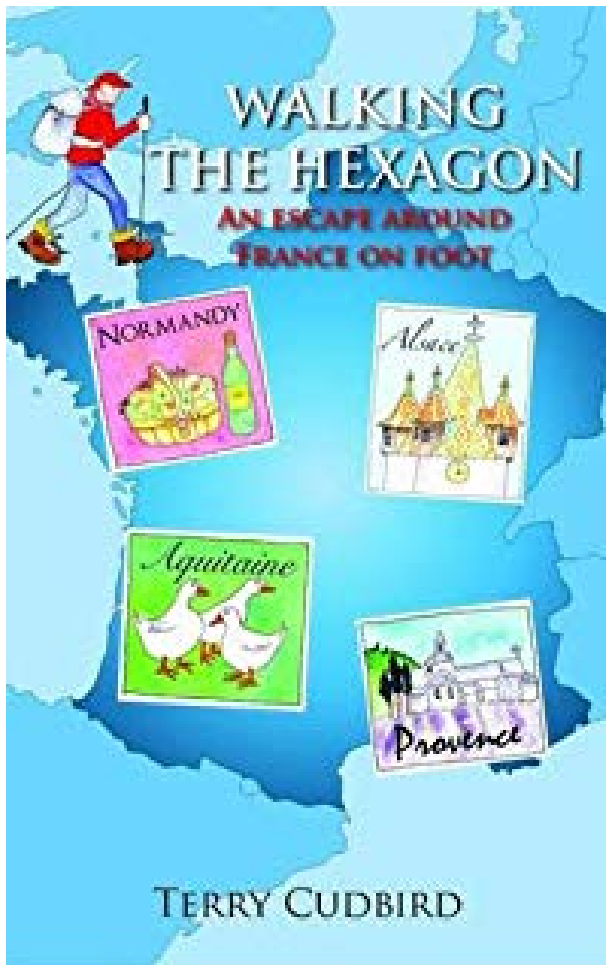


Walking the Hexagon: An Escape Around France on Foot



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In this fascinating book, Terry Cudbird reveals the obsession that is long distance walking. His itinerary covered the six sides of the French hexagon. In a years walking he passed through the Pyrenees, the Languedoc, Provence, the Alps, the Jura, Alsace, Lorraine, Picardy, Normandy, Brittany, and Aquitaine. En route he discovered the astonishing variety of Frances regions, their culture, history, languages, architecture, and food.