



# Lonely Planet Hiking in Italy (Travel Guide)

By Lonely Planet, Brendan Sainsbury

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**Lonely Planet Hiking in Italy (Travel Guide)** By Lonely Planet, Brendan Sainsbury

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Scale the literally breathtaking Dolomites, peer into brooding Sicilian volcanoes, explore medieval villages along the pilgrim routes of Tuscany or saunter along the sparkling coastline of the Cinque Terre: we've selected the best sentieri (walking trails) in the country for every interest and ability level. Whether you're looking for easy day strolls among vineyards and olive groves, multiday adventures in the Alps, or the thrill of the challenging vie ferrate(iron ways), this guide will walk you through Italy's wealth of natural beauty, history and culture.

- 59 great hikes listed
- Everything you need to know to get prepared
- Listings for sleeping, eating and facilities along the way
- Advice on equipment, health and safety

Lonely Planet gets you to the heart of a place. Our job is to make amazing travel experiences happen. We visit the places we write about each and every edition. We never take freebies for positive coverage, so you can always rely on us to tell it like it is.

**Authors:** Written and researched by Lonely Planet and Brendan Sainsbury.

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