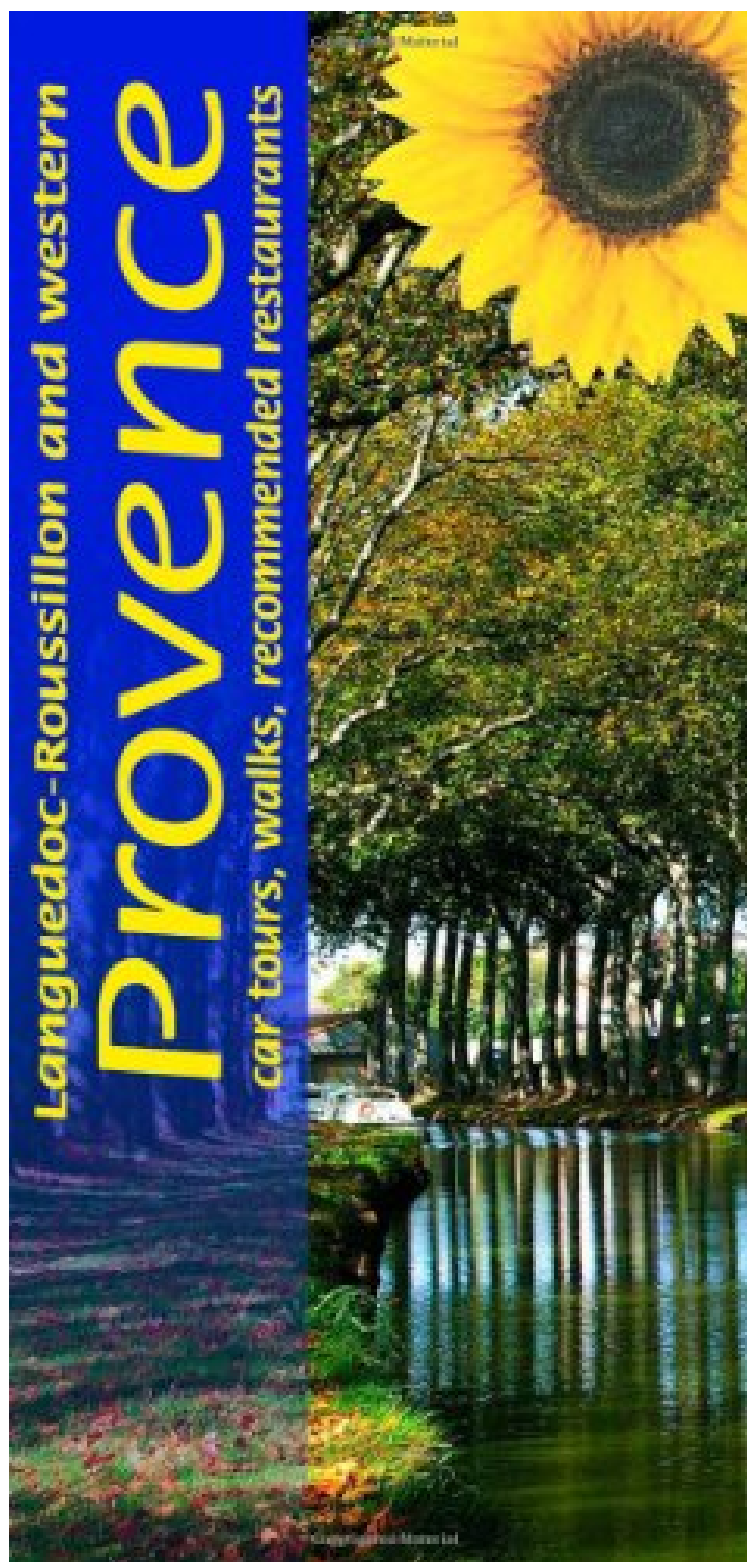


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Sunflower Books : Provence (Western) Landscapes Series before purchasing it in order to gauge whether or not it would be worth my time, and all praised Provence (Western) Landscapes Series:

12 car tours, over 50 long and short walks, 35 picnic suggestions One of a two-volume guide to Provence, intended for motorists who want to tour by car and enjoy some superb walks along the way. Beginning at Aix-en-Provence, you travel west via the Luberon and Mont Ventoux to the great Roman cities and the Pont du Gard. After forays north to the Ardeche, the Tarn and the Cirque de Navacelles, head south through Hérault to Carcassonne and the Canal du Midi. Crossing the Corbières and the Land of the Cathars, you reach the foot of Canigou, holy mountain of the Pyrenees. The touring routes have been described in such detail that there is no need to make constant reference to a map. The walks selected - all set in areas of great natural beauty or historical interest - are those the authors believe offer the greatest sense of satisfaction for the effort involved. They are mostly circular walks suitable for moderately fit people. Unusually for a 'Landscapes' guide, this book includes recommended restaurants, with details of their menus.