

By Alastair Humphreys *Microadventures Local Discoveries For Great Escapes*

Microadventures: Local Discoveries for Great Escapes
Microtravel Adventure and Society
Routledge Handbook of Mobile Technology, Social Media and the Outdoors
Smart Girls Screw Up Too
Chess for Beginners
PC Magazine
Microadventures
Jon and Harry's Year of Microadventure
The Scenic Route: Car-Free Adventures for Everyday Explorers
Alastair Humphreys Charles Forsdick Simon Beames Simon Kennedy Beames Bella Zanesco Robert S. Fenton Nova Aurora Wilder Jon Doolan Keira Black

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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 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

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

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

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

discover the extraordinary in your everyday embark on a transformative journey with microadventures big freedom in small escapes a compelling guide that reveals the hidden wonders lurking within your immediate surroundings perfect for those yearning for adventure but constrained by time this book invites you to redefine the concept of exploration and rediscover the magic in the mundane have you ever felt trapped by routine longing for escape but unable to commit to grand voyages this captivating guide illuminates the art of the microadventure empowering you to break free from everyday monotony through a philosophy of simplicity and spontaneity you'll find that profound adventures are often hidden in plain sight waiting just beyond your doorstep imagine embarking on a journey without boarding a plane or taking an extended leave from work picture transforming your backyard into a campsite discovering local waterways by kayak or uncovering your city's hidden gems each chapter of this insightful book offers practical tips and inspiring ideas for quick escapes that fit seamlessly into your busy life whether it's a moonlit hike in a nearby park or an urban exploration of cultural festivals the possibilities are endless and exhilarating with guidance on everything from essential gear and safety considerations to planning budget friendly adventures you'll be equipped to venture into the micro world with confidence accessible and engaging this book offers a newfound appreciation for local nature encouraging you to savor life's smaller yet no less thrilling escapades open your eyes to the wealth of excitement around you and start your journey toward a life filled with endless adventure adventure awaits right in your own neighborhood

inspired by national geographic s adventurer of the year alastair humphreys jon decides to take his best mate harry on a year of microadventures join the hapless pair as they negotiate river rapids pop princess song lyrics and their own mid life crises marvel as they dodge being caught trespassing being bummed by badgers and jon s parental duties ponder as they explore the welsh valleys their own neuroses and the meaning of life this is a yomp through the mind of a normal middle aged man who strives to get more from life and more often than not fails

adventure doesn t always start at an airport sometimes it begins at your nearest bus stop the scenic route is your invitation to rediscover travel in its simplest most sustainable and most surprising form local micro adventures powered by public transit in a world that glorifies long haul travel this book celebrates the joy of exploring close to home whether you re craving a day by the lake a hike through local woods or a spontaneous trip to a farmer s market the scenic route shows you how to use everyday buses and trains to unlock extraordinary experiences hiding just beyond your daily commute

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