Ultimate Adventures: A Rough Guide to Adventure Travel features 30 different adventure sections and is jam-packed with breathtaking photography. There are adventures for all travellers, including "soft" experiences for those testing their bravery levels and extreme adventures for adrenalin junkies, each rated by physical, psychological, skill and wow factor! Whether your appetite for adrenalin takes you to arctic freezes, ocean depths or sweltering deserts, this book will tell you how, why and when to plan your ultimate adventure. Written by trekker extraordinaire Gregg Witt, who brings cultural sensitivity and humour, as well as concise practical information. You'll find maps and safety tips as well as advice on the best local guides, essential gear and safety tips. Make the most of your time on Earth with this spectacular foray into world adventures.

The first English-language guide to one of Europe's finest long-distance paths.

Trekking the Kungsleden

The Pennine Way

Kungsleden

Last Winter's Snow

Plan & Go | Hiking Photography

Stories and Itineraries for Sleeping Under the Stars

100 days of walking and multi-day treks

The Rough Guide to Europe on a Budget has all you need to know for an out-of-this-world trip that won't affect your credit rating. Leave financial woes behind and get to grips with every corner of the continent, from awe-inspiring Stonehenge to the jaw-dropping Sistine Chapel, blissful beaches on Croatia's Brac and cool beers in Budapest's ruin pubs. Handy itineraries will help you decide your route, clear, colour-coded maps let you plan your days and gorgeous photos will have you rearing to go. Combined with in-depth descriptions of all the key sights and painstakingly researched recommendations for the best hostels, hotels, campsites, cafés, restaurants, bars and clubs, The Rough Guide to Europe on a Budget reveals the continent in all its glory, without breaking the bank. And if you do feel like splashing out occasionally, "treat yourself" boxes offer inspiration - take a dip in the rooftop pool at Bath's Thermae Spa or track down Wroclaw's most mouthwatering pierogi, for example. Make the most of your European adventure with The Rough Guide to Europe on a Budget that includes countries like Albania, Austria, Belgium & Luxembourg, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Great Britain, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Macedonia, Montenegro, Morocco, The Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia,

Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and Ukraine.

In May 1993 the British Mountaineering Council met to discuss the future of high altitude tourism. Of concern to attendees were reports of queues on Everest and reference was made to mountaineer Peter Boardman calling Everest an 'amphitheater of the ego'. Issues raised included environmental and social responsibility and regulations to minimize impacts. In the years that have followed there has been a surge of interest in climbing Everest, with one day in 2012 seeing 234 climbers reach the summit. Participation in mountaineering tourism has surely escalated beyond the imagination of those who attended the meeting 20 years ago. This book provides a critical and comprehensive analysis of all pertinent aspects and issues related to the development and the management of the growth area of mountaineering tourism. By doing so it explores the meaning of adventure and special reference to mountain-based adventure, the delivering of adventure experience and adventure learning and education. It further introduces examples of settings (alpine environments) where a general management framework could be applied as a baseline approach in mountaineering tourism development. Along with this general management framework, the book draws evidence from case studies derived from various mountaineering tourism development contexts worldwide, to highlight the diversity and uniqueness of management approaches, policies and practices. Written by leading academics from a range of disciplinary backgrounds, this insightful book will provide students, researchers and academics with a better understanding of the unique aspects of tourism management and development of this growing form of adventure tourism across the world.

Lonely Planet: The world's number one travel guide publisher* Lonely Planet Scandinavia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Sail Norway's fjords or hike miles and miles of wilderness, stare in wonder at the aurora borealis, and sink back into Iceland's geothermal pools amidst mind-bending scenery – all with your trusted travel companion. Get to the heart of Scandinavia and begin your journey now! Inside Lonely Planet's Scandinavia: Full-colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, art, literature, music, architecture, landscapes, wildlife, design Covers Iceland, Reykjavik, the Blue Lagoon and the Golden Circle, Norway, Oslo, Norway's Fjords, Sweden, Stockholm, Gothenburg, Denmark, Copenhagen, Tallinn, Estonia, Finland, Helsinki, Lakeland (Finland), the Far North and the Arctic Circle, and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data

charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Scandinavia is our most comprehensive guide to the region, and is perfect for discovering both popular and offbeat experiences. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travelers. You'll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

"Morgan's latest Christmas tale will delight readers and give them the perfect excuse to snuggle up for a few hours with a cup of hot cocoa."—Booklist on The Christmas Escape This Christmas, be whisked away by USA Today bestselling author Sarah Morgan in this uplifting novel of friendship, the festive season, and risking everything for the biggest gift of all... It was supposed to be Christy Sullivan's perfect Christmas getaway—a trip to Lapland with her family and best friend, Alix. But facing a make-or-break marriage crisis, Christy desperately needs time alone with her husband. Her solution? Alix can take Christy's little daughter to Lapland, and they will reunite there for Christmas Day. It's a big ask, but what else are friends for? There's nothing Alix won't do for Christy. But Christy's request to save Christmas is giving Alix sleepless nights. She knows something is wrong, but for the first time ever, Christy isn't talking. And even the Arctic temperatures in Lapland aren't enough to dampen the seriously inconvenient sizzle Alix is developing for Zac, a fellow guest and nemesis from her past. As secrets unravel and unexpected romance shines under the northern lights, can Christy and Alix's Christmas escape give them the courage to fight for the relationships they really want, and save the precious gift of each other's friendship?

Hiking in European Mountains

Walking in the Yorkshire Dales: South and West

The Rough Guide to Sweden (Travel Guide eBook)

From Ilkley to the Lake District Through the Yorkshire Dales

Epic Hikes of the World

Case Studies

Extraordinary Hikes for Ordinary People

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-

long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Guidebook to walking the Dales Way. This picturesque 79 mile route through the Yorkshire Dales between Ilkley and Bowness-on-Windermere is one of the gentlest long-distance walks in Britain. The route is described in both directions, passing through Wharfedale, Dentdale and the eastern fringe of the Lake District. With 1:25K OS map booklet.

This book describes 20 walking routes in the main mountain areas of Norway, ranging from the far south to the Arctic regions. Chosen because they are of particular interest to the visiting walker, all trips described are accessible by public transport. Many of the mountain areas are close to one another, making it easy to connect different routes for a fortnight's holiday. Route descriptions divided into daily segments, vary in length from a few days to a week. Fact panels provide information on level of difficulty, base, maps etc. Introductory sections to each chapter detail unique information about each region and transport to the area. Summary tables list the hourly estimates of the walking time necessary between points on a route. Route profiles provide an approximate picture of a trail's steepness, and trail maps give an instant picture of the entire route.

Sweden's most famous long-distance trail, the Kungsleden (King's Trail) traverses the land of the Sámi people and the midnight sun, stretching 460km between Abisko and Hemavan. Around half the route lies within the Arctic Circle showcasing an ever-changing landscape of snowy mountains, deep glacial valleys, open fell, expansive lakes and verdant forest. The fully waymarked trail is comprised of five continuous and distinct sections: these can be walked individually or a thru-hike will take around a month. The guide also includes the popular Abisko to Nikkaluokta circuit, which can be completed in a week, and an ascent of Kebnekaise, Sweden's highest peak at 2098m. In addition to clear route description and mapping, you'll find a wealth of practical advice covering accommodation and facilities, equipment and resupply and detailed notes on how to get to and from the section start and finish-points. A Swedish and Fell Sámi glossary can be found in the appendix. Although there are plentiful

opportunities for wild camping, three of the five trail sections are equipped with huts (many including a shop and a sauna) making them easily accessible to all. The remaining two sections have a more remote feel that will appeal to those intent on finding some solitude. To add further colour, there are seven mandatory lake crossings on the trail with the option of rowing or using the motorised service: full details are provided in the text. The Kungsleden passes through five national parks, including Sarek. Other highlights include the striking Tj ä ktjavagge glacial valley and the famous hay meadows of Aktse, perfectly framed by the azure L á jt á vrre delta and the sheer chiselled face of Skierrffe. The Kungsleden invites you to step into a new world, and it may well prove to be the start of a long and rich association involving many repeated visits.

The Dales Way

Trekking in Greenland - The Arctic Circle Trail

Trekking Beyond

All You Need to Know to Complete Sweden's Royal Trail

The Kungsleden - Walking Sweden's Royal Trail

Walking Distance

Rough Guide Ultimate Adventures

There has been little research on tourism in those European countries or regions which lie outside the continent's main centres of production and population, even though tourism may be one of the few economic options open to them. This volume aims to fill a gap by presenting a range of case studies - including northern Sweden, the Orkneys, the tip of Norway and northern Cyprus - on tourism in the peripheral areas of Europe. Taking as a leitmotiv the paradoxes inherent in developing places whose very attraction may lie in their lack of development, the case studies investigate and illustrate both the opportunities and the threats that tourism presents to peripheral areas. Although they share certain similarities, the cases also demonstrate differing approaches to tourism development and varying outcomes over time. They suggest solutions for dealing with, for example, community participation as well as providing practical insights into visitor perceptions of peripheral areas and into ways of marketing such areas in a sensitive manner. Together they provide a picture of the needs of peripheral areas and of how far and how best tourism can fulfil those needs.

Explore the best of Europe's amazing national parks. From the Lake District to the Black Forest, this beautiful introduction to 60 of Europe's parks is packed with panoramic photography, original illustrations, practical information, and inspiring tips on what to do and see in each. You'll have all the tools to plan the first of many exciting trips. Suggested itineraries for long or short visits The must-try activities for every season Beautiful photography of unique landscapes How to get to each park, and the best places to stay Illustrations of wildlife to watch for in each park Europe's national parks are incredibly diverse, and that is what makes them so special. They protect areas of coast, high-altitude peaks in the Pyrenees and Alps, and even parts of the frozen Arctic, with wildlife ranging from Carpathian squirrels and fin whales to peregrine falcons and polar bears. Setting out to choose Europe's top 60 national parks was no easy task, so we called on our expert writers and

well-travelled editors. We asked them to tell us which parks provide the best experiences and why. The final selections were those that offered something truly unique, often an enthralling mixture of stunning natural beauty, incredible wildlife, fulfilling activities, local culture and (occasionally) a compelling history too. But this book is intended to be more than just a celebration of Europe's top national parks - it's also a practical introduction to each of them. We highlight the best activities and trails, explain how to get there and where to stay, show you the wildlife to watch out for, and suggest itineraries. We hope the following pages inspire you to explore more of Europe's wild and wonderful spaces. Includes: Abisko Abruzzo Aiguestortes i Estany de Sant Maurici Arcipelago di La Maddalena Atlantic Islands of Galicia National Park Dolomiti Bellunesi Berchtesgaden Black Forest Brecon Beacons Cairngorms Carpathian Cinque Terre Connemara Curonian Spit Dartmoor Donana Durmitor Ecrins Etna Gauja Golfo di Orosei e del Gennargentu Hardangervidda Hohe Tauern Hortobagy Jostedalbreen Jotunheimen Killarney Kornati Lahemaa Lake District Lake Skadar Lemmenjoki Loch Lomond and The Trossachs National Marine Park of Alonnisos Northern Sporades Nordvest-Spitsbergen Ordesa Oulanka Paklenica National Park Peak District Pembrokeshire Coast Peneda-Geres Picos de Europa Pirin Plitvice Port-Cros Pyrenees Retezat Sarek Saxon Switzerland Sierra Nevada Slovensky Raj Snæfellsjokull National Park Snowdonia Swiss National Park Tatras Triglav Valbona Valley Vatnajokull Vikos-Aoos National Park Wadden Sea About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)

Now a Netflix Original Movie! When four old University friends set off into the Scandinavian wilderness of the Arctic Circle, they aim to briefly escape the problems of their lives and reconnect with one another. But when Luke, the only man still single and living a precarious existence, finds he has little left in common with his well-heeled friends, tensions rise. With limited experience between them, a shortcut meant to ease their hike turns into a nightmare scenario that could cost them their lives. Lost, hungry, and surrounded by forest untouched for millennia, Luke figures things couldn't possibly get any worse. But then they stumble across an old habitation. Ancient artefacts decorate the walls and there are bones scattered upon the dry floors. The residue of old rites and pagan sacrifice for something that still exists in the forest. Something responsible for the bestial presence that follows their every step. As the four friends stagger in the direction of salvation, they learn that death doesn't come easy among these ancient trees . . .

Overview of sixteen complete systems (three or more huts) with all you need to know to plan a trip—from

terrain to costs and other logistics At-a-glance tables for quick comparison of hut systems Full-color photos and detailed maps Hut to Hut USA celebrates the opportunities for hut-tohut hiking, mountain biking, and skiing or snowshoeing at sixteen hut systems across the United States—from the Appalachian Mountain Club's hiking huts in the White Mountains, to the San Juan Huts that allow mountain bikers to pedal from Telluride or Durango to Moab, to the Rendezvous Huts for Nordic skiers in Washington's Methow Valley. For the featured systems, the book describes modes of travel, amenities, quality of experience, terrain, required skill level, the route itself, wayfinding tips, and booking and cost details, with photographs and maps. Suggested day-by-day itineraries with mileages, elevation gain and loss, and hut GPS coordinates help adventurers craft their trip. Demas and Bradley also offer a general history of hut systems around the world and examine how they have developed in the US over the past century. This comprehensive, practical guidebook is the first to cover all of the US hut systems, meeting growing interest in hut-tohut travel.

Hut to Hut USA

Mountaineering Tourism

All You Need to Know to Take Better Pictures on Every Trail

Outdoor Experts Share the World's Greatest Destinations

Lonely Planet Scandinavia

Frommer's Scandinavia on Forty Dollars a Day

Wharfedale, Littondale, Malhamdale, Dentdale and Ribblesdale

Trekking Beyond takes you on a journey through the snow-capped peaks of the world's mountains, the sandy dunes of our deserts and along the impressive coastal paths in a beautiful celebration of our world's most impressive, challenging and beautiful treks. Vivid essays introduce the world's best trekking regions — from the Himalayas to the Andes, Singalila Ridge to the Bibbulmun Track — exploring the challenges of walking these paths, the history of their formation and the sense of exploration and wonder to be found along these distinctive routes. Each route is accompanied by stunning photography, showcasing the variety of terrains and their magnificent vistas. Each region includes: — Case studies that detail specific treks — Maps of the region in full — Expertise from renowned trekkers World-renowned trekkers and outdoor adventure writers, Damian Hall, Dave Costello and Billi Bierling, bring their knowledge and expertise to each region.

Nature sports in general and hiking in particular have become, in our urban and post-industrial societies, a growing phenomenon practiced by millions of citizens. The motivations and interests of this large group are varied, but they have a common element: to disconnect from stressful modern life and reconnect with nature. National parks and other protected areas are the preferred destinations, but they present an challenging contrast for land management: conservation versus tourist use. While once considered a romantic practice of escape and discovery, hiking is now a consumer product and a tourist experience. It promises experiences of

disconnection, quiet and health; yet, natural spaces are increasingly scarce and more often than not they are crowded by other recreationalists. This book presents a multidisciplinary perspective on the latest trends and developments in hiking. In particular, the authors work from a European perspective with various outdoor recreation models represented and different conservation initiatives explored in the contexts of Spain, Norway, Poland, Germany and Lebanon. Collectively, the authors attend to hiking as a social phenomenon and economic opportunity, which has the potential to sustainably revitalize rural destinations, if managed properly. A handbook about the mental and physical preparation and detailed planning required for a successful trip to the North or South Pole. In this guide, veteran explorer and polar pioneer Dixie Dansercoer outlines the particular considerations and requirements for all kinds of polar expedition: short self-guided trips, guided Last Degree expeditions and long-haul expeditions, self-financed or sponsored, to the Arctic or the Antarctic. Illustrated with first-hand accounts of hazardous crossings, tricky decision points and encounters with polar bears, as well as evocative expedition photography, sections cover motivation and limitations, understanding the cold, preparations, what to take, travel during the day and camp organisation at night, as well as hazards from polar bears to exploding stoves and whiteout to frostbite. For newcomers in need of guidance, it will help them begin their mental and physical preparation for surviving in such extreme environments. For returning explorers, there is plenty of information on equipment, techniques and experiences to compare and contrast. Also includes a glossary of polar terms and a recommended daily polar regime. Fifty Places to Hike Before You Die is the latest offering in the bestselling Fifty Places series. Chris Santella, along with top expedition leaders, explores the world's greatest walking adventures. Some, such as the Lunana Snowman Trek in Bhutan and the Kangshung Valley Trek in Tibet, are grueling multiweek adventures at high altitudes. Others, such as Japan's Nakesando Trail, move leisurely from village to village, allowing walkers to immerse themselves in the local culture. Whether it's climbing the Rwandan mountains to view mountain gorillas or strolling through bistros along Italy's Amalfi Coast, there's a memorable hike at everyone's level within these 50 chapters. With commentaries from expert trekkers and insider tips that lead the reader off the beaten path, Santella has again captured the special characteristics that make these must-visit destinations.

Walking in Norway

Camp

Sweden's King's Trail

Swim, Camp, Canoe and Explore Europe's Greatest Wilderness

Plan & Go Kungleden

Sweden, Model for a World

The Rough Guide to Sweden Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' trav

Sweden with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our i
Whether you plan to swim in one of Sweden's 100,000 lakes, explore the cobbled lanes and medieval church ruins of Visby or relax in a
sauna, the Rough Guide to Sweden will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features
to Sweden: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to c
popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise
help you make the most from your trip to Sweden - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded
way around Uppsala, Karlstad and many more locations without needing to get online - Fabulous full-colour photography: features inspir
photography, including the enchanting Bohuslän coast with smooth rocky outcrops perfect for sunbathing and the medieval magnificen
Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough G
of Lund Domkyrkan, Birka, Gotland beaches and Inlandsbanan's best sights and top experiences - Travel tips and info: packed with essen
information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture
shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Sweden, with coverag
religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Stockholm; day-trips from
Gothenburg; the southwest; the southeast; the Bothnian coast; central Sweden; Swedish Lapland You may also be interested in: The Ro
Norway, The Rough Guide to Denmark, Pocket Rough Guide to Copenhagen About Rough Guides: Rough Guides have been inspiring travel
35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it
Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

Guide to the Kungsleden (King's Trail), Sweden's premier long-distance trek. Lying mostly within the Arctic Circle, the 440km route across
presented in 26 stages but can be walked in shorter sections if preferred. Includes an optional ascent of Kebnekaise, Sweden's highest
huts and wild camping.

The new edition of this Sierra classic has been completely updated, and meticulously describes the entire trail. The book includes GPS co
every junction, has separate descriptions for northbound and southbound hikers, and shows elevations and distance.

Plan & Go - Hiking Photography is the essential handbook for anyone eager to hone their creative vision and take more compelling phot
exploring nature on foot. Get the tools and inspiration needed to achieve better results with your smartphone, compact, action, mirrorl
camera.

Trekking the Planet

A practical handbook for North and South Pole expeditions

Wild Guide Scandinavia (Norway, Sweden, Iceland and Denmark)

Tourism in Peripheral Areas

The King's Trail through Northern Sweden

The Rough Guide to Europe on a Budget (Travel Guide eBook)

From Kangerlussuaq to Sisimiut