



M I C R O

ALASTAIR HUMPHREYS

A D V E N

LOCAL DISCOVERIES FOR GREAT ESCAPES

T U R E S

Microadventures Local Discoveries For Great Escapes

Lesley Morrison



Microadventures Local Discoveries For Great Escapes:

Microadventures: Local Discoveries for Great Escapes Alastair Humphreys, 2014-06-05 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

The ^AHappy Traveler Jaime Kurtz, 2017-05-01 Travel serves as a canvas onto which we project our deepest desires and needs escape relaxation meaning connection edification cultural education and more Author Jaime L Kurtz's fifteen years of scientific research offers tremendous insight into how we might better extract happy grateful moments from both everyday life and from more extraordinary experiences like travel In *The Happy Traveler* she will explore little known strategies to make better travel decisions and ultimately better life decisions brought to life through the stories she has collected and analyzed from hundreds of research participants

Adventure and Society Simon Beames, Chris Mackie, Matthew Atencio, 2018-12-28 This undergraduate textbook provides a broad overview of the ways in which adventurous practices influence and are influenced by the world around them The concept of adventure is one that is too often tackled within subject silos of philosophy education tourism or leisure While much of the analysis is strong there is little cross pollination between disciplines *Adventure Society* pulls together the threads of these discourses into one coherent treatment of the term adventure and the role that it plays in human social life of the 21st century It explores how these practices can be considered more deeply through theoretical discourses of capitalism identity construction technology and social media risk taking personal development equalities and sustainability As such the book speaks to a broad audience of undergraduate and postgraduate students across diverse subject areas and aims to be an accessible starting point for deeper inquiry

The Secret World of Weather Tristan Gooley, 2023-02-28 Learn to see the forecast in the hidden weather signs all around you from the New York Times bestselling author of *How to Read a Tree* and *The Lost Art of Reading Nature's Signs* In *The Secret World of Weather* bestselling author Tristan Gooley turns his gaze up to the sky bringing his signature brand of close observation and eye opening deduction to the fascinating world of weather Every cloud every change in temperature every raindrop every sunbeam every breeze reveals something about our weather if you know what to look for Before you know it you'll be able to forecast impending storms sunny days and everything in between all without needing to consult your smartphone But *The Secret World of Weather* goes far beyond mere weather prediction changing the very way we think about weather itself Weather is not something that blankets an area rather it changes constantly as you walk through woods or turn down a street The weather is never identical on two sides of a tree or even beneath it Take for example Gooley's remarkable discovery that breezes accelerate beneath a tree To Gooley this is weather a tiny microclimate that explains why people sit beneath a tree to cool down not only for the shade but subconsciously for cooler breeze And so Gooley shows us not only what the weather will be like five days from now but also what to expect about the weather around

every corner By carefully observing the subtle interplay of wind cloud fog temperature rain and many other phenomena we not only form a deeper understanding of weather patterns but also unlock secrets about our environment Weather forms our landscape and landscape forms our weather Everything we see in the sky reflects where we are When we learn to read weather's signs Gooley shows us the weather becomes our map revealing to us how it has made our towns cities woods and hills what they are You'll never see your surroundings the same way again **Microtravel** Charles Forsdick,Zoë

Kinsley,Kate Walchester,2024-06-04 The 2020 COVID 19 pandemic imposed immobility on large sectors of the world's population with confinement becoming an everyday reality The lives of those who previously enjoyed the privileges of being fast castes ground to a halt while at the same time the displacement of more vulnerable populations along well established migration corridors has been radically reduced The result has been a recalibration of the scale of journeying with travellers slowing down their journeys and readjusting their relationship to the proximate and nearby This situation has provided an opportunity for those who study travel and travel writing to rethink their objects of study and approaches to them This volume explores and historicizes the phenomenon of microtravel designating slower journeys within a limited radius which allow and sometimes necessitate new forms of experiencing the world **Time and How to Spend It** James

Wallman,2019-04-04 A Financial Times Book of the Year Genius I couldn't put it down I read it from cover to cover CHRIS EVANS If the most precious thing we have is time the most highly prized expertise should be knowing how to spend it well Yet busier than ever do we really understand which experiences bring us joy and success and which don't After all we've learned how to spot the difference between junk foods and superfoods When you discover the equivalent rules for time it'll change how you live your life In his first book since the era defining Stuffocation cultural commentator and bestselling author James Wallman investigates the persistent problem of wasted unfulfilling time and finds a powerful answer a revolutionary approach to life based on the latest scientific discoveries At its heart is the inspiring revelation that when you play by the new rules you can actively choose better experiences Bursting with original stories fresh takes on tales you thought you knew and insights from psychology economics and culture Time and How to Spend It reveals a seven point checklist that'll help you avoid empty experiences and fill your free hours with exciting and enriching ones instead This life enhancing book will show you how to be the hero or heroine of your own story You'll learn how to avoid WMDs weapons of mass distraction and discover the roads that lead to flow You'll get more out of every minute and every day your weekends will fizz and your holidays will be deeply nourishing You'll not only be living the good life but building a truly great life **Smart Girls Screw**

Up Too Bella Zanesco,2017-12-11 Own your screw ups get inspired and create the life you want Sick of chasing the perfect relationship career or bank balance Tired of feeling like you're never quite enough You're not alone And it's time to do something about it Smart Girls Screw Up Too is THE no nonsense guide for a generation of women who secretly muse about what might be possible in their careers health and relationships but don't know where to start or are too afraid to When a

clusterf k of screw ups found author Bella Zanesco burnt out depressed and with a broken soul she knew something perhaps everything had to change But what Her first ports of call were the usual Band Aids Tinder work and shopping But soon she realised those weren t going to work If she wanted to fix this thing she was going to need to take extreme measures And so she began the journey that would transform her from Sad Girl to Smart Girl a journey that meant taking up all the things that she d been told were good for her but she had always been too afraid too busy or too lazy to try Cue everything from green juices to setting boundaries to quitting her job to culling her friends Delivered with no holds barred honesty humour and compassion Smart Girls Screw Up Too brings together the latest research into gut science neuroscience and epigenetics ancient tribal wisdom interviews with global game changers and insights from the author s own two year study of over 2000 women Paired with a Personal Life Audit you will get immediate clarity about where to start when seeking purpose vitality and love And together with Bella the wise but ass kicking bestie you wish you d known earlier you ll embark on a series of simple daily challenges that will not only get you to the root causes of why you think feel and behave as you do but see you making changes that stick No matter what your starting point you are capable of creating the life you want NOW

The Camping Life Brendan Leonard, Forest Woodward, 2021-03-02 Packed with expert information and inspiring photography The Camping Life is the perfect invitation to leave the noise and screens behind if only for a single night and reconnect with nature From backpacking to bikepacking camping while white water rafting to big wall climbing outdoor adventurers Brendan Leonard and Forest Woodward cover it all how to pack a backpack how to set up a tent in the snow how to camp with your dog how to build a campfire how to judge a river s difficulty And critically how to leave no trace while returning refreshed recharged and alive with new experience

The Outdoors Fix Liv Bolton, 2023-03-09 Do you wish you could make the outdoors a bigger part of your life Liv Bolton host of the chart topping podcast The Outdoors Fix presents an inspiring collection of stories about ordinary people who have done just that By making time for their passions from walking running climbing swimming and paddleboarding to photography filmmaking cooking and conservation they have found their daily lives transformed through immersion in nature and the countryside The chapters include the stories of outdoor instructor Rehna Yaseen mental health campaigner Alex Staniforth Black Girls Hike regional leader Oge Ejizu and coastal runner Elise Downing Time outdoors can be hugely beneficial and even small changes can make a big difference improving happiness enhancing work life balance introducing new friendships and boosting physical and mental health Packed with stunning photographs and practical tips encompassing everything from after work local adventures to spending a night out on the hills The Outdoors Fix might just provide the inspiration you need to embrace the great outdoors and live more adventurously

The Wellbeing Toolkit for Doctors Lesley Morrison, 2021-06-08 This is the only practical guide to overcoming anxiety compassion fatigue and other challenges of day to day life on the front line of healthcare The Wellbeing Toolkit for Doctors offers tools to help doctors prevent burnout and enjoy their work again During stressful times the practice

of self care becomes vital The coronavirus pandemic has required new levels of dedication resilience and hard work and the mental health impact on health professionals working through it has been immense Each chapter is a tool either conceptual such as Self compassion Peer Support Racism Awareness or practical such as how you can positively influence your workplace environment or enhance your compassion skills through music and the arts This timely and thoughtful book offers a balanced overview of the issues currently faced by doctors alongside stories from patients and other professionals throughout medicine Doctors can thrive in their jobs with the right support in place This toolkit shows those working in healthcare how to gather the necessary support for their own wellbeing in order to fully serve those in their care **The**

Gentle Art of Tramping Stephen Graham,2019-04-04 An absolute gem of a book Alastair Humphreys First published in 1926 The Gentle Art of Tramping is as relevant now as then Tramping is an approach to nature to humankind to nations to beauty to life itself This lost classic is a breath of fresh air for world weary souls It is a gentle art know how to tramp and you know how to live Know how to meet your fellow wanderer how to be passive to the beauty of nature and how to be active to its wildness and its rigour The adventure is not the getting there it s the on the way It is not the expected it is the surprise

Mountain Man James Forrest,2019-05-02 Nicknamed Mountain Man by the Sunday Telegraph James Forrest is the record breaking adventurer who climbed every mountain in England and Wales in just six months the fastest ever time Solo and unsupported he walked over 1 000 miles and ascended five times the height of Everest during his 446 peak challenge And he did it all on his days off from work proving it is possible to integrate an epic adventure into your everyday life From collapsing tents and horrific storms to near fatal mountaineering mishaps James endured his fair share of hardship out in the hills But the good times far outweighed the bad He slept wild under the stars met eccentric locals and exchanged the 21st century social media bubble for a simpler more peaceful existence What did he learn along the way That life is more fulfilling when you switch off your phone and climb a mountain Readers will be inspired and motivated by James s amazing adventure and so the book concludes with a section on how YOU can achieve your next adventure whether it s something to get the kids involved in at half term a fun challenge to tackle solo or with friends or like James s a record breaking attempt of epic proportions James will guide you through everything you need to do to plan and execute your adventure as well as give you some great ideas too **Awestruck** Jonah Paquette,2020-06-09 How the moments that make us go Wow can make lasting

and positive improvements to our health relationships and everyday lives What do you feel when you gaze up at the Milky Way see a beautiful rainbow or stand before a mountain that seems impossibly high Often it s a profound sense of awe the overwhelming feeling we experience when we encounter something vast that transcends our understanding Awe inspiring moments are all around us ranging from the grand to the commonplace and can hold a key to a happy meaningful and healthy life Awestruck serves as a guide to help you tap into the powerful life changing benefits of awe Beginning with a comprehensive explanation of the emotion Jonah Paquette introduces us to the power of awe and how it can help alleviate

struggles in our modern life including stress social isolation and time pressure Continuing with over 60 practices this book provides an accessible and tangible path to bring more wonder into your everyday life Awestruck shows us how to reclaim space for moments of reverence and ultimately find more joy and fulfillment in our lives *The Boy and the Mountain*

Torbjorn Ekelund,2023-05-23 In this engrossing book a father and son ascend a mountain together retracing the steps of a boy who went missing there a century earlier a quest that spawns a tender meditation on nature family and the joy of discovery Six year old Hans Torske disappeared in Norway s Skrim mountains in 1894 Why he wandered away from his family s cabin is still a mystery but his body was found the following summer lying atop a 2 860 foot mountain peak and covered with his thin jacket More than 100 years later nature writer Torbj rn Ekelund and his seven year old son August attempt the same summit It s August s first overnight hiking trip and Ekelund is eager to share his love of nature with his son But soon he notices that the ways children and adults experience nature are vastly different for better and for worse The Boy and the Mountain reflects on what parenthood requires experiencing the joy of watching your child go out into the world for the first time while also worrying about the dangers they may face Filled with curiosity humility and deep gratitude for wild places this gem of a book is a celebration of the uncompromising nature of the elements our bond with them and the special relationship between father and son Understanding the Active Economy and Emerging Research on the Value of Sports, Recreation, and Wellness

Finch, David J.,Legg, David,2021-06-04 The active economy incorporates several disciplines that include sport performance sport business recreation tourism physical activity urban planning leisure and health and wellness among others From an academic and policy perspective these disciplines are typically viewed as distinct with only limited spillover and consequently limited research explores the interaction between them However each individual sector can be studied as interdependent rather than autonomous By viewing the various sectors as part of a complex active ecosystem policymakers and practitioners are better positioned to shape broad opportunities while maximizing the community value of sports recreation and wellness Understanding the Active Economy and Emerging Research on the Value of Sports Recreation and Wellness provides a new view on the fields of sport recreation and health and wellness by exploring the interaction between these traditional separate disciplines It includes sub groups of the active economy such as health and wellness active apparel and accessories active equipment and sports betting but also ties in sub groups from the ancillary sector such as tourism design and infrastructure media and content and professional services This book is intended for professionals educators and researchers working in the fields of sports recreation and health and wellness as well as economists executives managers practitioners stakeholders researchers academicians and students interested in how sports recreation and wellness operate in the active economy *Tourism, Travel, and Hospitality in a Smart and Sustainable World* Vicky Katsoni,2023-05-29 This book features the second volume of the proceedings of the 9th International Conference of the International Association of Cultural and Digital Tourism IACuDiT Held at the Syros Island in Greece in September 2022 the

conference s lead theme was Tourism Travel and Hospitality in a Smart and Sustainable World With a full appreciation of the contributions made by numerous writers toward the progress in tourism research this book presents a critical academic discourse on sustainable practices in a smart tourism context stimulating future debates and advancing knowledge and understanding in this critical area of knowledge It also puts emphasis on the knowledge economy and smart destinations notion It enacts new modes of tourism management and development and presents chapters on emerging technologies such as location based services Internet of Things smart cities mobile services gamification digital collections and the virtual visitor social media social networking and augmented reality

Routledge Handbook of Mobile Technology, Social Media and the Outdoors Simon Kennedy Beames,Patrick T. Maher,2024-08-29 This is the first book to explore the numerous ways in which mobile technologies and social media are influencing our outdoor experiences Across the fields of outdoor education outdoor recreation and leisure and nature based tourism the book considers how practices within each of those domains are being influenced by dramatically shifting interactions between technology humans the natural world and wider society Drawing on cutting edge research by leading scholars from around the world and exploring key concepts and theory as well as developments in professional practice the book explains how digital technology and media are no longer separate from typical human and social activity Instead the broader field of outdoor studies can be viewed as a world of intertwined socio technical assemblages that need to be understood in more diverse ways The book offers a full spectrum view of this profound shift in our engagement with the world around us by presenting new work on subjects including networked spaces in residential outdoor education digital competencies for outdoor educators the use of social media in climbing communities and the impact of digital technologies on experiences of adventure tourism This is essential reading for anybody with an interest in outdoor studies outdoor education adventure education leisure studies tourism environmental studies environmental education or science technology and society studies

Stand-up Paddleboarding in Great Britain Jo Moseley,2022-06-02 Stand up Paddleboarding in Great Britain is the essential companion to anyone curious about one of Britain s most exciting water sports Providing details on how to get started in stand up paddleboarding SUP in a safe and environmentally friendly manner this guide then suggests over 30 incredible places to SUP in England Scotland and Wales Enthusiastic paddleboarder Jo Moseley captures the joy of SUP by weaving together her experiences with suggestions for your own adventures These routes will inspire you to gaze at fell tops from Derwent Water drift along the Afon Teifi stroll along the Isle of Mull s Calgary Bay or spot another SUPer on London s Regent s Canal Including information on each route s difficulty public transport parking refreshments and equipment hire as well as stunning photography and overview maps this book has something for both SUP enthusiasts and beginners But most importantly it exudes a passion for SUP which will inspire anyone who reads it

Psychiatry Rebecca McKnight,Jonathan Price,John Geddes,2019-05-07 The fifth edition of Psychiatry introduces medical students and junior doctors to the fundamentals of psychiatric knowledge in a patient centred

digestible and memorable way Written by clinicians who deliver front line patient care and boast years of teaching experience practical information is informed by theory and research Written with an underlying philosophy that positive rapport with patients is central to providing successful psychiatric care this is a trustworthy and lauded guide to diagnosis and management Organised into 34 chapters on core topics information is laid out in a concise user friendly format with case studies and scientific research formatted into boxes for easy access ensuring students can quickly locate key information for revision and examinations Previous First Prize winner for Psychiatry at the British Medical Association Book Awards this textbook is ideal for those requiring a grounding in the discipline of patient centred and evidence based care A Year in the Woods Torbjørn Ekelund, 2021-10-12 From the acclaimed author of In Praise of Paths comes a humorous and modest Walden for modern times As nature becomes ever more precious we all want to spend more time appreciating it But time is often hard to come by And how do we appreciate nature without disruption In this sensitively written book Torbjørn Ekelund an acclaimed Norwegian nature writer shares a creative and non intrusive method for immersing oneself in nature And the result is nothing short of transformative Evoking Henry David Thoreau and the four season structure of Walden Ekelund writes about communing with nature by repeating a small simple ritual and engaging in quiet reflection At the start of the book he hatches a plan to leave the city after work one day per month camp near the same tiny pond in the forest and return to work the next day He keeps this up for a year His ritual is far from rigorous and it is never perfect One evening he grows so cold in his tent that he hikes out before daybreak But as Ekelund inevitably greets the same trees and boulders each month he appreciates the banality of their sameness alongside their quiet beauty He wonders how long they have stood silently in this place and reflects on his own short existence among them A Year in the Woods asks us to reconsider our relationship with the natural world Are we anxious wanderers or mindful observers Do we honor the seasons or let them pass us by At once beautifully written accessible and engaging A Year in the Woods is the perfect book for anyone who longs for a deeper connection with their environment but is realistic about time and ambition

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