

M I C R O

ALASTAIR HUMPHREYS

A D V E N

LOCAL DISCOVERIES FOR GREAT ESCAPES

T U R E S

Microadventures Local Discoveries For Great Escapes

Jana Heck, Patrick Heck



Microadventures Local Discoveries For Great Escapes:

Microadventures: Local Discoveries for Great Escapes Alastair Humphreys, 2014-06-05 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

Bucket List für Paare Denise Ni, 2020-11-15 Ein ganz besonderes Geschenk für Paare Du möchtest ein abwechslungsreiches Leben zu zweit Gemeinsame Unternehmungen und aufregende Dates Du möchtest mit deinem Partner Abenteuer erleben und eine glückliche Beziehung führen Dann ist Bucket List für Paare dein ideales Planbuch für eine glückliche und abwechslungsreiche Beziehung Es ist Zeit für eine gemeinsame Bucket List auf der all die großen und kleinen Wünsche Träume und Ziele aufgelistet sind die ihr im Leben erreichen oder erleben möchtest Mit diesen Zielen vor Augen lernt ihr euch nicht nur besser kennen sondern brecht gemeinsam aus dem Alltagsrott aus in ein aufregendes Leben zu zweit Völlig egal wie alt ihr seid oder wie lange ihr schon ein Paar seid Denn was gibt es Schöneres als zu zweit neue Erfahrungen zu sammeln und spannende Erlebnisse zu teilen In diesem Buch erwartet euch Anleitung Schritt für Schritt Anleitung für eure eigene Bucketlist Theorie Was ist eine Bucket List und wie kann sie eure Beziehung bereichern Inspiration 400 abwechslungsreiche Ideen zur Inspiration für deine Bucketlist zum selberschreiben Tipps Strategien zum Erreichen eurer Ziele und Träume Exklusiv Umfangreiche Quellensammlung Bucket List Vorlagen zum Download Dieses Buch ist geeignet als Geschenk für den Partner Jahrestagsgeschenk für ihn Jahrestagsgeschenk für sie Geschenk für Paare Bucketlist für Eltern Für Erlebnisse zu zweit Geschenk für Partner Lustiges Hochzeitsgeschenk Valentinstagsgeschenk

Draußen erleben! Sven Groß, Manuel Sand, 2022-04-04 Aktive Abenteuer in der Natur liegen im Trend Aus dem Alltag ausbrechen und Ungewöhnliches in der Natur erleben das wollen immer mehr Menschen Die Tourismuswirtschaft hat diesen Trend erkannt und bietet vermehrt Abenteuerreisen und Outdooraktivitäten an Sven Groß und Manuel Sand beleuchten die Phänomene erstmals wissenschaftlich und grenzen sie von anderen Begriffen ab Zu Beginn erklären sie was sich genau hinter Abenteuerismus verbirgt und wie dieser historisch entstanden ist Zudem stellen sie Anbieter Beherbergungsbetriebe Destinationen und Reiseveranstalter vor Auch auf die Nachfrageseite Persönlichkeitsmerkmale und Motive gehen sie ein Themen wie z B Nachhaltigkeit Digitalisierung oder Microadventures berücksichtigen sie ebenfalls Ergebnisse aus einer Online Befragung zu deutschen Abenteuerreisenden fließen zudem in das Buch ein

Outdoor, Mensch, Natur Manuel Sand, 2019-05-13 Die Sehnsucht nach nachhaltigen Abenteuern Outdoor Aktivitäten sind eine verlässliche Quelle für Abenteuer und Resonanz Erfahrungen zugleich wirken sie sich positiv auf die Gesundheit aus Daher wählen immer mehr Menschen den Weg in die Natur und finden dort ihren gewünschten Ausgleich z B Wandern Trekking Trail Running Mountainbiking Kanufahren oder Geocaching In diesem Buch erklären ausgewiesene ExpertInnen u a was Microadventures sind und weshalb diese direkt vor der eigenen Haustür beginnen Daneben beantworten sie grundsätzliche Fragen Wie lässt sich die Beziehung Mensch

Natur definieren Wie nehmen Gro st dter die Natur wahr Welche Auswirkungen hat der wachsende Freizeit und Tourismusbereich Und Welche Ma nahmen kann jeder ergreifen um Flora und Fauna vor einer berbeanspruchung zu sch tzen Sie ziehen hierf r Projekte und Praxisbeispiele heran und zeigen wie jeder verantwortungsbewusst mit dem nat rlichen Erholungsraum umgehen kann und welche Hilfsmittel Outdoor Begeisterte daf r nutzen sollten Band zum 6 Kongress f r Outdoor und Adventure Outdoor Mensch Natur *Im Wald* Torbjørn Ekelund,2016-03-17 Am See zelten unter Sternen schlafen und den V geln lauschen Torbj rn Ekelund erf llt sich den Traum vom Ausstieg in die Natur und zieht jeden Monat f r eine Nacht in den Wald Auf seinen Mikroexpeditionen findet er nach der Arbeit Ruhe und Abgeschiedenheit Er sp rt beim Fliegenfischen dem Wechsel der Jahreszeiten nach und geht mit seinem kleinen Sohn auf Entdeckungstour Einf hlsam und inspirierend schildert er wie wenig man f r so ein Abenteuer braucht Denn W lder gibt es berall man muss einfach nur hineingehen **Ausgebüxt!** Jana Heck,Patrick Heck,2021-03-01 Kinder brauchen frische Luft sie wollen auf B ume klettern und in Pf tzen springen D mme bauen und barfu im Laub w hlen das wei doch jeder Doch fehlende Zeit schlechtes Wetter oder das Bed rfnis nach vermeintlicher Ruhe in den eigenen vier W nden h lt viele Eltern ab mit ihren Kindern wirklich oft rauszugehen Damit ist jetzt Schluss Jana und Patrick Heck zeigen warum es sich immer lohnt aus der Haust r zu treten dem Gr n entgegen Sie beweisen dass man nur wenig Zeit und kaum Energie investieren muss daf r aber immer gl cklicher und reicher zur ck nach Hause kommt 100 Punkte Tag für Tag Thomas Weber,2016-03-15 Je weniger Punkte ein Produkt hat desto besser f r den kologischen Fu abdruck und f r unser Wohlbefinden Wie verbessert man seinen kologischen Fu abdruck und lebt dabei trotzdem gut Wie sieht ein bewusster und schonender Umgang mit der Umwelt aus Thomas Weber gibt konkrete Antworten auf diese Fragen und beschreibt Konzepte die f r jeden realisierbar sind Mit Initiativen wie Miete ein Huhn Hack die Thujen klein und Lass deine Sklaven frei sind ungew hnliche Ideen dabei die sich alltagstauglich umsetzen lassen Nach dem gro en Erfolg von Ein guter Tag hat 100 Punkte stellt dieser Band weitere M glichkeiten vor das Leben nachhaltiger zu gestalten Thomas Webers Vorschl ge sind kreativ manchmal provokant und immer eine Bereicherung *The Camping Life* Brendan Leonard,Forest Woodward,2021-03-02 Packed with expert information and inspiring photography The Camping Life is the perfect invitation to leave the noise and screens behind if only for a single night and reconnect with nature From backpacking to bikepacking camping while white water rafting to big wall climbing outdoor adventurers Brendan Leonard and Forest Woodward cover it all how to pack a backpack how to set up a tent in the snow how to camp with your dog how to build a campfire how to judge a river s difficulty And critically how to leave no trace while returning refreshed recharged and alive with new experience **Adventure and Society** Simon Beames,Chris Mackie,Matthew Atencio,2018-12-28 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

Kopf hoch! Prof. Dr. Volker Busch, 2024-03-01 Was können wir tun um uns angesichts drohender Erwartungen im Leben sicher zu fühlen und Zuversicht zu gewinnen Der bekannte Neurologe Psychiater und Wissenschaftler Prof Dr Volker Busch erläutert in seinem neuen SPIEGEL Bestseller die Funktionsweise unseres mentalen Immunsystems und zeigt welche Strategien uns stark machen und gesund halten Permanente Krisen mangelnde Orientierung Schwarzmalerei Berhitzung und Empörung Ungewisse Zeiten sorgen für Angst Pessimismus und Mutlosigkeit Negative Nachrichten und schlechte Zukunftsprognosen infizieren unseren Geist und vergiften unser Denken Das fordert unser mentales Immunsystem auf ständig neue Weise heraus Umso mehr kommt es darauf an zu verstehen wie die psychischen Schutzmechanismen funktionieren und wie man sie verbessern kann Wissenschaftlich fundiert empathisch und humorvoll schildert Volker Busch wie wir festen Boden unter den Füßen gewinnen in einer Zeit in der manches ins Wanken gekommen ist Basierend auf spannenden Forschungsergebnissen und seiner langjährigen Erfahrung als behandelnder Arzt erklärt der Neuromediziner was mit unserem Gehirn im Krisenmodus passiert und wie wir es dort wieder herausholen Zugleich zeigt er Wege auf das mentale Abwehr und Verteidigungssystem zu stärken und sich den Herausforderungen der Gegenwart zu stellen Das Ziel ist die eigene psychische Gesundheit zu schützen und zu bewahren Erfahren Sie wie Sie Sicherheit finden in einer Welt in der Gewissheiten verloren gegangen sind Ansteckung mit Negativem verhindern und echte Positivität entwickeln Grbeln unterbrechen und Gedanken stoppen die den Geist vergiften Heiterkeit und Humor entwickeln gegen Gereiztheit und innere Verkrampftheit Zuversicht und Mut gewinnen für die Zukunft statt in Sorgen und Nöten gefangen zu bleiben Zum Schutz unserer Psyche haben wir ein mentales Immunsystem Es rückt die Welt in unserem Kopf gerade schützt uns vor Negativem verkleinert Nöte macht Mut zum Handeln und schafft Freiräume für Lachen und Fröhlichkeit Aber es ist aktuell stark beansprucht Daher braucht es Schutz und Pflege sowie Maßnahmen zur Stärkung damit es uns in schwierigen Zeiten psychisch gesund und leistungsfähig hält Prof Dr Volker Busch Als Komdiant ist mir das Lachen eine Scherzensangelegenheit aber manchmal kommt der Blues auch zu mir ohne sich anzumelden dann nehme ich dieses Buch zur Hand und es ist so als n hme mir jemand eine schwere Decke von Kopf Volker Busch liefert hier Wege aus dem Gedankenkarussell liefert spannende Fakten und Anekdoten er bringt meine Wellen wieder auf eine Länge und zeigt entwaffnend auf welche wichtige Rolle Humor in unserem Leben spielt Genau nach meinem Motto Albernheit verhindert den Ernst der Lage Und wenn selbst schon alles geschrieben wäre aber dieses Buch hat die Welt noch gebraucht Willy Astor Kabarettist und Musiker Dieses Buch meines

geschätzten Freundes Prof Dr Volker Busch macht Mut die Welt unsere Gegenwart sowie den Ausblick in die Zukunft realistisch zuversichtlich zu sehen Volker und ich sind uns oft begegnet seine Vorträge und Bücher begeistern mich immer wieder bringen mich zum Nachdenken und lehren mich zuversichtlich durchs Leben zu gehen Wohl wissend dass dieses Höhen und Tiefen für uns bereithält und ständiger Veränderung unterliegt In diesem Sinne wünsche ich Ihnen liebe Leser viel Freude beim Studieren des Buches und ganz viel Zuversicht im Leben Johann Lafer Starkoch und Autor Es gibt Tage da würde ich mich gerne schlafen legen und erst wieder aufwachen wenn die Probleme unserer Zeit gelöst sind Der Haken an der Idee dann ändert sich gar nichts Volker Busch zeigt uns dass wir definitiv mehr können als wir denken Mehr Hirn wagen und dieses Buch lesen Sabine Heinrich TV und Radiomoderatorin *Microtravel* Charles Forsdick,Zoë Kinsley,Kate

Walchester,2024-06-04 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 **Mountain Man** James Forrest,2019-05-02

Nicknamed Mountain Man by the Sunday Telegraph James Forrest is the record breaking adventurer who climbed every mountain in England and Wales in just six months the fastest ever time Solo and unsupported he walked over 1 000 miles and ascended five times the height of Everest during his 446 peak challenge And he did it all on his days off from work proving it is possible to integrate an epic adventure into your everyday life From collapsing tents and horrific storms to near fatal mountaineering mishaps James endured his fair share of hardship out in the hills But the good times far outweighed the bad He slept wild under the stars met eccentric locals and exchanged the 21st century social media bubble for a simpler more peaceful existence What did he learn along the way That life is more fulfilling when you switch off your phone and climb a mountain Readers will be inspired and motivated by James's amazing adventure and so the book concludes with a section on how YOU can achieve your next adventure whether it's something to get the kids involved in at half term a fun challenge to tackle solo or with friends or like James's a record breaking attempt of epic proportions James will guide you through everything you need to do to plan and execute your adventure as well as give you some great ideas too [The Gentle Art of Tramping](#) Stephen Graham,2019-04-04 An absolute gem of a book Alastair Humphreys First published in 1926 The Gentle Art of Tramping is as relevant now as then Tramping is an approach to nature to humankind to nations to beauty to life itself This lost classic is a breath of fresh air for world weary souls It is a gentle art know how to tramp and you know how to live Know

how to meet your fellow wanderer how to be passive to the beauty of nature and how to be active to its wildness and its rigour The adventure is not the getting there it s the on the way It is not the expected it is the surprise The Happy Traveler Jaime Kurtz,2017 Travel serves as a canvas onto which we project our deepest desires and needs escape relaxation meaning connection edification cultural education and more Author Jaime L Kurtz s fifteen years of scientific research offers tremendous insight into how we might better extract happy grateful moments from both everyday life and from more extraordinary experiences like travel In The Happy Traveler she will explore little known strategies to make better travel decisions and ultimately better life decisions brought to life through the stories she has collected and analyzed from hundreds of research participants

Understanding the Active Economy and Emerging Research on the Value of Sports, Recreation, and Wellness Finch, David J.,Legg, David,2021-06-04 The active economy incorporates several disciplines that include sport performance sport business recreation tourism physical activity urban planning leisure and health and wellness among others From an academic and policy perspective these disciplines are typically viewed as distinct with only limited spillover and consequently limited research explores the interaction between them However each individual sector can be studied as interdependent rather than autonomous By viewing the various sectors as part of a complex active ecosystem policymakers and practitioners are better positioned to shape broad opportunities while maximizing the community value of sports recreation and wellness Understanding the Active Economy and Emerging Research on the Value of Sports Recreation and Wellness provides a new view on the fields of sport recreation and health and wellness by exploring the interaction between these traditional separate disciplines It includes sub groups of the active economy such as health and wellness active apparel and accessories active equipment and sports betting but also ties in sub groups from the ancillary sector such as tourism design and infrastructure media and content and professional services This book is intended for professionals educators and researchers working in the fields of sports recreation and health and wellness as well as economists executives managers practitioners stakeholders researchers academicians and students interested in how sports recreation and wellness operate in the active economy

Stand-up Paddleboarding in Great Britain Jo Moseley,2022-06-02 Stand up Paddleboarding in Great Britain is the essential companion to anyone curious about one of Britain s most exciting water sports Providing details on how to get started in stand up paddleboarding SUP in a safe and environmentally friendly manner this guide then suggests over 30 incredible places to SUP in England Scotland and Wales Enthusiastic paddleboarder Jo Moseley captures the joy of SUP by weaving together her experiences with suggestions for your own adventures These routes will inspire you to gaze at fell tops from Derwent Water drift along the Afon Teifi stroll along the Isle of Mull s Calgary Bay or spot another SUPer on London s Regent s Canal Including information on each route s difficulty public transport parking refreshments and equipment hire as well as stunning photography and overview maps this book has something for both SUP enthusiasts and beginners But most importantly it exudes a passion for SUP which will

inspire anyone who reads it **The Wellbeing Toolkit for Doctors** Lesley Morrison, 2021-06-08 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 Bella Zanesco, 2017-12-11 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 *Tourism, Travel, and Hospitality in a Smart and Sustainable World* Vicky Katsoni, 2023-05-29 This book features the second volume of the proceedings of the 9th International Conference of the International Association of Cultural and Digital Tourism IACuDiT Held at the Syros Island in Greece in September 2022 the conference s lead theme was Tourism Travel and Hospitality in a Smart and Sustainable World With a full appreciation of the contributions made by

numerous writers toward the progress in tourism research this book presents a critical academic discourse on sustainable practices in a smart tourism context stimulating future debates and advancing knowledge and understanding in this critical area of knowledge It also puts emphasis on the knowledge economy and smart destinations notion It enacts new modes of tourism management and development and presents chapters on emerging technologies such as location based services Internet of Things smart cities mobile services gamification digital collections and the virtual visitor social media social networking and augmented reality

The Boy and the Mountain Torbjorn Ekelund, 2023-05-23 In this engrossing book a father and son ascend a mountain together retracing the steps of a boy who went missing there a century earlier a quest that spawns a tender meditation on nature family and the joy of discovery Six year old Hans Torske disappeared in Norway's Skrim mountains in 1894 Why he wandered away from his family's cabin is still a mystery but his body was found the following summer lying atop a 2 860 foot mountain peak and covered with his thin jacket More than 100 years later nature writer Torbjørn Ekelund and his seven year old son August attempt the same summit It's August's first overnight hiking trip and Ekelund is eager to share his love of nature with his son But soon he notices that the ways children and adults experience nature are vastly different for better and for worse The Boy and the Mountain reflects on what parenthood requires experiencing the joy of watching your child go out into the world for the first time while also worrying about the dangers they may face Filled with curiosity humility and deep gratitude for wild places this gem of a book is a celebration of the uncompromising nature of the elements our bond with them and the special relationship between father and son

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