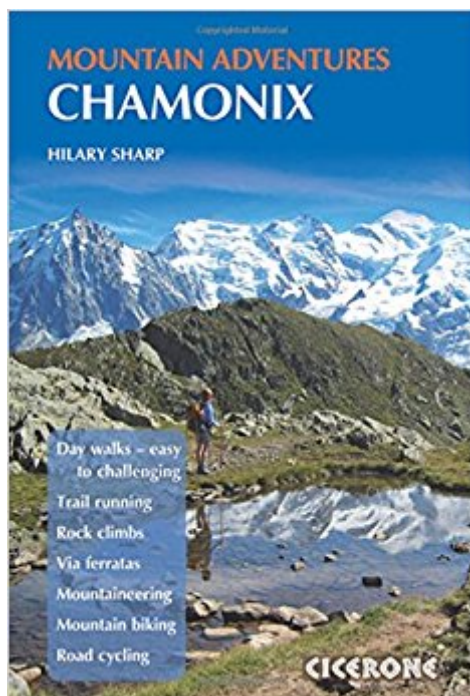


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# Chamonix Mountain Adventures (Cicerone Mountain Guide)



## Synopsis

This guidebook shows the vast range of activities available in the mountains surrounding Chamonix. With routes for several different pursuits including walking, hiking, trail running, mountain biking, road cycling, via ferratas, rock climbing, mountaineering and bouldering, it is a comprehensive collection of everything this popular region has to offer. All the routes and activities range in difficulty, from easy strolls for all abilities to moderate rock climbs and glacier hikes, which require either technical skills or a professional guide. Families, groups of friends and mountaineers looking for a 'rest day' or a change to what they're used to will all find something to whet their appetites here. Chamonix has long been a dream destination for mountain adventures and its environment is ideal for such a varied list of activities. This guide allows you to enjoy its spectacular views and renowned summits in many different ways or by mixing and matching your favourites.

## Book Information

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## Customer Reviews

Hilary Sharp is a qualified *Accompagnatrice en Montagne* (International Mountain Leader) based permanently in the village of Vallorcine, near Chamonix-Mont-Blanc in the French Alps. A native Brit, she runs her own trekking business, leading guided walks and treks. Hilary has contributed to several British walking magazines and hiking guides. This is her fifth guidebook for Cicerone.

This is truly a "something for everyone" guidebook to the Chamonix valley. The newcomer will find

much helpful advice and the person who thinks that they know the valley well will find new ideas and many "I didn't know that was there!" moments. I first went to Chamonix in the early 1970s - it's changed a lot over the years (mostly more crowded) but is still a great destination, as long as the weather co-operates. Chamonix is "the extreme sports capital of the world", justly so. Fabulous scenery, never too far away from creature comforts. There's a comprehensive network of mountain huts, an excellent weather service and the visitor can indulge in anything from bucolic nature walks to paragliding among the remarkably steep mountains. This guidebook, written by a resident of the area who has had her own guiding business (trekking in the alps) based in the valley for over 20 years, focuses on ground-based summer activities. Thus: walks, from the short (around 2 hours) to those taking a very full day; a section on trail runs (the author has completed the unbelievably grueling ultra-trail du mont blanc several times) a bit of alpinism, mountain and road biking; valley-based rock climbing and 2 via ferratas. Many of the walks are not immediately obvious from studying a map, and I found several walks that I would like to try on a next visit. For those walks that I have done, I found the advice to be exactly right. I didn't have a clue as to how the mountain biking is segregated from the walking - this is discussed; clearly the local population don't want any bike coming down narrow path and encountering a walker moments! There is also much good general advice, including the important issue of hut etiquette. And, speaking of huts, a list of hut (and other) phone numbers - vital if overnight stays are contemplated. To round things off, there's a brief glossary of useful French words. While most people will speak English, it's always polite to attempt to start in the local language! Some of the itineraries would be best conducted in the low season as they get very busy in the height of summer - indeed a piece of advice is to avoid the first 2 weeks of August, when it may seem that the whole of France has descended on the valley. Throughout, there are maps and pictures that whet the appetite, as well as side comments on the history, culture and flora and fauna of the region, all written in a light engaging style that bubbles with enthusiasm. I certainly wish I had had this guidebook last time I was there - it's accurate, and stimulating. It would suit either the solo traveller or a family (dogs are also considered!)

This guide is very detailed for what it shows, but there are only about 10 areas per activity. I was hoping for more rock climbing and alpine routes, but I guess that's what the other guidebooks are for. It's a good start if you want to know all of the types of things available around Chamonix.

According the expected

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