



## WESTERN EUROPE

- The Pennine Way ..... 6  
 The Kerry Way ..... 16  
 The Cape Wrath Trail ..... 24  
 Rothiemurchus Forest and Ryvoan Pass ..... 34  
 The Lochaber Traverse ..... 44

### Bonus Section:

- Great Gable ..... 319  
 The Dingle Way ..... 320  
 The Mourne Wall Walk ..... 322  
 The Three Sisters ..... 324

## SOUTHERN EUROPE

- The Mercantour Traverse ..... 162  
 The GR221 Dry Stone Route ..... 174  
 The GR131 ..... 184  
 The Ordesa Canyon via Faja de Pelay ..... 194  
 The Canigou Traverse ..... 204  
 The GR20 ..... 212  
 Pico de Aneto ..... 222

### Bonus Section:

- Vereda do Arieiro (PR1) ..... 319  
 Mont Granier ..... 321  
 The Torrent de Pareis Gorge Walk ..... 323  
 Mont Buet ..... 323  
 The Jermoso Traverse ..... 323

## EASTERN EUROPE

- Baltic Coastal Hiking Route ..... 58  
 Făgăraș Mountains Traverse ..... 66  
 The Menalon Trail ..... 74  
 The Slovene Mountain Trail ..... 84  
 Plitvice Lakes National Park ..... 94  
 The Transcaucasian Trail ..... 106

### Bonus Section:

- The Polonya Borzhava Traverse ..... 321  
 Mount Olympus ..... 322  
 Białowieża Forest ..... 324  
 Kom-Emine ..... 324  
 Omu Peak ..... 325

## CENTRAL EUROPE

- The Western Brenta Circuit ..... 234  
 The Tre Cime Circuit ..... 247  
 The Rheinsteig Trail ..... 258  
 The Harz Border Trail (part of The Green Belt) ..... 266  
 The Tour of Monte Rosa ..... 276  
 The GR57 Vallée de l'Ourthe et Sentier du Nord ..... 286  
 The Mettelhorn ..... 296  
 The Alpine Pass Route (Via Alpina 1) ..... 306

### Bonus Section:

- Imbachhorn ..... 320  
 The Adlerweg (Eagle's Way) ..... 321

## NORTHERN EUROPE

- Nordkalottleden (The Arctic Trail) ..... 118  
 Kungsleden (The King's Trail) ..... 128  
 The Hornstrandir Trail ..... 140  
 The Kerlingarfjöll Circle Route ..... 150

### Bonus Section:

- Skaftafell ..... 319  
 The Besseggen Ridge ..... 320  
 The Hetta-Pallas Trail ..... 322  
 The Karhunkierros Trail ..... 325  
 The Camøen Trail ..... 325