



# **Languedoc-Roussillon and Western Provence: Car Tours, Walks, Recommended Restaurants (Landscapes)**

*John Underwood, Pat Underwood*

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This guidebook, half of a two-volume set, is intended for motorists who want to tour western Provence and Languedoc-Roussillon by car and enjoy some superb walks en route. This new edition has been thoroughly revised in the two months before publication. The car tours have been described in such detail that there is no need to make constant reference to a map. Each drive highlights the best picnic spots en route, recommended walks and restaurants which particularly appeal to the authors. The walks selected - all set in areas of great natural beauty and historical interest - are those the authors believe offer the greatest sense of satisfaction for the effort involved. These are not tough GR routes, but mostly circular walks suitable for moderately fit people. The book is also ideal for those taking city breaks to places like Carcassonne, Perpignan, Nimes, Marseille, Montpellier with the budget airlines. (The same authors have also written a guide called Walk & Eat around Avignon featuring walks in and around Nimes, Avignon, Arles, St-Remy, Les Baux, Gordes, the Pont du Gard, etc.) 12 car tours (with two accompanying touring maps, showing both western and eastern Provence - for which there is a companion guide), 50 long and short walks (each illustrated with 1:50,000 topo maps), 33 picnic suggestions. Free online update service with specific route change information on the publisher's website, maintained daily. The 'Landscapes' series, with 50 destinations, has been dubbed 'the blue Bibles' by the Sunday Times. "After using the Sunflower Eastern Provence book last year, it was a no-brainer to get the companion book on Western Provence. 12 interesting driving tours with 50+ walks that are suitable for both your casual stroller and your hardcore hiker, makes this book essential to get the most out of a holiday. It isn't a book for those wanting a relaxing break in the south of France; it is a book for those prepared to get in their car, for those wanting to see and eat at the best places Provence has to offer. Sure you need to put some effort in, get your feet wet on some walks, but the views and experiences this book will bring are second to none." --(SJD, Amazon)"Excellent guide... The authors have captured the very essence of the countryside in a manner that is both personal and highly informative. I was impressed with the itineraries for exploring Provence by car..." --(Craig Bradshaw, Motoring and Leisure)"The first thing we do is check whether or not one of these valuable [Sunflower] guides is available. We also use other guidebooks, but it always turns out that it's the Sunflower which we take with us." --(AH, Amazon)"We are regular users of the Landscape series and this one gives a comprehensive selection of walks, especially between Perpignan and Carcassonne." --(LW, Amazon)



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