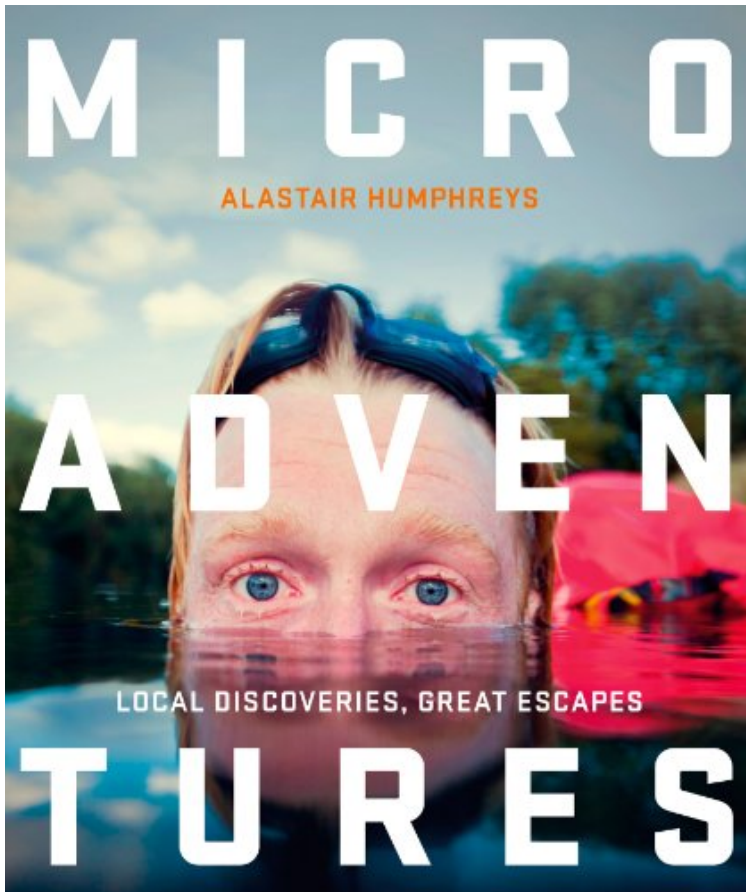


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Microadventures: Local Discoveries for Great Escapes



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This practical guide is filled with ideas for microadventures for you to experience on your own or with friends and family and over 150 stunning photographs, plus tips and advice on safety and kit.Whether its sleeping on a hilltop or going for a wild swim, cycling a lap of the Isle of Wight or walking home for Christmas, its time you discovered something new about yourself and the world outside your window. Adventure is everywhere, every day and it is up to us to find it.Prsentation de l'diteurEnthusiastic, pleasingly madcap GeographicalAdventure something thats 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

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