



Spain's Sendero Histórico: The GR1: Northern Spain - Picos to the Mediterranean (Trekking)

John Hayes

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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.

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