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## Falk Plane Grossraum Stadteatlas Saarland

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Trekking in Tajikistan  
Shetland

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Trekking in Tajikistan Cicerone Press Limited

A guidebook to 24 days walks and short treks, plus 2 link routes, in Tajikistan. The graded routes vary in terms of difficulty, although many involve high altitude and remote terrain calling for self-reliance. The book includes 5 day walks in the Dushanbe region, ranging from 6 to 17km. Covering the Fann Mountains, the Zerafshan and Hissar ranges and Yagnob Valley, and the western, central and southern Pamir, the treks range from 2 to 9 days. Also included is a 10-day trek in Afghanistan's Wakhan Corridor. Route description illustrated with 1:100,000 mapping GPX files

available to download Can be used either to plan an independent trek or to select, prepare for and enhance an organised expedition Practical advice on transport and visas, trekking support, equipment, cultural awareness, safety and security Insight into Tajikistan's rich culture and history Russian/Tajik/Pamiri language notes and useful phrases

#### **Shetland**

The most northerly of Britain's island groups, Shetland is so far removed from the rest of the UK that it usually appears as an inset on maps. Although relatively little known to those from outside the islands, Shetland is a magnificent terrain for walkers, especially those who love to really explore and get away from the beaten track. The coastal walking here includes some of the finest

in the country, with superb cliffs, towering sea stacks, caves and natural arches seemingly around every corner. Added to this is Shetland's better known claim to fame for its spectacular seabird colonies – huge gannetries, moorland packed with arctic and great skuas, arctic terns in the more sheltered spots, and everyone's favourite – the puffins. The islands also enjoy a dense population of otters, many seals, and a chance to see killer whales or other giants of the deep. Beyond all this natural grandeur, Shetland's history is fascinating too. The archaeological attractions are much less known than those on Orkney, but sites such as Jarlshof have amazingly preserved remains from prehistory right up to more recent times. These include iron age villages, chambered cairns, viking longhouses, pictish carvings, and impressive brochs – including the most complete of all these iron-age defensive towers, on Mousa. Size 105 x 148mm