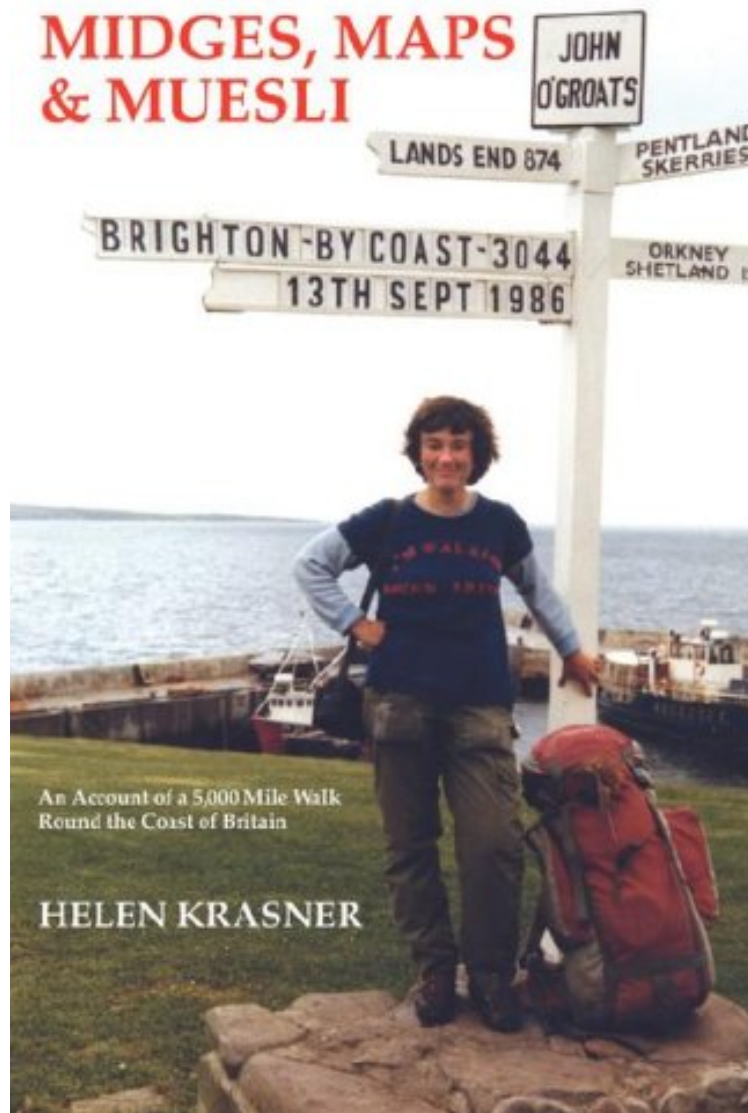


(Download) Midges, Maps and Muesli

Midges, Maps and Muesli

Helen Krasner

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Helen Krasner : Midges, Maps and Muesli before purchasing it in order to gage whether or not it would be worth my time, and all praised Midges, Maps and Muesli:

2 of 2 people found the following review helpful. I loved this travel diary pilgrimage of discoveryBy William RyanThis travel diary work "Midges, Maps Muesli: An Account of a 5,000 Mile Walk Round the Coast of Britain"by Helen Krasner is an excellent read. In her 30s(now in her 60s), Helen was inspired in the mid 1980s to take a journey

of 5,000 miles walking around the coast of the United Kingdom. The route starts at the South England coastal resort of Brighton, and proceeds clockwise through Cornwall, Wales, Northern England, Scotland, to the northern tip and the awesome visions of where the Scottish highlands meet the sea. It then proceeds south through East Scottish coast, Yorkshire and back the South England coast returning to Brighton. Along the way she encounters kindness and sometimes hostility. When Helen is on the eve of her return to Brighton after a year on the road walking 15 miles a day or more, she is interviewed by a local radio station and asked to summarize her trip. She is a bit stumped for the moment on how to do that. (I have usually been stumped when asked myself about a lengthy and intense experience in my life.) She says (paraphrase), "Well I have proven to myself that Britain is definitely an island." It was a funny way to divert from trying to boil down a year long intense pilgrimage filled with new, challenging, wondrous learning experiences. At difficult times along the way she finds the temptation of the question arising, and resists trying to answer it, "Why, oh why, did I put myself in this situation?" Indeed why do any of us leave the comforts, support, and security of a life filled we like order to be uncomfortable, challenged by the elements and physical and psychological trial, and facing the moment to moment, day to day demand to adjust to new circumstances and new people who require, even demand responses from us that bring on growing stress. Why does Bilbo Baggins leave his beloved hobbit hole to endure the risks and dangers of facing Smaug the Dragon and all the orcs and trolls along the way? The answer is adventure. There is something within us that seeks adventure to grow and learn, like the star trek opening "to seek new worlds." And all along the way we long for the safety and belonging of home and familiarity the whole time we are gone. Helen has a marvelous adventure of discovery of her national homeland and the people and geography encompassed there in the United Kingdom. And along the way she has growing revelations about her inner life and the truth and the fictions she carries with her in meeting each day on the journey. I especially enjoy the exquisite honesty and humor she has about herself, her vulnerabilities, her eccentricities along the way. And as readers we are privileged to be her companions on this pilgrimage of discovery of self and the world. In this pilgrimage and her account I find a delightful absence of pretense or contrived drama. It is simply the day to day, of human encounter with other humans and with the land, in its awesome beauty, and even its sometime dreariness and in its dangers. I thoroughly enjoyed it all and believe you will also. Like T.S. Elliot Helen simply returns to Brighton, to home, and a regular life, from where she started yet "knowing the place for the first time" (Four Quartets) (The update on her life narrative at the end of the book is also quite fascinating and discloses her continuing journey of discovery.)

0 of 0 people found the following review helpful. Fascinating Account of a 5000 Mile Stroll By John "Midges, Maps Muesli" is a great tale of modern adventure. Helen Krasner's account of her walk around the coast of Britain in 1986-87 is filled with colorful descriptions of the land and of the people she meets along the way. I've never been to the UK, but I have mental images of the coast of Britain now that make it seem almost as if I've been there. Definitely a good read!

Light-hearted personal account of the author's record-breaking 5,000 mile walk round the cost of Britain