

WALKING THE CAPE WRATH TRAIL

Backpacking through the Scottish Highlands: Fort William to Cape Wrath



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High and Low Keith Foskett, 2018-03-07 When dealing with emotional baggage it s best to pack light An amusing and life affirming travel memoir concluding with tips for managing depressive episodes Keith Foskett refused to let his dark mood define his limitations Unknowingly suffering with depression he took to hiking the wilds of Scotland to face his inner demons From the craggy Highlands of the Cape Wrath Trail and West Highland Way to the canals criss crossing the low country 600 miles of unforgiving hiking terrain called his name Keith repositioned his compass to what really matters in life As laughter became his travelling companion he discovered that when dealing with emotional baggage it s best to pack light Pushing his mind and body past breaking point his journey could set a brave new course for coping with depression Battling ferocious weather the ubiquitous Scottish midge strange sounding local delicacies and substandard TV sets this is one man s battle to conquer the wilds of Scotland and his own psychological demons Editorial reviews Despite the challenges of the terrain and the weather the author's affinity with the Highlands is obvious and his descriptions of the landscape are captivating We are introduced to beautiful glens rivers and lochs that many of us will never have heard of We are reminded by an experienced international long distance hiker to not forget the quality of what we have at home in the UK It's hard not to admire Keith Foskett for what he achieves in this book But he does not take himself too seriously either and handles the weight of the subject matter with humility and laughter This is a bold and important book which I genuinely hope will appeal to a wide audience James Roddie The Great Outdoors Magazine As well as the details of his walk Keith captures the feeling of being on a long hike well both the joys and the tribulations His sense of humour comes through too and he s not afraid of laughing at himself This makes for an entertaining book that also has a serious undertone It s a welcome addition to the literature of long distance walking Chris Townsend Long distance hiker and TGO magazine columnist What Amazon readers are saying It is possible to deal with depression and while this book may not cure you it will tell you what one person did to fight it and this story can help a lot of people This author is a fantastic writer I have read all of his books and each book takes me on an amazing journey that touches all my senses as if I was really there This book High and Low is not only an adventure but shows deep insight into the soul of a person that doesn t know they have depression A book I will go back and read again would give it 6 stars if I could An original account of what it is like hiking through Scotland so well written that you feel like you are there experiencing the glorious scenery Scottish food and the evil midges I learnt a lot about myself by reading this book It must have been extremely painful to write at times It encouraged me to take a look within myself and evaluate my own struggles with depression Foskett bares his soul and allows the reader to follow along on this amazing hike and intense personal journey High and Low provided me with tools to wage my own battle with depression His endurance through difficult circumstances is inspiring I ve read several of his books and am always uplifted by each adventure Hundreds more five star reviews Thousands of copies sold Find out why readers fall for Keith Foskett s adventure memoirs Cape Wrath

<u>Trail North XT40</u> Harvey Map Services Ltd,2014-06-25 **Cape Wrath** Ordnance Survey, <u>Cape Wrath, Durness and Scourie</u> Great Britain. Ordnance Survey,Ordnance Survey Staff,1999-05-01

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