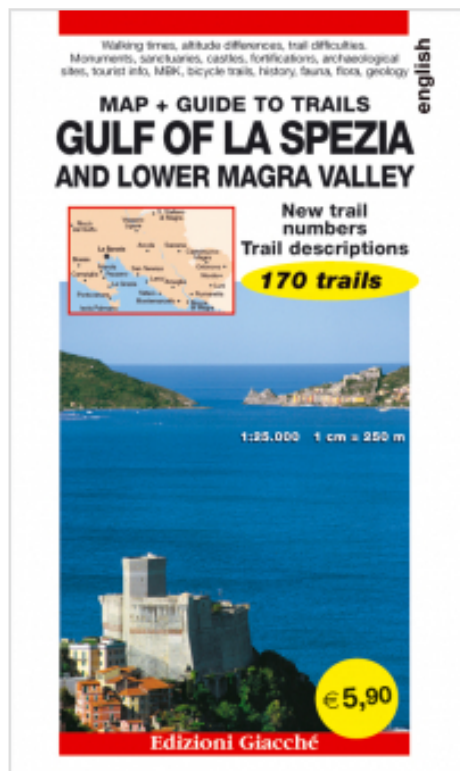




VARIA

GULF OF LA SPEZIA AND LOWER MAGRA VALLEY

Map + guide to trails. 170 trails, scale 1:25.000di *David C. Nilson*

New trail numbers and trail descriptions. Walking times, altitude differences, trail difficulties. Monuments, sanctuaries, castles, fortifications, archaeological sites, tourist info, MBK, bicycle trails. History, fauna, flora, geology. Map of: Biassa - Campiglia - Portovenere - Isola Palmaria - La Spezia (Golfo dei Poeti) - San Terenzo - Lerici - Tellaro - Ricco del Golfo (Val di Vara) - Parco di Montemarcello - Bocca di Magra - Luni - Ortonovo - Castelnuovo Magra - Sarzana - Arcola - Vezzano Ligure - S. Stefano Magra (Val di Magra). Representation: UTM 32N. Elipsoid and Datum: WGS84 - ETRS89. Trail network: C.A.I. (Italian Alpine Club) - La Spezia Branch

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VIAGGI