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## **EILEEN SIMMONS**

*Trekking in the Zillertal Alps* Discovery Walking Guides Ltd  
With stunning coastlines and impressive craggy mountains, Corsica is an island with diverse landscapes for day walkers of all abilities to enjoy. Across 25 day walks, this guidebook explores sandy beaches, forested river valleys, and waterfalls, as well as high mountain passes to lookouts and glacial lakes. This guidebook is a brilliant introduction to walking on Corsica, and offers plenty of information on food, plant life, and history. Bases

include coastal towns of Bastia, Bonifacio, Porto Vecchio, and Ajaccio, as well as mountain villages of Corte, Evisa and Zonza. Each walk features detailed mapping alongside comprehensive route description. All the walks are graded for difficulty and range from easy-going low-level walks on good tracks or paths, to challenging and exposed high-level routes for experienced walkers. The guidebook also includes lots of practical information including a list of useful contacts, accommodation listing, and a glossary of French/Corsican terms. Whether you choose a coastal stroll to enjoy wildflowers and a swim in the Mediterranean Sea, or a mountain walk with

dizzying views across craggy peaks, this guidebook offers something for walkers of all abilities looking to discover the many delights of Corsica. *Ultra Success* Penguin Celebrating a tradition of bravery, thirst for knowledge, and pursuit of glory, this ebook tells the stories of the most famous mountaineers in history and explores the climbs that they conquered. *Mountaineers* is filled with stirring tales of adventure and intriguing characters, from the Brits who insisted on hauling cases of vintage champagne up to Everest base camp in 1924, to the Italian Duke of the Abruzzi who took 10 iron bedsteads up Alaska's Malaspina

glacier. It chronicles the stories of the pioneers who first conquered the heights of this planet, from Otzi the Iceman to Edmund Hillary, important scientific discoveries that were made along the way, and accounts of great bravery, fellowship, altruism, and humour in the face of adversity. The ebook features fact files for over 100 famous mountaineers and stunning photography of the mountains they scaled, and contains rare artefacts that were found on their journeys, previously unpublished photographs, and specially commissioned route maps to recreate history's greatest ascents. The book also charts the development of technology, equipment, and techniques from the tweed hacking jackets and pipe-smoking of the early mountaineers to the sophisticated kit being used today.

**Walk! Lanzarote** Rocky Mountain Books Ltd  
"Trekking and peaks in the Austrian Tyrol"--  
Cover.

**A Walk from the Wild Edge** Curious Traveler Press  
"Wallpaper\* City Guides are a ruthlessly-researched, design&hyped;conscious

guide, for the discerning traveller who wants to come away with a true taste of the best a city has to offer. "  
*How to Ice Climb!*  
Cicerone Press Limited  
The leader for two decades in specialized guides for Appalachian Trail thru-hikers, section-hikers, and dreamers with the 2,186-mile national scenic trail in their eyes! Forty-some volunteers from the only organized A.T. users' group (the Appalachian Long Distance Hikers Association) each fall team up with the Appalachian Trail Conservancy to compile the latest information on Trail features and offerings in nearby towns. That provides the basic information would-be thru-hikers need to craft their own adventures to define their walks of a lifetime. The Companion, with mileage tables and town maps, is divided by state in south-to-north order, with a plethora of telephone numbers and Web sites to tap along the way.

*Yogarrampicata. La Connessione Tra la Disciplina Dello Yoga E Un'arrampicata Consapevole. Ediz. Inglese*  
Grey Eagle Publications  
Männer wie wir sehen

Dinge. Wir tun Dinge, die uns gefühllos machen. Das ist der Preis für Macht und Geld, dafür, dass wir la belle vie leben und die französische Mafia leiten. Dann tauchte sie auf wie eine hübsche Wildblume, die durch die Ritzen eines schmutzigen Pflasters wächst – zerbrechlich und doch unverwüstlich, ein Hauch von Schönheit inmitten des Schmutzes. Sie sollte nur ein weiterer Job sein, eine namenlose Person, die ich aus ihrem Leben reißen und meinem Bruder übergeben sollte, nichts weiter als ein Pfand in unserem Diamantengeschäft. Für Männer wie uns gibt es einen psychologischen Stempel. Uns fehlt es an Empathie und Schuldgefühlen. Wir tun Dinge, um zu bekommen, was wir wollen, Dinge, die Blumen verwelken lassen.  
[Lonely Planet Best Day Walks France](#)  
The Mountaineers Books  
Take the snowiest mountains in Canada, add two Austrian immigrants, an army of adrenaline-addicted skiers (kings, queens, billionaires, average people and everyday ski bums) and throw a helicopter into the mix for an unforgettable story of mountain adventure. The tale begins when two

childhood friends-Hans Gmoser and Leo Grillmair-leave postwar Austria and travel to Canada in search of adventure. They stumble upon employment taking skiers across the vast glaciers and through the thick forests of Western Canada. When skiers start asking the immigrant mountaineers if it would be possible to use a helicopter to reach the best high-altitude powder, the two find themselves catapulted into a project brimming with more adventure, success, tragedy and fame than they could have dreamed. Complete with archival and contemporary photos, this is the inside story of the people, thrills, accidents and innovations behind the evolution of a sport from a dangerous, ramshackle and lawless enterprise into a multi-million dollar industry offering reliable access to one of the world's most exciting forms of recreation.

#### The Outer Hebrides

Dorling Kindersley Ltd Reveals high-stakes techniques and survival tactics from intelligence officers who have employed the same measures in life-or-death situations throughout the world.

#### *Bugaboo Dreams*

Cicerone Press Limited An inspirational larger format guidebook to 20 summer treks in the Alps across Italy, Austria, Switzerland, France and Slovenia, including the classics such as the Tour of Mont Blanc and lesser-known routes like the Traverse of the Slovenian Alps. Perfect for planning, the treks included are: Tour of Mont Blanc, Tour of the Matterhorn, Tour of Monte Rosa, Walker's Haute Route, Tour of the Jungfrau Region, Tour of the Vanoise and Dolomites AV 1 & 2; (longer trans-Alpine routes) GR5 (Lake Geneva to Nice), Eastern Alps E5, Italian Alps GTA and the Traverse of the Slovenian Alps; and (for the Alpine adventurer) Alpine Pass Route, Tour of the Oisans, Tour of the Queyras, Tour of Mont Ruan, Stubaier High Route, Zillertal High Route, Gran Paradiso AV2 and the Ratikon Hoehenweg. Outline schedules for each trek allow you compare the routes and become inspired to take up the challenge. Basic day-by-day route descriptions for each route are illustrated with maps and profiles, helping you choose the best routes to walk.

#### **Walking on Corsica**

#### Cicerone Press

The Outer Hebrides are a place apart, an island chain stretching almost 200km from the Butt of Lewis to Barra Head with some of Britain's most mesmerising beaches, dramatic mountain ranges, wonderful wildlife, a long and fascinating history and a rich and vibrant Gaelic culture. This book features 40 mostly moderate walks, with many ideal for families, which take in magnificent sweeps of sand, soaring sea cliffs and memorable hill ascents, as well as celebrated cultural sights.

#### China by Bike Lonely Planet

The remarkable true story of one man's inspiring journey through his 3,000 mile walk across the country 'A great and inspirational read' MATT HAIG, bestselling author of *Reasons to Stay Alive* 'Inspiring' INDEPENDENT 'An uplifting and inspirational journey through raw emotion' RAYNOR WINN, bestselling author of *The Salt Path* AS SEEN ON BBC BREAKFAST \_\_\_\_\_ Jake Tyler had forgotten how to feel alive. With only a pair of boots and a backpack, he set off on a 3000-mile walk around Britain - along coastal paths, over

mountains, through every national park. His journey became his road to recovery. On it he rediscovered the British landscape, the extraordinary kindness of strangers and most importantly, his place in the world. This is his inspiring story, away from the wild edge. \_\_\_\_\_ 'Jake you have changed people's lives . . . we are all fans!' Chris Evans, Virgin Radio 'An incredible journey, an inspirational memoir . . . beautiful' Zoe Ball, BBC Radio 2 'Inspiring . . . It's something that will help many through these dark times' Bryony Gordon 'This book is a tonic. Until we can all get out and explore Britain's beauty for ourselves again, this is the ideal substitute' Mirror 'So compelling in his honesty . . . very poignant' Express 'A tale told with courageous honesty. There's much to learn here about how reconnecting with nature and trusting others can rekindle the joy of being alive' BBC Countryfile 'A testament to the power of human connection, this is a physical and mental journey to inspire hope even in the darkest of times' National Geographic  
[Hiking in Italy Day Walks](#)

Ice climbing continues to grow more popular every year. Advances in equipment and technique have helped make the sport accessible to a wide variety of outdoor enthusiasts. *How to Ice Climb!* is the most complete and up-to-date reference available on the sport. Sean Isaac and Tim Banfield provide essential information for beginners and valuable tips for experts. Starting with an overview of the history of ice climbing, the authors move on to cover equipment selection, approach strategies, avalanche safety, hazard management, movement skills, anchor systems, overhanging ice, mixed climbing, and more. All facets of ice climbing are thoroughly examined and explained. Full color photos complement the text to make *How to Ice Climb!* the most complete resource available. **LOOK INSIDE FOR:** Expert advice Tricks and techniques Full color photos Inspiration and motivation  
*Modern Rome* Phaidon Press  
 Thirty top athletes share running advice and stories that could help improve your own running. Ultra-running is on the rise year by year, and so are the standards being set. If

you have ever run an ultra-marathon, you will understand how physically and mentally demanding these are. Most runners will never know what it is to experience running one hundred or two hundred miles, running through the night, and having hallucinations, and yet some of the runners in this book not only complete these distances but complete them in phenomenal times. But what sets these elite ultra-runners apart? *Ultra-Success* delves into the minds of top ultra-runners who have completed and won the most gruelling ultra-runs on the planet. Some of the races won by these athletes include Western States 100, Moab 240, Comrades, and Barkley Marathons, plus much more.

#### **Wallpaper\* City Guide**

**Lima** Rowman & Littlefield

Day Walks on the Isle of Skye by Helen and Paul Webster features 20 routes suitable for hillwalkers of all abilities. Together with stunning photography, each route features Ordnance Survey 1:25,000 maps, easy-to-follow directions, distance and navigation information, refreshment stops and local

information.

Time on Rock Phaidon Press

Presenting a walking guide book for Lanzarote, this book includes GPS waypoints for navigational accuracy. This work provides information from strolling around historic Teguse to struggling up Guadilama. If you want to go further, routes range from 1 to 6 hours long, you can link our matrix of routes together.

Wallpaper\* City Guide

Madrid Gestalten

A guide to trekking in the Hohe Tauern in Austria's Eastern Alps, a World Conservation Area, through Tirol, Salzburg and Karnten provinces. Describes four hut-to-hut treks, of different difficulties, in the Gross Glockner, Reichen and Venediger mountain groups, and a fifth tour of the whole region and includes a comprehensive hut directory.

*Trekking in Austria's Hohe Tauern* Phaidon Press

" Wallpaper\* City Guides are a ruthlessly-researched, design&hyphen;conscious guide, for the discerning traveller who wants to come away with a true taste of the best a city has to offer. "

**Diamanten im Staub**

Marco Polo Travel

Publishing, Limited

MODERN ROME: 4 GREAT WALKS FOR THE CURIOUS TRAVELER, an alternative guidebook, is the latest in the Curious Traveler Series by acclaimed travel writers Dianne Bennett and William Graebner.

Designed for the tens of thousands of visitors who have seen Rome's major attractions or seek an off-the-beaten path experience, it features over 60 color photos, 4 detailed maps, and entertaining and informative commentary.

Following the success of ROME THE SECOND TIME: 15 ITINERARIES THAT DON'T GO TO THE COLISEUM, Bennett and Graebner offer 4 new Rome walks, all outside the city's tourist core, all easily accessible by Metro or tram, and all in neighborhoods where Romans live and work.

GARBATELLA: GARDEN CITY SUBURB is a guided tour through one of the city's most engaging and mysterious planned communities, a 1920s creation featuring curving streets, enchanting stairways, interior courtyards, and some of the most unusual public housing ever built. EUR: MID-CENTURY SPECTACLE features a dramatic locale, now a center of

Rome's business community, but planned and constructed in monumental style to celebrate the 20th anniversary of the 1922 Fascist March on Rome. On the opposite side of the city, a walk through Flaminio introduces Rome's sensational 21st-century, starchitect-designed cultural centers, and, across the Tiber, the suggestive site of the 1960 Olympic Games, the Foro Italico, a virtual Mussolini theme park built by the Duce in the 1930s. A fourth, stairways walk begins in Trastevere's back yard, winding up, down, and around Rome's 8th hill, the Gianicolo, traversing a 17th-century villa, a compelling 1941 monument to the Italian unification movement, and one of the smallest and most charming temples in all of Italy. Bennett and Graebner provide more tantalizing tours, information, and Book Updates on their blog at

[www.romethesecondtime.com](http://www.romethesecondtime.com). Pack your bags.

Bring your curiosity.

*Trekking in the Alps*

Penguin UK

SHORTLISTED FOR THE WAINWRIGHT PRIZE AND THE BOARDMAN TASKER AWARD FOR MOUNTAIN LITERATURE With great

lyricism, Anna Fleming charts two parallel journeys: learning the craft of traditional rock climbing and the developing appreciation of the natural world it brings her. Through the story of her progress from terrified beginner to confident lead climber, she shows us how placing hand and foot on rock

becomes a profound new way into the landscape. Anna takes us from the gritstone rocks of the Peak District and Yorkshire to the gabbro pinnacles of the Cuillin, the slate of North Wales and the high plateau of the Cairngorms. Each landscape, and each type of rock, brings its own challenges and invites us into the history of a place.

*A Tour Through Holland, Along the Right and Left Banks of the Rhine, to the South of Germany, in the Summer and Autumn of 1806 ...* Luminare Press  
The only guide of its kind, *China by Bike* allows you to get close enough to everyday Chinese life to taste what natives call *ren ching wei* - the "flavour of humanness."