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Adventure is a loose  
word, a spirit of trying  
something new, trying  
something difficult.

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exciting, challenging,  
refreshing and  
rewarding. As the  
world's population  
becomes increasingly  
urbanised, busy, and

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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,  
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Quotes by Alastair  
Humphreys

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Getting out into the wild, if only for one night, is enjoyable, invigorating and important.”.

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The most astonishing

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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.

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adventuring around  
the globe – running,  
kayaking, hitchhiking,  
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Miles came back to  
his block in country  
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years, Beau  
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with no provisions,  
building a canoe  
paddle out of  
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inquiring police  
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book is about  
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experimentation with  
adventure, making  
meaning and  
inspiration out of tins  
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Backyard exploits are  
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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 discovery,

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Beau is the real deal.

## Discoveries For Great Escapes

Alastair Humphreys spent four years

traveling around the 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

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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.

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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

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budgets; environment ally-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

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(bivvyng, tentng,  
hammockng, on the  
water) - what the law  
says (Scotland,  
England, Northern  
Ireland, Wales,  
Ireland, EU,  
waterways) - how  
many of the largest  
landowners in the UK  
are actively  
encouraging wild  
campng - getting  
started (vital

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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

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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



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wild.

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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 advice on planning for weekends away and longer trips, essential kit lists and tips on long-term

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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

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or making cordial from  
homegrown flowers,  
this beautiful book is  
packed with inspiring  
and attainable ideas  
for the wild life.

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wishing to understand  
the driving factors  
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guidance on how to deliver a profitable and sustainable product. The importance of changing markets, technology and corporate social responsibility, including environmental impacts and climate change, are discussed in the

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sisters living alone in their Northern California forest home. Over 30 miles from the nearest town, and several miles away from their nearest neighbor, Nell and Eva struggle to survive as society begins to decay and collapse around them. No single event precedes society's

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fall. There is talk of a war overseas and upheaval in Congress, but it still comes as a shock when the electricity runs out and gas is nowhere to be found. The sisters consume the resources left in the house, waiting for the power to return. Their arrival into adulthood, however,

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forces them to reexamine their place in the world and their relationship to the land and each other. Reminiscent of Margaret Atwood's *A Handmaid's Tale*, *Into the Forest* is a mesmerizing and thought-provoking novel of hope and despair set in a frighteningly plausible

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sense of crisis and  
the lucid, honest voice  
of the . . . narrator pull  
the reader in. . . . A  
truly admirable  
addition to a genre  
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high standards of  
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1984.”—Publishers

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