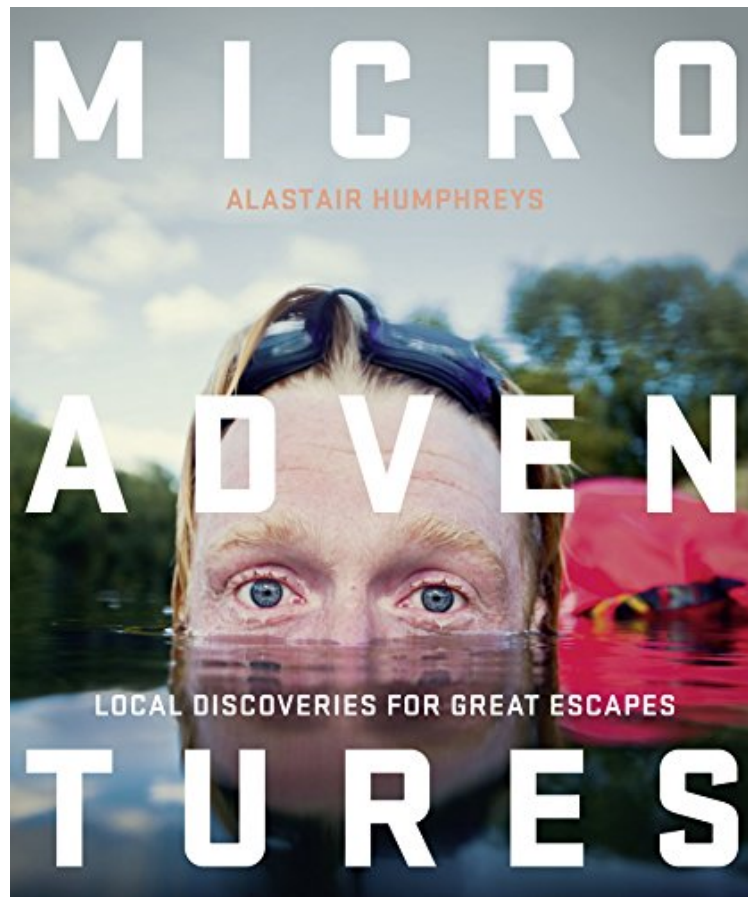


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## Microadventures: Local Discoveries for Great Escapes

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**Alastair Humphreys : Microadventures: Local Discoveries for Great Escapes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Microadventures: Local Discoveries for Great Escapes:

3 of 3 people found the following review helpful. I loved this book!By North Carolina BirderI loved it for all the reasons others have: the book is fun, it's inspiring, it gets my imagination going -- and maybe my courage too. I am edging up to an microadventure that intimidates me a little -- a solo kayak camping outing. One other thing I loved is that Humphreys is a terrific writer -- funny (at his own expense), often succinct, occasionally eloquent. To counter the criticism that this book is all UK-based, it's not the location of the author's microadventure that is important; it's the idea that each of us can make our own. So I've got to do my solo trip THIS YEAR!1 of 1 people found the following review helpful. Love this book!By AllisonI love this book! I got it right at the beginning of the summer (perfect timing!) and actually got to try out some of the suggestions in the book as I was reading it! I love that each adventure is only 2 or 3 pages long, so as I'm waiting for water to boil or coffee to brew and I read it and be inspired. Even if you don't end up doing exactly what the book suggests, it's still well written and a great, at time humorous, read.0 of 0

people found the following review helpful. Great book, very nice photos and easy to read By J/S D. Great book, very nice photos and easy to read. Broken down into small chapters it gives a good flow into what you can do with limited time and/or resources. I think the best thing about this book that people often miss is that he gives you ideas to change your perspective on what's around you. As others stated this book gives references to his experiences in Great Britain, which is where he resides, so that makes sense. However you can use the book for your own area and come up with ideas based on his or your own. Alastair seems to have genuine excitement for the outdoors and adventure be it small or large. Perspective, Perspective, Perspective.....

'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. So what's a microadventure? It's close to home, cheap, simple, short and 100% guaranteed to refresh your life. A microadventure takes the spirit of a big adventure and squeezes it into a day or even a few hours. The point of a microadventure is that you don't need lots of time and money to meet a new challenge. This practical guide is filled with ideas for microadventures – for you to experience on your own or with friends and family – and over 150 stunning photographs, plus tips and advice on safety and kit. Whether it's sleeping on a hilltop or going for a wild swim, cycling a lap of the Isle of Wight or walking home for Christmas, it's time you discovered something new about yourself and the world outside your window. Adventure is everywhere, every day and it is up to us to find it.

Praise for Alastair Humphreys: 'Enthusiastic, pleasingly madcap' Geographical 'Enormous determination, lateral thinking, and a love for life and adventure' Sir Ranulph Fiennes 'I feel proud that our nation still produces nutters like you' Major General G J Binns CBE DSO MCA About the Author Alastair Humphreys is a British adventurer, author, blogger, film-maker and photographer. He spent over four years cycling round the world, a journey of 46,000 miles through 60 countries and across five continents. More recently, Alastair has walked across southern India, rowed across the Atlantic Ocean, run six marathons through the Sahara desert, completed a crossing of Iceland, and participated in an expedition in the Arctic, close to the magnetic North Pole. He has trekked 1,000 miles across the Empty Quarter desert and 120 miles round the M25 motorway – one of his pioneering microadventures. He has written nine books and has been named as one of National Geographic's Adventurers of the Year.