



Trekking in the Vosges and Jura: The GR5 and Other Walks and Treks (Cicerone International Walking)

Les Smith, Elizabeth Smith

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This is a practical guidebook to the trekking possibilities in the Vosges and French Jura mountains. These mountains, which contain three regional parks and contrasting landscapes and wildlife habitats, are of a relatively moderate height, and have a well-developed network of waymarked paths that provide a wealth of opportunities for the walker. The book will be useful to anyone who plans to explore this lesser-known corner of France on foot, whether by means of short excursions or longer trails. The main part of the guide describes a continuous long-distance route (672km, 418 miles) which traverses the Vosges and Jura ranges from the German border in the north to Lake Geneva in the south, much of it along the GR5 footpath. Walking the entire route is a significant undertaking, amply rewarded by the diversity of landscapes and villages encountered along the way. The guide has suggestions for circular walks using selected sections of the GR5, ideas for shorter walks from centres throughout the region, and information on alternative long-distance routes. The background section, written with the walker in mind, covers the history, wildlife and landscape of the region.

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