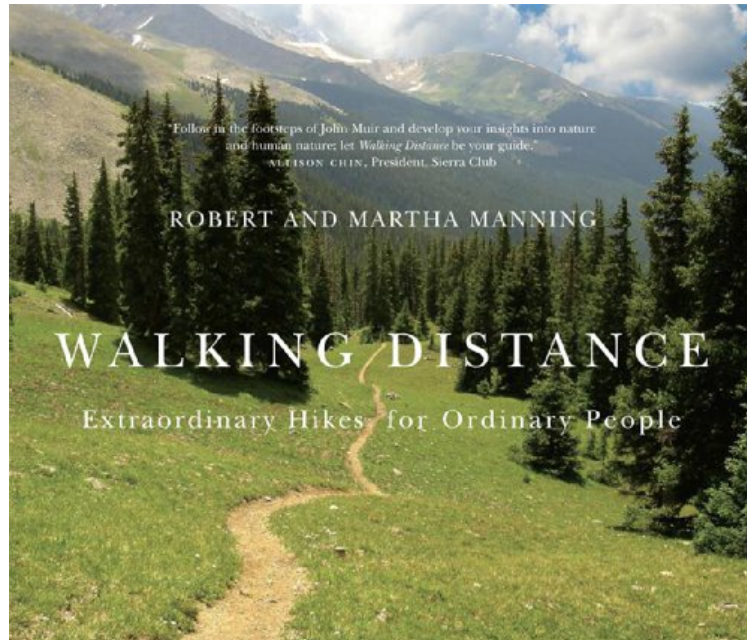


[Free] Walking Distance: Extraordinary Hikes for Ordinary People

Walking Distance: Extraordinary Hikes for Ordinary People

Robert E. Manning, Martha S. Manning
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#135192 in Books Robert E Manning 2012-12-15 Original language: English PDF # 1 8.50 x .80 x 10.001, 1.90 #File Name: 0870716832244 pages Walking Distance Extraordinary Hikes for Ordinary People | File size: 58.Mb

Robert E. Manning, Martha S. Manning : Walking Distance: Extraordinary Hikes for Ordinary People before purchasing it in order to gauge whether or not it would be worth my time, and all praised Walking Distance: Extraordinary Hikes for Ordinary People:

7 of 7 people found the following review helpful. An inspiration By Jim Tolpin We were looking for some inspiration to get us thinking more seriously about doing long-distance walking...and this book turned out to be just the ticket (in an almost literal sense). If you are just thinking about it, this book will get you started down the path--it did us. 3 of 3 people found the following review helpful. Truly Inspirational! By D. R. Markel Beautiful pictures and descriptive text. Great descriptions of "extraordinary hikes." Inspired my wife and me to walk the Cotswold Way. An excellent beginning to walking holidays. 0 of 0 people found the following review helpful. A great description of walking as a journey of exploration By Jean Akers A great description of walking as a journey of exploration. I had done the West Highland Way already and now have more walks to pursue. Leaves me wanting more descriptions of other long distance trails that are feasible without carrying all you need on your back.

Long-distance walking is good for you and good for the earth... But most of all, walking is a joyful celebration of life and the diverse, beautiful, and curious world in which we live. from the Introduction Walking is simple, but it can also be profound. In an increasingly complex and frantic world, walking can simplify our lives. It encourages intimate contact with places and people, promotes health, and is one of the most sustainable forms of recreation. Robert and Martha Manning invite readers to explore the pleasures of long-distance walking in their inspiring new book, Walking Distance. At the heart of Walking Distance are firsthand descriptions of thirty of the world's great long-distance hikes,

spanning six continents and ranging from inn-to-inn to backpacking trips. Each entry from Turkey's Lycian Way to Vermont's Long Trail features personal anecdotes, natural and cultural history, and useful tips, including suggestions for preparing for hikes and for additional reading. Each trail narrative is richly illustrated with color photographs and maps. The Walks: Alta Via 1 (Italy), CO Canal (Maryland, U.S.), Camino de Santiago (Spain), Cape Winelands Walk (South Africa), Chilkoot Trail (Alaska, U.S. and B.C., Canada), Cinque Terre (Italy), Coast to Coast Trail (England), Colorado Trail (Colorado, U.S.), Cotswold Way (England), Great Ocean Walk (Australia), Inca Trail (Peru), John Muir Trail (California, U.S.), Kaibab Trail (Arizona, U.S.), Kalalua Trail (Hawaii, U.S.), King Ludwigs Way (Germany), Kungsleden (Sweden), Long Trail (Vermont, U.S.), Lost Coast Trail (California, U.S.), Lycian Way (Turkey), Milford Track (New Zealand), Ocala Trail (Florida, U.S.), Overland Track (Australia), Paria River Canyon (Utah and Arizona, U.S.), South Downs Way (England), Superior Hiking Trail (Minnesota, U.S.), Tahoe Rim Trail (California and Nevada, U.S.), Tour du Mont Blanc (France, Italy, Switzerland), Walkers Haute Route (France, Switzerland), West Coast Trail (B.C., Canada), West Highland Way (Scotland)

Walking is simple, but it can also be profound. In an increasingly complex and frantic world, walking can simplify our lives. It encourages intimate contact with places and people, promotes health, and is one of the most sustainable forms of recreation. Robert and Martha Manning invite readers to explore the pleasures of long-distance walking in their inspiring new book, *Walking Distance*. At the heart of *Walking Distance* are firsthand descriptions of thirty of the world's great long-distance hikes, spanning six continents and ranging from inn-to-inn to backpacking trips. Each entry from Turkey's Lycian Way to Vermont's Long Trail features personal anecdotes, natural and cultural history, and useful tips, including suggestions for preparing for hikes and for additional reading. Each trail narrative is richly illustrated with color photographs and maps. Long-distance walking is good for you and good for the earth... But most of all, walking is a joyful celebration of life and the diverse, beautiful, and curious world in which we live. (from the Introduction) About the Author Robert Manning is a professor in the Rubenstein School of Environment and Natural Resources at the University of Vermont where he teaches and conducts a program of research on national parks and related areas. Martha Manning has a degree in art from the University of Vermont and practices at her studio in Burlington, Vermont. Over the past decade, they have walked many of the world's great long-distance trails.