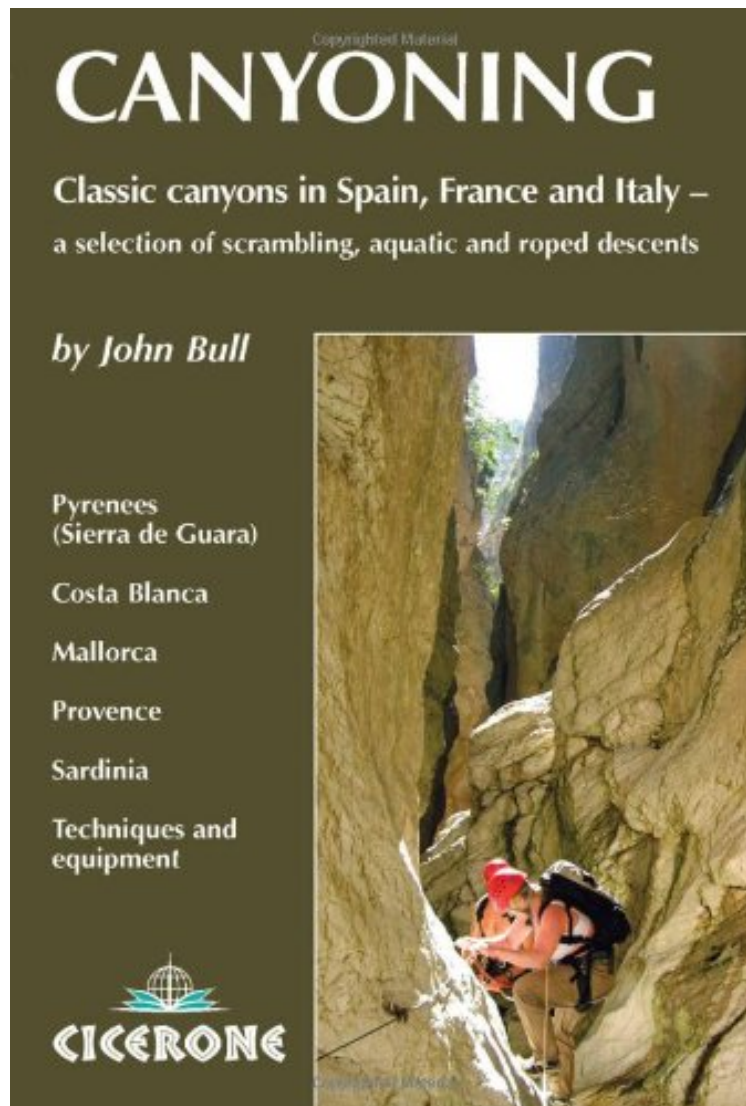


[Download] Canyoning in Southern Europe: Classic Canyoneering in Spain, France and Italy (Cicerone Guides)

Canyoning in Southern Europe: Classic Canyoneering in Spain, France and Italy (Cicerone Guides)

John Bull

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John Bull : Canyoning in Southern Europe: Classic Canyoneering in Spain, France and Italy (Cicerone Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised Canyoning in Southern Europe: Classic Canyoneering in Spain, France and Italy (Cicerone Guides):

0 of 3 people found the following review helpful. Niche canyoning in southern EuropeBy Vince LoweI like this book,

but some of the descriptions seem a little vague, particularly when trying to find trailheads. I haven't been to southern Europe yet, but look forward to putting this book to the test.

Canyoneering - the descent of natural gorges by a mixture of hiking, scrambling, swimming and abseiling - is a spicy mix both for fun and for the adventurous. This is a guide to canyoning in the limestone areas of the western Mediterranean, stretching from the Costa Blanca via the Pyrenees to Provence, Sardinia and Mallorca. Selective in nature, it includes a variety of recommended gorge descents, ranging from two-hour strolls to long-day aquatic expeditions. The more technical expeditions invariably involve abseiling and scrambling, and most canyons are within reach for anyone in possession of these skills (and, in the case of wet canyons, a one-piece wetsuit). The friendly Mediterranean canyons are great places to learn, and the guide provides a basic grounding in techniques and skills. In the dramatic mountain limestone scenery of the Mediterranean, your canyon follows a defined geographical feature that is often inescapable for much of its length. Even an easy, dry canyon can be very atmospheric; add a rush of noisy water and you have an exhilarating environment.

About the Author John has been climbing, walking and mountaineering for over 30 years. He grew up on the fringes of the Lake District, and has since travelled extensively to the mountain and crag areas of Europe, North America and other parts of the world. He has climbed in 30-odd countries and contributed to several rock-climbing guides.