



The High Mountains of Crete: The White Mountains, Psiloritis and Lassithi Mountains (Cicerone Guides)

Lorraine Wilson

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Guidebook to walking and trekking the high mountains of Crete. The largest of the Greek Islands, Crete's mountains provide breathtaking walking and wilderness on this popular island. The routes in this guidebook are graded for difficulty and range from short, easy strolls to challenging, multi-day treks, providing options for all walkers. In addition to a wide selection of walks and trekking routes in the White Mountains (Lefka Ori), this book covers Mount Ida in central Crete and the Lassithi Mountains to the east. The guide includes: Western Crete (53 walks in the White Mountains and on the south coast with 10 multi-day treks); Central Crete (17 walks and treks on Mount Ida and in the Psiloritis range); Eastern Crete (12 walks and treks in the Lassithi Mountains) and coverage of the E4 Trail as well as mapping for every route. The book is packed with practical information on walking in Crete, getting there and getting around and advice on making the most out of exploring the island's mountains. With its dramatic gorges and numerous peaks rising to over 2100m, high mountain plains, forested crags, massive cliffs and remote beaches, Crete offers a wide range of landscapes and challenges for walkers.



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