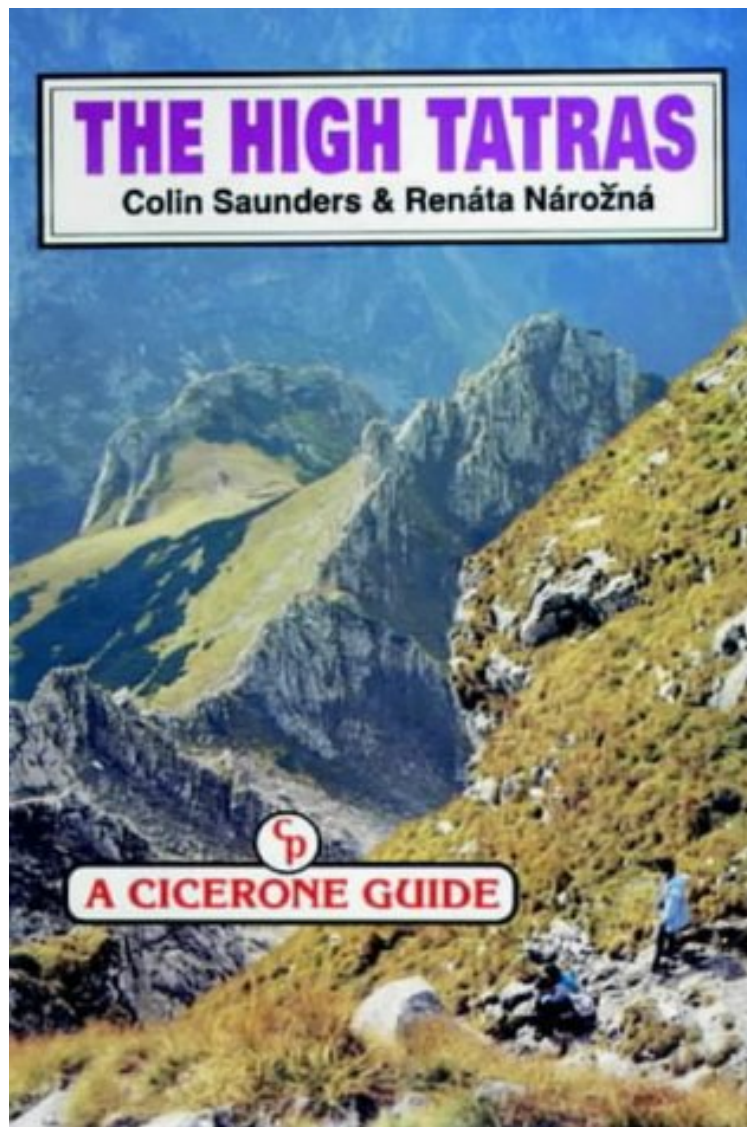


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## Walking in the High Tatras (Slovakia and Poland): Including the Western Tatras in Poland and the White Tatras in Slovakia

*Colin Saunders, Renyta Nyrozny*  
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## Poland and the White Tatras in Slovakia:

The High Tatras is a range of granite and gneiss mountains between Poland and Slovakia: 500 rocky summits, 100 of which exceed 2000m in height (Gerlach 2655m). The ridges are narrow and full of gendarmes and look formidable, yet, as you draw closer you discern the valleys which separate the peaks and realise there are ways through. A network of waymarked paths connects peaks, lakes and mountain huts. Many are simple walks, but some are exposed via ferrata-type scrambles. With the collapse of the Eastern Bloc, access is now a simple matter and is fully described in the book, as are all major centres on both sides of the border and a comprehensive selection from the easiest to the hardest. Despite its title the book also includes the slate peaks of Western Tatras and limestone peaks of the White Tatras as well as the High Tatras.

About the Author Colin Saunders was born in Barnet in 1942 and has lived in Greater London for most of his life. He started walking for pleasure in 1967 with the Vanguard Rambling Club, and for some years led walks for the weekly excursions organised by the Ramblers' Association. Colin is an enthusiastic participant in long distance challenge walks. He was one of the first members of the Long Distance Walkers Association, founded in 1972, and has been chairman of their London Group. He is also a member of the British Walking Federation, Open Spaces Society, Living Streets and Ramblers' Association, and was one of the founder members of the London Walking Forum in 1990. For many years, Colin was a consultant on matters connected with walking for pleasure and fundraising. He played a major role in the Strollerthon, one of Britain's largest charity walks, which during his twelve-year association raised nearly GBP4 million for Save the Children and other children's charities. Other books by Colin Saunders: *Walking in the High Tatras* (with Renata Narozna, ISBN 1-85284-150-8) *The Vanguard Way* (Vanguard Rambling Club, ISBN 0-9530076-0-X) *Manual on Navigation and Leadership* (Ramblers' Association, ISBN 0-900613-83-1)