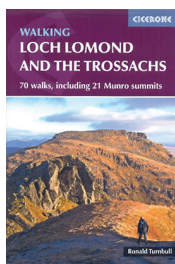


The history, of which there is no shortage, including much English involvement, is given a sound introduction and there is plenty more of local interest, not least the food and wine with free wine tasting venues being identified.

IGN maps are also listed. There is a map included for each of the 35 routes although care needs to be taken as they are at four different scales between 1:25,000 and 1:50,000. Helpful are several reference points for each of these maps, repeated clearly in the text in order to locate the relevant points on the routes quickly.

Anyone touring the river is likely to want to stop and visit the local attractions off the water. They are here in this attractive part of rural France.

Walking Loch Lomond & the Trossachs



Ronald Turnbull
Cicerone
978 1 85284 963 4
170 x 120mm
286 pages, paperback
2009. 2nd edition 2018
£14.95

In much of Scotland you can be on the water looking at the peaks or on the peaks looking at the water. This is the latter, not for those with tick lists of peaks but for those who want to get

their teeth into something longer and more challenging, away from the crowds walking up wide paths. The small print does suggest a different title to be bought by peak baggers but you can't be too rude to people prepared to spend money with you.

The author has a nice turn of phrase and some dry humour, offset by contrived puns. Indeed, could Turnbull be a pen name?

Lochs Katrine, Lomond, Lubnaig, Venachar, Earn, Long, Goil, Achray, Doine and Eck are encountered with the Rivers Forth and Falloch. Pictures include the Falls of Leny, Edinample Falls and the Allt Coriegrogain through to falls you would not even consider in your dreams. Usefully, not only are translations given of many Gaelic names, often helpfully unimaginative, but also pronunciations.

One of the last walks in the book is a circuit of Ben Donich, including following down the River Goil (May 2017 guide, giving some attention to a bridge no longer safe for vehicles, which was not mentioned in our guide).

In this book, cart tracks are tractor or Landrover tracks.

For walkers, the water can be a hindrance. 'One day, maybe, there will be ferries on Loch Lomond that really are ferries rather than pleasure cruises for the sedentary. (The National Park Authority might like to inspect the timetable for Ullswater or Derwentwater.)'

One evening last year in Mallaig I bought my evening meal from the sandwich rack of the Co-op because everywhere else had stopped serving, even the chip shop, although it was still daylight. That is not an unusual problem for those in the outdoors in the summer in Scotland so it is useful to have closing times included with the appendix of facilities, thinly spread in parts of the Highlands.

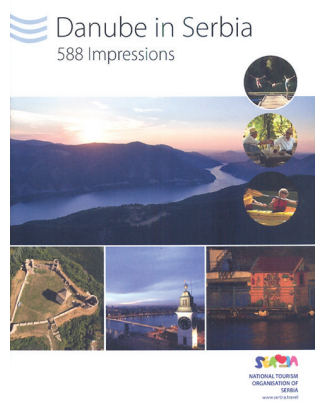
The Loch Lomond area is becoming known for its money grabbing attitude. 'Luss village car park is pricey for an all-day ticket (and who carries £7 in coins anyway?).' The author rubs it in by mentioning the £1 car parks at the head of Loch Long several times in subsequent chapters.

The West Highland Way, near Rob Roy's Cave, where 'One entrance is helpfully marked 'CAVE' in high white letters', passes 'a couple of attractive wild campsites'. Presumably these are just clear of one of the extensive wild camping ban areas imposed by the national park authorities last year with threats of heavy fines. While these areas do not pose as large a danger to walkers as they do to those on the water, because they are mainly waterside, they still pose a significant threat to the lives of walkers if they have to climb away onto higher ground or not come right down off the hill if they need to find shelter, Ramblers Scotland having also expressed their concerns. An appendix raises the subject but perhaps it needed to be discussed more fully in the text.

The introductory section includes the expected coverage of weather and midges but it is unusual to have guidance on how to tell a rescue helicopter where to land if a full emergency has developed or, indeed, how to tell it to go away if not needed.

Maps in the book are sections of OS 1:50,000 map and everything is protected by a plastic cover, which Cicerone use on only some of their books.

Danube in Serbia



Milena Mihaljcic
National Tourism Organisation
of Serbia, Cika Ljubina 8, 11000
Beograd
978 86 6005 513 4
2nd edition 2017
A4
20 pages, paperback

The River Danube flows through Serbia for 588km, hence the subtitle. Its most dramatic feature is the Iron Gate and photographs also show other aspects of the river. Mostly the booklet is about the river's environs, especially buildings along its course, and there are suggestions of what the visitor must see and do.

This appears to be a different book from Discover Danube in Serbia (Apr 09, p52) but the two seem closely related.

Life is good follow us



Lars Simonsen
978 87 999511 0 9
210 x 140mm
358 pages, paperback
2016

www.lifeisgoodfollowus.com

Many parents must have dreamed of taking their kids out of school, abandoning the rat race and disappearing into the wide blue yonder but got no further than dreaming. The economic downturn, leading to loss of job with house, helped Lars Simonsen, partner Suzi, seven year old son and five year old daughter to turn this dream into reality. Lars and Suzi had already

travelled widely in the past as backpackers. Lars had the experience to be an outdoor adventure instructor but lacked the paper qualifications. The following adventure was to set him above the masses.

The 7,200km journey from Copenhagen to Istanbul used two Hobie kayaks with outriggers, powered by sails and pedals as appropriate and took 18 months, on the sea, on rivers and on canals. Effective use of social media resulted in extensive public and media interest, the family often being met by and cheered away by crowds. In Marseilles they even encountered Jessica Fox. Generosity of local people was astonishing. Although they were set up to camp, very often they were hosted in sailing or canoe clubs, in people's houses or even had hotel stays paid for by their supporters.

They seemed to have a basic diet of pizza, supplemented by Danish meatballs when available, but many meals were cooked or bought for them by supporters along the way and the kids frequently left with gifts of toys, especially Lego.

It was not all holiday for the kids, however. School textbooks were taken along and there were often educational visits to places on land, quite apart from the wildlife they met on the water and the current affairs resulting from waves of migrants crossing the Mediterranean.

Unlike expeditions to remote areas of the world, the grandparents met them at intervals and the kids were taken away with them for occasional breaks. The presence of the children often saw the expedition through difficulties with officialdom where adults alone would have been thwarted by the authorities. Trampolines between hull and outriggers meant that the kids had more room to spread out and play or do school work. Alternatively they could get into their survival bags and sleep while the parents battled with trying conditions.

With two summers and a winter, all conditions were met with extremes of temperature. Clothing varied from hated drysuits to nothing. Even way out at sea they would sometimes jump overboard to swim when they were too hot.

There were a number of kit breakages, resulting in successive rest days while waiting for spare parts to arrive, facilitated by local dealers.

Not included in the book was the sequel, driving an electric BMW from Austria back to Denmark.