

---

# Microadventures Local Discoveries For Great Escapes

---

Adventure and Society

Find Freedom and Adventure in the Great Outdoors

Go Wild

A Memoir

100 Family Adventures

Paddlenorth

There Are Other Rivers

How to Travel

The Wild Girl's Guide to Adventure, Travel and Wellbeing

Inspiration and Ideas for Endless Adventures

The Wellbeing Toolkit for Doctors

Smart Girls Screw Up Too

The Rediscovered Art of Letting Nature Be Your Guide

Leisure in the Time of Coronavirus

A Year in the Woods

Alastair Humphreys' Great Adventurers

The Adventurer's Guide to Britain

Adventures of a Wild Camper

Bear Grylls World Adventure Survival Camp

A Rapid Response

On Foot Across India

On the Road to Africa

150 incredible experiences on land and water

The No-Nonsense Guide to Creating The Life You Want

Riding the Americas

Adventure Tourism and Outdoor Activities Management

Walking the Great North Line

The Doorstep Mile

Managing People, Sales, and Business in Today's Corporate Environment

Cycling the Earth

The 7 Rules for Richer, Happier Days

Time and How to Spend It

A 21st Century Toolkit

The Girl Outdoors

The Natural Navigator

The History of Hip Hop

A Life-changing Race Around the World

Moods of Future Joys

---

## SIERRA BAILEY

---

### **Adventure and Society** HarperCollins UK

“Practical and sized just right, for places where Google can’t always be summoned. Includes a guide to what’s edible for foragers and key illustrations, in addition to recipes.” —The Washington Post  
What to eat, where to find it, and how to cook it! Renowned outdoors expert and New York Times bestselling author Dave Canterbury provides you with all you need to know about packing, trapping, and preparing food for your treks and wilderness travels. Whether you're headed out for a day hike or a weeklong expedition, you'll find everything you need to survive--and eat well--out in the wild. Canterbury makes certain you're set by not only teaching you how to hunt and gather, but also giving you recipes to make while on the trail. Complete with illustrations to accompany his instructions and a full-color photo guide of plants to forage and those to avoid, this is the go-to reference to keep in your pack. The Bushcraft Field Guide to Trapping, Gathering, and Cooking in the Wild helps you achieve the full outdoor experience. With it, you'll be prepared to set off on your trip and enjoy living off the land.

Find Freedom and Adventure in the Great Outdoors John Wiley & Sons

An updated edition including new color photographs and a new afterword looking back at the journey. Alastair Humphreys' around-the-world journey of 46,000 miles was an old-fashioned adventure: long, lonely, low-budget, and spontaneous. Cycling across five continents and sailing over the oceans, his ride took four years to complete, on a tiny budget of hoarded student loans. Here is the story of the first remarkable stage of the expedition. Just two weeks into the ride the September 11th attacks changed everything. All Humphreys' plans went out the window and, instead of riding towards Australia, he suddenly found himself pedaling through the Middle East and Africa and on toward Cape Town. This book recounts an epic journey that succeeded through Humphreys' trust in the kindness of strangers, at a time where the interactions of our global community are

more confused and troubled than ever.

### **Go Wild** Bantam

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including:

- Preparing for a solo hike
- Must-haves for a road-trip kitchen
- Planning ahead for unknown territory
- Telling your own story

A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

*A Memoir* Eye Books (US&CA)

Paddlenorth tells the riveting story of Jennifer Kingsley's 54-day paddling adventure on the Back River in the northern wilderness of the Arctic as she and her five companions battle raging winds, impenetrable sea ice, treacherous rapids, and agonizing sores and blisters while contending with rising tensions among the group. But they also experience the lasting joy of grizzly sightings, icy swims, and the caribou's summer migration. Woven through this spellbinding narrative are often-harrowing accounts of the journeys of earlier explorers, some of whom never made it back home. Paddlenorth paints an indelible portrait of the spectacular Arctic landscape, rendered with a naturalist's eye and an artist's sensibility, and offers an eloquent exploration of how wilderness changes us.

### **100 Family Adventures** School of Life

*Microadventures: Local Discoveries for Great Escapes* HarperCollins UK

**Paddlenorth** Atlantic Publishing Company

Adventure is out there – you just have to go and find it! Childhood

obesity is increasing year on year. Happiness and well-being levels in children are on the decline too. Children spend less time outside and more time in front of screens: computers, phones, games, television. *100 Family Adventures* provides a valuable resource bank of tried and tested outdoor activities to enjoy with children, swapping 'screen time' for 'green time'. Particularly inspiring for people who want to get started, but don't know how, the book shows how any family, anywhere in the country, can enjoy time together outdoors. Activities are grouped into themes: Woodland, Water, Close to Home, Hills and Mountains, Exploring, By the Sea, Extreme Weather. Within each section is a range in difficulty, from making a rope swing to scrambling up a stream, from spending a day without electricity to going on a charity bike ride, from exploring a rockpool to camping on an uninhabited island. Packed with inspiring photos, sensible but enthusiastic instructions from parents Tim and Kerry combine with remarks and advice (and jokes!) from children Amy and Ella. 'The adventure ambassadors our current generation of cotton-wool kids urgently need' Daily Telegraph

There Are Other Rivers Random House

'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.

*How to Travel* Springer

Robert Twigger, poet and travel author, was in search of a new way up England when he stumbled across the Great North Line. From Christchurch on the South Coast to Old Sarum to Stonehenge, to Avebury, to Notgrove barrow, to Meon Hill in the midlands, to Thor's Cave, to Arbor Low stone circle, to Mam Tor, to Ilkley in Yorkshire and its three stone circles and the Swastika Stone, to several forts and camps in Northumberland to Lindisfarne (plus about thirty more sites en route). A single dead straight line following 1 degree 50 West up Britain. No other north-south straight line goes through so many ancient sites of such significance. Was it just a suggestive coincidence or were they built intentionally? Twigger walks the line, which takes him through Birmingham, Halifax and Consett as well as Salisbury

Plain, the Peak district, and the Yorkshire moors. With a planning schedule that focused more on reading about shamanism and beat poetry than hardening his feet up, he sets off ever hopeful. He wild-camps along the way, living like a homeless bum, with a heart that starts stifled but ends up soaring with the beauty of life. He sleeps in a prehistoric cave, falls into a river, crosses a 'suicide viaduct' and gets told off by a farmer's wife for trespassing; but in this simple life he finds woven gold. He walks with others and he walks alone, ever alert to the incongruities of the edgelands he is journeying through.

The Wild Girl's Guide to Adventure, Travel and Wellbeing Random House

The most astonishing collection of weather signs ever assembled—from master outdoorsman Tristan Gooley In this eye-opening trove of outdoor clues, groundbreaking natural navigator Tristan Gooley turns his keen senses to the weather. By “reading” nature as he does, you’ll not only detect what the weather is doing (and predict what’s coming), you’ll enter a secret wonderland of sights and sounds you’ve never noticed before: Listen for the way crickets chirp faster as the temperature rises. Spot how snowflakes shrink with colder air and grow just before they stop falling. Let perching birds point out the direction of the wind. Learn why pine cones close up in high humidity. Watch out for storms when clouds are more tall than wide! Most fascinating of all, you’ll discover distinct microclimates with every step you take—through the woods or down a city street. There are unique weather clues to be found on opposite sides of a tree—and even beneath a blade of grass! And once you can read the forecast in every cloud, breeze, sunbeam, plant, and raindrop? You may well delete your weather app!

**Inspiration and Ideas for Endless Adventures** Chronicle Books

Before GPS, before the compass, and even before cartography, humankind was navigating. Now this singular guide helps us rediscover what our ancestors long understood—that a windswept tree, the depth of a puddle, or a trill of birdsong can help us find our way, if we know what to look and listen for. Adventurer and navigation expert Tristan Gooley unlocks the directional clues hidden in the sun, moon, stars, clouds, weather patterns, lengthening shadows, changing tides, plant growth, and the habits of wildlife. Rich with navigational anecdotes collected

across ages, continents, and cultures, *The Natural Navigator* will help keep you on course and open your eyes to the wonders, large and small, of the natural world.

**The Wellbeing Toolkit for Doctors** Shannon O'Donnell

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.

**Smart Girls Screw Up Too** Summersdale Publishers LTD

From his decision to leave school at fifteen to roam the world, to his recollections of life as a hobo on the Southern Pacific Railroad, as a cattle skinner in Texas, as a merchant seaman in Singapore and the West Indies, and as an itinerant bare-knuckled prizefighter across small-town America, here is Louis L'Amour's memoir of his lifelong love affair with learning—from books, from yondering, and from some remarkable men and women—that shaped him as a storyteller and as a man. Like classic L'Amour fiction, *Education of a Wandering Man* mixes authentic frontier drama—such as the author's desperate efforts to survive a sudden two-day trek across the blazing Mojave desert—with true-life characters like Shanghai waterfront toughs, desert prospectors, and cowboys whom Louis L'Amour met while traveling the globe. At last, in his own words, this is a story of a one-of-a-kind life lived to the fullest . . . a life that inspired the books that will forever enable us to relive our glorious frontier heritage.

**The Rediscovered Art of Letting Nature Be Your Guide**

Bloomsbury Publishing

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.

Leisure in the Time of Coronavirus Dial Press

A practical guide to traveling in the best way possible, featuring 20 essays for inspiration and advice in a broad range of scenarios. *A Year in the Woods* Kings Road Publishing  
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.

Alastair Humphreys' Great Adventurers Simon and Schuster Live adventurously, be creative, make a living: What is it like to build a life from unconventional careers? Adventurers cross deserts and row oceans, appearing to live the dream. Yet they also must pay the bills and carve out time to get away. Are you trying to make a career doing what you love, daring to go freelance in a creative industry, growing an audience or curious about an unconventional career? What is it like to build a life from living adventurously? Whether you are adventurous, creative or just curious, *Ask An Adventurer* answers your questions from behind the scenes.

*The Adventurer's Guide to Britain* The Experiment '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.

Adventures of a Wild Camper Patagonia

NOW A MAJOR MOTION PICTURE • Set in the near-future, *Into the*

*Forest* is a powerfully imagined novel that focuses on the relationship between two teenage 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 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, 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 near-future America. Praise for *Into the Forest* "[A] beautifully written and often profoundly moving novel."—San Francisco Chronicle "A work of extraordinary power, insight and lyricism, *Into the Forest* is both an urgent warning and a passionate celebration of life and love."—Riane Eisler, author of *The Chalice and the Blade* "From the first page, the sense of crisis and the lucid, honest voice of the . . . narrator pull the reader in. . . . A truly admirable addition to a genre defined by the very high standards of George Orwell's 1984."—Publishers Weekly (starred review) "Beautifully written."—Kirkus Reviews "This beautifully written story captures the essential nature of the sister bond: the fierce struggle to be true to one's own self, only to learn that true strength comes from what they are able to share together."—Carol Saline, co-author of *Sisters* "Jean Hegland's sense of character is firm, warm, and wise. . . . [A] fine first novel."—John Keeble, author of *Yellowfish* **Bear Grylls World Adventure Survival Camp** Brio Books Pty Ltd

Alastair Humphreys walked across India, from the Coromandel Coast to the Malabar Coast, following the course of a holy river. Walking alone and spending the nights sleeping under the stars, in the homes of welcoming strangers or in small towns and villages, he experienced the dusty enchantment of ordinary, real India on the smallest of budgets. *There Are Other Rivers* tells the story of the walk through an account of a single day as well as

reflecting on the allure of difficult journeys and the eternal appeal of the open road. Nominated for National Geographic's 'Adventurer of the Year' Reviews for previous books:- "Believe me, he can write, and rather well" - Geographical- "...displays a tendency for Big Hairy Audacious Goals that is almost unnerving." - Treehugger.com Amazon: - "This book has it all: it's a great travel read, a look into the human soul and how most people, given enough determination, could attempt something like this."- "No expensive equipment or 'fastest, strongest, quickest'; just a brilliant, understated story."- "Simply outstanding."- "If you prefer the comfort of your armchair these books will still stir your imagination and curiosity for the world."- "An absolute must-read or any passionate traveller." GoodReads:- "Wow... another great book by Alastair Humphreys."- "One of the best adventure travel books I've read."

*A Rapid Response* Microadventures: Local Discoveries for Great Escapes

An adventurous best mate in book form, *The Girl Outdoors* offers up support and knowledge and empowers the reader, whether she's thinking about cycling the length of Vietnam or just needs some help fixing her bike. Packed with stunning photography, the book is organised into four main parts: - Active Outdoors, showing you how to get to grips with the wildest activities on land and water. From mountain biking to climbing and surfing to kayaking, not forgetting night hiking and paddleboard yoga! - Wild Adventures, taking you that bit further with your outdoor skills, from canoe camping to cycle touring, building your own wild house and holding mini festivals - Wild Cooking, Crafts and Wellbeing looks at the everyday wild lifestyle, showing you how to build a fire, easy foraging, 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 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 or making cordial from homegrown flowers, this beautiful book is packed with inspiring and attainable ideas for the wild life.