

# The GR5 Trail - Through the French Alps

From Lake Geneva to Nice, including GR52 to Menton

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A guidebook to trekking the GR5 from Lac Lemman (Lake Geneva) through the French Alps to the Mediterranean at Nice or Menton. Covering 600km (373 miles), this long-distance trek through the Vanoise, Queyras and Mercantour National Parks takes around 1 month to hike and is suitable for alpine trekkers with a good fitness level.

The route is described from north to south in 28 stages, each between 15 and 29km (9-18 miles) in length. The route is divided into 6 sections with transport options given for those wanting to break the route into shorter sections. The GR55 and GR5E variants are included through the Vanoise region and the optional finish taking the GR52 to Menton is also described.

- **1:100,000 maps** and profiles included for each stage
- **GPX files** available to download
- Handy **route summary tables and accommodation listings** help you plan your itinerary
- **Refreshment and facilities** information given for each trek stage
- Part of a **3-volume set**, accompanying Cicerone guidebooks *The GR5 Trail - Vosges and Jura* and *The GR5 Trail - Benelux and Lorraine* are also available

## About the author

Paddy Dillon is a prolific walker and guidebook writer, with over 100 guidebooks to his name and contributions to 40 other titles. He has written for several outdoor magazines and other publications and has appeared on radio and television. Paddy uses a tablet computer to write as he walks. His descriptions are therefore precise, having been written at the very point at which the reader uses them. Paddy is an indefatigable long-distance walker who has walked all of Britain's National Trails and several European trails. He has also walked in Nepal, China, Korea and the Rocky Mountains of Canada and the US. [www.paddydillon.co.uk](http://www.paddydillon.co.uk)

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