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Microadventures: Local Discoveries for Great Escapes ...

Alastair Humphreys is a British adventurer, author, blogger, film-maker and photographer. He spent over four years cycling round the world, a journey of 46,000 miles through 60 countries and across five continents. More recently, Alastair has walked across southern India, rowed across the Atlantic Ocean, run six marathons through the Sahara desert, completed a crossing of Iceland, and ...

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Microadventures: Local Discoveries for Great Escapes by ...

Adventurer, author and motivational speaker Alastair Humphreys is the author of Microadventures:

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Local Discoveries for Great Escapes, published by William Collins. Photograph by Alastair Humphreys
This mind-shift to champion the small and local developed through what I call ' microadventures ' .

Why we travel: Alastair Humphreys on finding great escapes ...

Alastair gives the ins and outs of having what he's dubbed Microadventures--basically localized adventures that are relatively cheap, close, simple, and short. It can be spending the night in a local park. Or going on a two-day bike ride. Or navigating a local river.

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Alastair Humphreys on ' Microadventures ' By Brendan Leonard | August 20, 2014 British adventurer Alastair Humphreys first made a name for himself with big trips: polar expeditions, bicycling around the world, backpacking, and packrafting across Iceland, walking 1,000 miles across the Empty Quarter Desert while pulling a cart full of supplies.

Alastair Humphreys on 'Microadventures'

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Microadventures Local Dis E-Book Microadventures: Local Discoveries for Great Escapes There are big, epic adventures that most of us can only dream of doing.

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Alastair Humphreys is a British adventurer, author, blogger, film-maker and photographer. He spent over four years cycling round the world, a journey of 46,000 miles through 60 countries and across five continents. More recently, Alastair has walked across southern India, rowed across the Atlantic Ocean, run six marathons through the Sahara desert, completed a crossing of Iceland, and ...

Microadventures : Alastair Humphreys : 9780007548033

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.

Microadventures Audiobook | Alastair Humphreys | Audible.co.uk

We speak to microadventure pioneer Alastair Humphreys to find out how. Mega adventures like cycling through continents or sailing the oceans may seem a world away from a local camping trip – but...

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