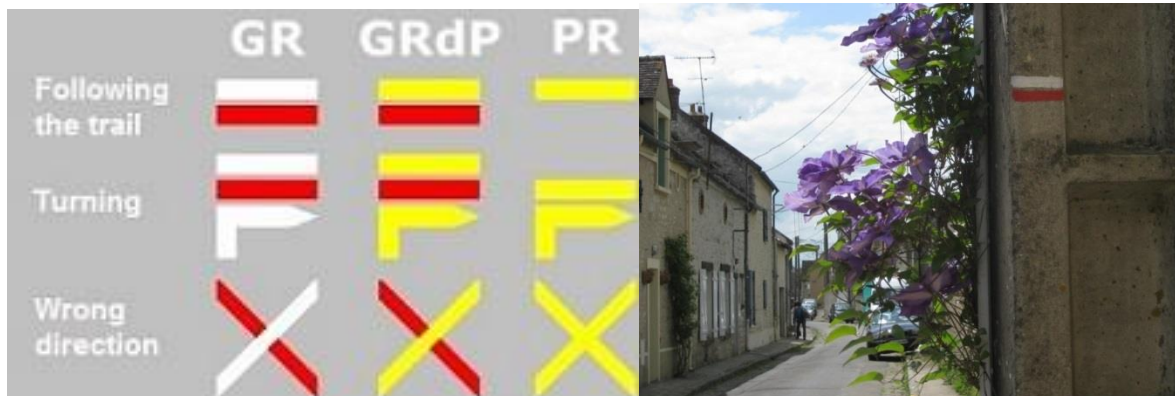


French footpath signs (hiking trails) explained

The FFRP (*Fédération Française de la Randonnée Pedestre*, <https://www.ffrandonnee.fr/>), the equivalent of the Ramblers' Association in the UK or the American Hiking Society in the US, maintains a system of letters and coloured markings which help you find your way across country.



GR route through Grez sur Loing

Footpaths are classified as follows:

GR (*Grande Randonnée*): Major footpath crossing several regions. Red and white stripe.

GRP (*Grande Randonnée de Pays*): Major footpath circling an entire region. Red and yellow stripe.

PR (*Promenade et Randonnée*): Shorter circular routes taking one to eight hours. Yellow stripe.

Two horizontal stripes mean you are on the right path, a horizontal stripe above a right or left angle means turn right or left at the next fork and a horizontal cross means you will stray off the path if you take this route. More unusually, two horizontal stripes with a vertical line through them indicate that the path is a waymarked deviation from the main one.

These waymarked footpaths are shown in red on the IGN (*Institut Géographique National*) large-scale maps.

On the ground the red and white or yellow markings are deliberately rather discreet, usually painted at eye level on a tree or lamp-post. However, once you start looking for them you will notice them everywhere, including central Paris. It is generally a good idea to follow the FFRP paths, which avoid busy roads as far as possible, sometimes leading to an unsuspected underpass or taking you through a pretty wood.