



## Walking in the Cordillera Cantabrica: A Mountaineering Guide

By Robin Walker

Cicerone Press. Paperback. Book Condition: new. BRAND NEW, Walking in the Cordillera Cantabrica: A Mountaineering Guide, Robin Walker, A guide to walking in the Cordillera Cantabrica mountains in northern Spain - one of Spain's premier ranges - including detailed descriptions of 60 routes spread around the whole of this magnificent mountain chain. Based on selected valley bases, the routes are readily accessed, thus minimising travel time. All of the routes can be done in a day and all are circular. In difficulty they vary from straightforward, half-day outings to strenuous, full-day ascents demanding fitness, good overall mountain skills, and the ability to deal with short sections of scrambling. This guide is complemented by articles on four specialist topics of interest to any who wish to know the range in greater depth: place names, the transhumance, the Civil War and alpine flora. The Cordillera Cantabrica is currently home to a total of nine protected areas, including three UN-designated areas.



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