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Great book, so far I find my mind wandering and thinking about what microadventures I can plot and plan. Defo a book that gives you food for thought. Not intimidating and definitely makes adventure seem possible.

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Microadventures : Local Discoveries for Great Escapes

Microadventures Local Discoveries for Great Escapes have become increasingly popular over the past few years, as a way for busy people, and those who just don't want to go for a full-on expedition, to experience a little bit of the outdoors, without investing too much time, money, sweat or tears.

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Preview — Microadventures by Alastair Humphreys.

Microadventures Quotes Showing 1-8 of 8. “Sometimes all you need is to climb a simple hill, to spend time staring at an empty horizon, to jump into a cold river or sleep under the stars, or perhaps share a whisky at a small country inn in order to remind yourself what matters most to you in life.”. ? Alastair Humphreys, Microadventures: Local Discoveries for

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Microadventures are adventures that are close to home, cheap, simple, short, and yet very effective. A microadventure has the spirit (and therefore the benefits) of a big adventure. It's just all condensed into a weekend away, or even a midweek escape from the office. Even people living in big cities are not very far away from small pockets ...

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Getting out into the wild, if only for one night, is enjoyable,

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invigorating and important.”. “Microadventures: Local Discoveries, Great Escapes” is the newly released book by Al and is jam packed with inspiration, ideas and suggestions for getting outdoors and creating a good work/life balance.

‘Enthusiastic, pleasingly madcap’ Geographical Adventure – something that’s new and exhilarating, outside your comfort zone. Adventures change you and how you see the world, and all you need is an open mind, bags of enthusiasm and boundless curiosity. Recommended for viewing on a colour tablet.

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Hand-selected by Alastair Humphreys, read about the

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incredible journeys undertaken by twenty of the most heroic and impressive explorers who ever lived, including Ibn Battuta (14th-century explorer); Apsley Cherry-Garrard (a member of Scott's Antarctic expedition); Michael Collins (Apollo Moon mission astronaut) and Nellie Bly (who travelled round the world in less than 80 days). A wide-spread selection of explorers from young to old, male to female and with a range of abilities, these explorers crossed land, sea and sky in the name of adventure and may just inspire readers aged 7+ to do the same. Alastair Humphreys was named National Geographic Adventurer of the Year in 2012 for his work on the concept of microadventures.

Alastair Humphreys spent four years traveling around the

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world on his bicycle, a journey that covered 46,000 miles and five continents. During his trip he gave motivational talks and received thousands of emails to his website in which people asked what kept him going through the low-points on his journey. Collected here are the sources of Alastair's inspiration, including affirming quotes, insights, and unique photographs. As this inspirational resource shows, the lessons he learned while on the road can be applied to any goal in life.

After years of adventuring around the globe – running, kayaking, hitchhiking, exploring – Beau Miles came back to his block in country Victoria. Staying put for the first time in years, Beau developed a new kind of lifestyle as the

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Backyard Adventurer. Whether it was walking 90km to work with no provisions, building a canoe paddle out of scavenged scrap or running a disused railway line through properties, blackberry thickets and past inquiring police officers, Beau has been finding ways to satisfy his adventurous spirit close to home. This book is about conscious experimentation with adventure, making meaning and inspiration out of tins of beans, bits of rubbish and elbow grease. Beau's Backyard exploits are funny, authentic, insightful and being copied all over the world by everyday people. YouTuber, new dad, and self-described oddball who needs to shower more, Beau is what happens when you cross Bear Grylls with Bush Tucker Man. With a PhD in Outdoor Education, a string of successful short films under his belt and a boundless passion for

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discovery, Beau is the real deal.

From getting back to nature with a tent, some matches and a few litres of bottled water, to enjoying a pub dinner and camping out in the garden afterwards, this book shows how to get stuck into wild camping in all its forms. Beautiful wildernesses; tiny budgets; environmentally-friendly... What's not to like? There's an idea that wild camping is illegal in Britain, but it isn't – you just need to know the rules and where to go. This guide will open up this amazing experience for all, covering: - what is wild camping and why bother? - different types (bivvying, tenting, hammocking, on the water) - what the law says (Scotland, England, Northern Ireland, Wales, Ireland, EU, waterways) - how many of the largest

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Landowners in the UK are actively encouraging wild camping - getting started (vital equipment, where to go, when to go, safety) - drinking water and foraging for food The majority of the book features the best places to go in England, Wales, Ireland and Scotland, along with stories, tips, helpful maps and inspiring photos. The new edition includes a Foreword by Ed Stafford, as well as a completely new chapter introducing the exciting new English Coastal Path, opening 2020 after years of campaigning. This fully updated guide will give readers the knowledge and the inspiration to escape the noise, clutter and stress of day to day life and go wild.

An adventurous best mate in book form, The Girl Outdoors offers up support and knowledge and empowers the reader,

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Whether she's thinking about cycling the length of Vietnam or just needs some help fixing her bike. Packed with stunning photography, the book is organised into four main parts: - Active Outdoors, showing you how to get to grips with the wildest activities on land and water. From mountain biking to climbing and surfing to kayaking, not forgetting night hiking and paddleboard yoga! - Wild Adventures, taking you that bit further with your outdoor skills, from canoe camping to cycle touring, building your own wild house and holding mini festivals - Wild Cooking, Crafts and Wellbeing looks at the everyday wild lifestyle, showing you how to build a fire, easy foraging, growing your own fruit and veg, getting to grips with outdoor photography and keeping up energy levels with delicious recipes - Wanderlust takes it further, giving sensible

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advice on planning for weekends away and longer trips, essential kit lists and tips on long-term backpacking and travelling, as well as working and volunteering abroad. Scattered throughout there are enticing ideas for fabulous adventures all over the world, from canoe camping in Canada to hiking in the Arctic Circle. Whether it's going on a physically-demanding adventure or making cordial from homegrown flowers, this beautiful book is packed with inspiring and attainable ideas for the wild life.

An resource for those wishing to understand the driving factors behind the operation of an adventure tourism company, this textbook offers guidance on how to deliver a profitable and sustainable product. The importance of

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changing markets, technology and corporate social responsibility, including environmental impacts and climate change, are discussed in the context of managing an adventure tourism firm. To remain profitable, companies must address these issues along with the important aspects of risk and safety. Key features include: - Case studies from successful professionals in the industry. - Consideration of the development of sustainable adventure tourism. - Guidance on managing products and customers."

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, She Explores is a spirited celebration of female bravery and courage, and an

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Inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, She Explores shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including:

- Preparing for a solo hike
- Must-haves for a road-trip kitchen
- Planning ahead for unknown territory
- Telling your own story

A visually stunning and emotionally satisfying collection

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for any woman craving new landscapes and adventure.

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