

Hiking the Tour of Monte Rosa

Trekking the Swiss and Italian Alps from Zermatt

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Guidebook to hiking the Tour of Monte Rosa (TMR) through the Swiss and Italian Alps. This 174km (108 mile) circular trek is a challenging alternative to the Tour du Mont Blanc, giving experienced trekkers the chance to explore some of the highest and most spectacular mountain scenery in the Alps.

Described in 11 daily stages of between 7.5 and 22km (4.5-13.5 miles), with one alternative stage and two optional glacier crossings, the route includes several iconic alpine passes.

- **GPX files** available to download
- **1:100,000 maps** included for each stage
- Handy **route summary tables** help you plan your itinerary
- **Refreshment and accommodation information** given for each trek stage
- Advice on **planning and preparation**

About the author

Maddy Williams' first alpine trek was the Tour du Mont Blanc at age eleven, which sparked a passion for exploring the mountains and wild places on foot. Since then, she has hiked in many areas of the Alps, the UK, and further afield; from completing the Camino de Santiago in the depths of winter, to adventures visiting outer Mongolia and Kyrgyzstan's Tian Shan. Maddy grew up doing various jobs at Cicerone Press, before spending six years as a Civil Servant. She has since returned to guidebook publishing and is currently Cicerone's Operations Director, managing the team with her brother Joe. Maddy lives at the edge of the Lake District and Yorkshire Dales.

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