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Lonely Planet, Brendan Sainsbury
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Lonely Planet, Brendan Sainsbury : Lonely Planet Hiking in Italy (Travel Guide) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Lonely Planet Hiking in Italy (Travel Guide):

14 of 14 people found the following review helpful. Two serious errors, one dangerous By S. Lee This guide book gave excellent details for the two hikes I did, which was all very thorough and useful. However, there were two serious errors. One of these (the second) is a significant danger, which is why I mark the book down to three stars -- barring this grievous mistake, the book warrants 5 stars. The first error is understandable, and presents no great harm. For the

Tuscan Hill Crest hike, the instructions are incorrect at the point after Torracia di Chiusi (p 206), where the text incorrectly reads "Veer right on the other side by a pylon and branch out on an overgrown grassy track through an olive grove." You have to veer *left* about 5-10 feet before you reach the pylon; you do not turn right on the far side of the pylon. (Past the pylon you pick up the Via Francigena trail, which one has just left at this point). This is an obvious mistake which was a confusion bother. It took about 30 minutes to figure out the right way, after going the wrong way. The directions after the olive grove were very detailed and helpful (as i found throughout the guide), which allowed me to confirm I was back on track. The second error is more serious. The book says the Promontorio di Portofino circuit (pg 64) is a "moderate" trail. While the trail is moderate from Camogli to the Batterie, after that point the circuit is an expert trail. There are large signs at the beginning and end of the trail which warn the trail is of "high difficulty", and only for "expert" hikers. I think if you have a trail where there is a significant part that is expert, the trail cannot reasonably be called "moderate". The expert trail constitutes the majority of the Promontorio circuit. This is noted only passingly on the map as a "hazardous path area". The text gives only this: "Conglomerate cliffs now rise above the track, and the walk gets tougher with five or six exposed sections that offer a wire cable fixed to the rock as hand support (not suitable for children or those unsure of foot)". The trail is certainly far more than "exposed", and "tougher"; it is expert. The description rather understates the cliffs passing here, where you are walking on the extremely steep edge of a cliff, with only a few feet between you a precipitous fall directly into the cliff-side and the sea below. It is safe with the cable chains, but there ought to be warnings; those with vertigo are at significant risk. The danger is multiplied by the length of the cliffs passage, which can be very tiring. At the end of my hike, I saw a rescue helicopter picking someone up off the cliffs. Also, proper hiking footwear (i was okay in running shoes, but this is the absolute minimum) is absolutely required here, and this was not clearly explained. Also, the time given for completing the Promontorio trail was seriously aggressive, given the difficulty of the cliffs passage. The Tuscan Hill Crest took me about as long as was specified; but the Promontorio circuit took at least an hour or two longer. Also, there is one spot on the Promontorio trail that is poorly marked and easily lost -- this is shortly after you have finished the cliffs passages, and right before you enter the last part of the trail before San Fruttuoso. 2 of 2 people found the following review helpful. Great book for beginning to plan a trip By Sheila Recently purchased this book for my trip to Europe this summer. I will be spending almost 2 weeks in Italy and wanted to hike the Dolomites - this book has just enough information to give a decent background and trips that can be cut down to almost any length of time. Great starting point to start planning with! 1 of 2 people found the following review helpful. Be Careful Using this Book By JRBSD After trying a few "easy-moderate" hikes from this book that turned out to be surprisingly difficult, it seems to me that this book is geared towards highly experienced hikers. The group I hike with are all in late 20s, 30s, and in pretty good shape, but we found the trails very taxing, based on the conditions and the level of ascent. I have found I don't trust the difficulty ratings identified in the book, and I think it would be dangerous for an older person to attempt some of these trails just because they are listed as "easy". There is not enough info about the condition of the trails listed in the book, which in Italy I have found are generally not well maintained and can very treacherous (i.e. there can be nearly vertical sections with no ropes, unreliable rails, loose gravel and dirt, etc..) I'm happy there are books available to direct people on where to do hikes in Italy, as that can be one of the best ways to see the country. However, I think people should be very cautious when using this book as vacationers looking for a nice day hike could quickly get in over their heads.

Lonely Planet: The world's leading travel guide publisher Scale the literally breathtaking Dolomites, peer into brooding Sicilian volcanoes, explore medieval villages along the pilgrim routes of Tuscany or saunter along the sparkling coastline of the Cinque Terre: we've selected the best sentieri (walking trails) in the country for every interest and ability level. Whether you're looking for easy day strolls among vineyards and olive groves, multiday adventures in the Alps, or the thrill of the challenging vie ferrate (iron ways), this guide will walk you through Italy's wealth of natural beauty, history and culture. 59 great hikes listed Everything you need to know to get prepared Listings for sleeping, eating and facilities along the way Advice on equipment, health and safety Lonely Planet gets you to the heart of a place. Our job is to make amazing travel experiences happen. We visit the places we write about each and every edition. We never take freebies for positive coverage, so you can always rely on us to tell it like it is. Authors: Written and researched by Lonely Planet and Brendan Sainsbury. About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012 and 2013 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)

Best for curious and independent-minded travelers' --Wall Street Journal