



Les Andes, guide de trekking : guide complet (French Edition)

John Biggar, Cathy Biggar

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Destiné aux randonneurs et, de manière générale, à tous les amateurs de ces montagnes lointaines, ce guide reprend les plus beaux itinéraires de trekking des Andes et de Patagonie, ainsi que les voies d'ascension des principaux «sommets de trekking» faciles de la Cordillère. Au total, plus de 35 itinéraires décrits en détail, avec de multiples variantes.

Les milliers d'informations précises contenues dans ce guide aideront tous ceux qui désirent approcher la montagne en Amérique du Sud dans la préparation et l'organisation de leur voyage. Il permettra également à tous ceux qui souhaitent voyager dans les Andes en dehors des sentiers battus de découvrir des régions reculées dont aucun autre guide ne parle.

CE QU'EN PENSE LA CRITIQUE

"Il y a un livre que je n'ai pas oublié d'emporter dans mon sac..." - **Rando-Trekking**

"Vivre sa découverte en disposant des meilleures informations pratiques." - **Trek Mag**

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"Un topo-guide appelé à devenir un must." - **Alpinisme & Randonnée**

"Enfin un guide spécifique pour les amateurs de randonnées et de treks dans les Andes." - **Globe Trotters**

À PROPOS DE L'AUTEUR

Instructeur de montagne professionnel, John Biggar grimpe régulièrement dans les Andes depuis une quinzaine d'années. Lorsqu'il n'est pas en Amérique du Sud, il vit à Castle Douglas en Ecosse où il dirige ANDES, une agence de voyages spécialisée en trekking, alpinisme et ski dans les Andes.

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