



Walking in Provence - East: Alpes Maritimes, Alpes de Haute-Provence, Mercantour

Janette Norton

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This guide offers 30 circular day walks in the eastern half of Provence, the large sun-kissed coastal region of south-east France. Spanning from the red rocks in the Ésterel on the Mediterranean to high mountains inland, the walks are set in the areas of the Alpes Maritimes, the Alpes de Haute-Provence and the Mercantour.

Provence is a colourful paradise, with a backdrop of dramatic mountain ridges and deep river gorges. History is everywhere, in medieval villages, arcaded streets, abbeys, churches and castles. The sun attracts many visitors to the coast, but the diverse countryside inland provides so much more.

Suitable for all walkers of average fitness levels, the walks are graded for difficulty from short, easy routes to more challenging walks that can include precipitous sections, but no special equipment is needed.

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