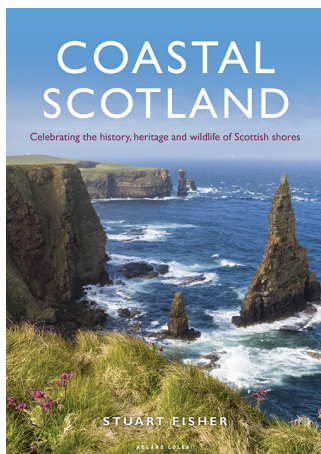


BOOKS

Reviews of new books and publications

Coastal Scotland



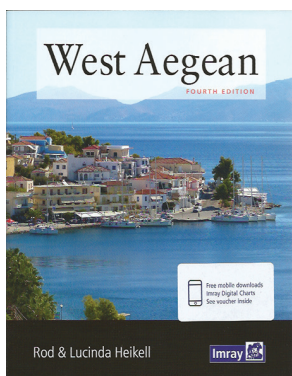
Stuart Fisher
Adlard Coles, 50 Bedford Sq,
London WC1B 3DP
978 1 4729 5870 9
A4
208 pages, paperback
2020
£25.00

Coastal Scotland complements the bestselling *Coastal Britain: England & Wales*. Developed and much updated from *Canoeist* guides via *Inshore Britain*, it not only covers the whole of the mainland coast but also includes the larger inshore islands. These include those in the upper Firth of Clyde, upper Sound of Jura through to Loch Linnhe,

Mull, Skye and on up the west coast. There are the fast currents of the Pentland Firth and the Corryreckan whirlpool, committing isolated sections from the Mull of Kintyre to Cape Wrath, deserted sweeps of sandy beach to towering cliffs, countless secluded inlets and sea lochs, wildlife from eagles to whales, just the best coastline in Europe.

This new book ties in with VisitScotland's 2020 promotional campaign, the Year of Coasts & Waters. While you are waiting to go you may have more time to read about what you are missing.

West Aegean



Rod & Lucinda Heikell
Imray Laurie Norie & Wilson, Wych
House, The Broadway, St Ives,
Cambs PE27 5BT
978 178679 087 3
250 x 190mm
308 pages, paperback
2002, 4th edition 2020
£22.50

This book adjoins the authors' *East Aegean* (Jun 08, p42), fills in detail on their *Greek Waters Pilot* and ties in with others of their numerous sailing guides to the Mediterranean, mostly written by Rod and photographed by

Lu. Coverage is from Cape Melea in the Peloponnese to the Northern Sporades, omitting Tinos, Andros and the eastern sides of Evia and Skios, which are covered elsewhere.

Marinas and moorings are central to the guides but there is much of relevance to the paddler, primarily the winds, especially the meltemi, where and when it is encountered, time of day and time of year, strength and direction. This is featured in the introduction, at the start of each chapter and for each marina as well as being marked on the chartlets.

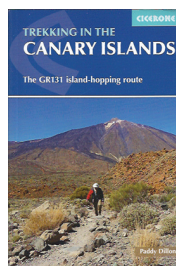
The introduction covers other weather, haze and fog, forecasts and far more in a conversational style with some humour, making it very readable as long as you are not an enthusiast of noisy nightlife. There is a summary of Greek history which is more extensive than for most other countries, travel logistics, communications, rescue, poisonous fish, which

are entering the Mediterranean through the Suez Canal, and food and wine.

The main part of the book leads on towns and marinas because that is where there is most activity and where the facilities are. We are told where the best tavernas are, to avoid the ones with touts and, in one place, to drink anything except the local wine. Features of special interest, such as sea battle sites or historic monuments, are allotted anything from a panel to a couple of pages. Naturist beaches are located and there is advice on where to hire bikes, motorbikes or cars and on where ferries go, as much to avoid them as to catch them. The many photographs, some aerial, are to show inlets and to locate marinas. A welcome change on the chartlets has been to drop the latitude and longitude rules along the edges and give the scale on each instead, much more useful. Exclusion zones with their details are shown, especially the very extensive areas in the Northern Sporades.

Another recent development is the inclusion of a card with a download code for a free copy of the ID70 East Mediterranean mobile chart folio, 46 sheets covering from the Peloponnese to the Sea of Marmara and down to the Egyptian coast, the normal retail price of which is £89.99.

Trekking in the Canary Islands



Paddy Dillon
Cicerone, Juniper House, Murley Moss,
Oxenholme Rd, Kendal, Cumbria LA9 7RL
978 1 85284 765 4
170 x 120mm
637 pages, paperback
2020
£16.95

I'm losing track of how many guides Paddy Dillon has written for the Canaries. This one follows the GR131 footpath, part of the E7, across the seven islands, eight if you include the circuit of Lobos at the north of Fuerteventura.

The usual route is over the tops from coast to coast although Gran Canaria's authorities have yet to select their route, leaving the author to pick the line he would expect them to take in due course.

The water environment is only really met at the ends of each island's route and on Tenerife the line even starts and ends inland. However, ferry routes between the islands are covered with their ports and logistics. Walking routes tend to go over or near the highest peaks and these are what are seen from the water as long as they are not obscured by cloud, from which the cloud forests obtain their moisture. 'The sea is frequented by whales and dolphins, best seen by taking a specific whale-or dolphin-watching boat trip'.

The introduction is invaluable, as ever, and each island also has its own introduction. The islands are volcanic so loose black sand and vicious jagged lumps of lava are widespread. Other factors are less expected, such as the hundreds of camels making their daily migration on Lanzarote. 'If the camels are heading your way, step onto the lava and let them pass!'

Wild camping is opposed by the authorities but accommodation can be hard to find so there is frequent advice on discrete camping.

Surprisingly, there are few claims made for Mount Teide, which is right up there with the big boys when it comes to making claims for volcanoes in deep oceans, being one of the tallest, most visited and potentially dangerous in the world.

For visiting specific islands you would probably find one of the author's other guides more helpful but this one gives a useful overall picture.