

Microadventures Local Discoveries For Great Escapes Alastair Humphreys

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Microadventures. A microadventure is an adventure that is short, simple, local, cheap – yet still fun, exciting, challenging, refreshing and rewarding. As the world 's population becomes increasingly urbanised, busy, and stuck in front of a screen, microadventures offer a realistic escape to wilderness, simplicity and the great outdoors, without the need to ski to the South Pole or go live in a cabin in Patagonia.

Microadventures - Alastair Humphreys

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Preview — Microadventures by Alastair Humphreys. Microadventures Quotes Showing 1-8 of 8. “ Sometimes all you need is to climb a simple hill, to spend time staring at an empty horizon, to jump into a cold river or sleep under the stars, or perhaps share a whisky at a small country inn in order to remind yourself what matters most to you in life. ” . Alastair Humphreys, Microadventures: Local Discoveries for Great Escapes.

Microadventures Quotes by Alastair Humphreys

Microadventures are adventures that are close to home, cheap, simple, short, and yet very effective. A microadventure has the spirit (and therefore the benefits) of a big adventure. It ' s just all condensed into a weekend away, or even a midweek escape from the office. Even people living in big cities are not very far away from small pockets ...

Microadventures - Alastair Humphreys

Getting out into the wild, if only for one night, is enjoyable, invigorating and important. ” . “ Microadventures: Local Discoveries, Great Escapes ” is the newly released book by Al and is jam packed with inspiration, ideas and suggestions for getting outdoors and creating a good work/life balance.

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