

Trekking the Cami dels Bons Homes

GR107 - crossing the Pyrenees in the Cathars' footsteps

ISBN: **9781786312235** (Short Code: 1223)

Publication Date: **15 Jul 2024**

Price: **£17.95**

Edition: **First**

Author: **Jacint Mig, Nike Werstroh**

LAM with flaps , 104 pages

17.20 x 11.60 cm

A guidebook to walking the 225km (140 mile) Cami dels Bons Homes (GR107), from Foix in France to Berga in Catalonia. This long-distance trek follows a Cathar trail through the French and Spanish Pyrenees and is ideal for those with some trekking experience and a good level of fitness.

- Presented in 10 stages of 16-36km (10-22 miles)
- Trail connects villages and towns with Cathar history
- Route passes Roquefixade, Montségur, Comus, Orlu, Mérens-les-Vals, Porta, Bellver de Cerdanya, Bagà, Gósol
- Suitable to be walked May through October
- GPX files available to download
- 1:100,000 maps are included for each stage
- Detailed information on planning, accommodation and amenities

About the author

Niké and Jacint met many years ago on a long coach journey as they both travelled into the unknown to build a new life in a different country. It wasn't long before they became inseparable. Travelling quickly emerged as their favourite activity: they had their first walking holiday in Madeira in 2008 and now wherever they go they try to find the best trails. Niké went to journalism school and Jacint is a keen photographer. They really enjoy walking in the mountains and would happily spend every day on the trails. When they followed the GR107 from Foix (France) through the Pyrenees to Berga (Catalonia) they were captivated by the amazing scenery, and with this book they want to encourage others to explore this wonderful area.

Related books

9781852844202 The Pyrenees

9781852849306 Shorter Treks in the Pyrenees

9781852849818 The Pyrenean Haute Route

9781786310538 Walks and Climbs in the Pyrenees

9781786311160 Trekking the GR10

9781786311665 Trekking the GR11 Trail

We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL
www.cicerone.co.uk | sarah@cicerone.co.uk | 01539 587982