



Walking Distance: Extraordinary Hikes for Ordinary People

Robert E. Manning, Martha S. Manning

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“Long-distance walking is good for you and good for the earth... But most of all, walking is a joyful celebration of life and the diverse, beautiful, and curious world in which we live.” —from the Introduction

Walking is simple, but it can also be profound. In an increasingly complex and frantic world, walking can simplify our lives. It encourages intimate contact with places and people, promotes health, and is one of the most sustainable forms of recreation. Robert and Martha Manning invite readers to explore the pleasures of long-distance walking in their inspiring new book, *Walking Distance*.

At the heart of *Walking Distance* are firsthand descriptions of thirty of the world’s great long-distance hikes, spanning six continents and ranging from inn-to-inn to backpacking trips. Each entry—from Turkey’s Lycian Way to Vermont’s Long Trail—features personal anecdotes, natural and cultural history, and useful tips, including suggestions for preparing for hikes and for additional reading. Each trail narrative is richly illustrated with color photographs and maps.

The Walks

Alta Via 1 (Italy)
C&O Canal (Maryland, U.S.)
Camino de Santiago (Spain)
Cape Winelands Walk (South Africa)
Chilkoot Trail (Alaska, U.S. and B.C., Canada)
Cinque Terre (Italy)
Coast to Coast Trail (England)
Colorado Trail (Colorado, U.S.)
Cotswold Way (England)
Great Ocean Walk (Australia)
Inca Trail (Peru)
John Muir Trail (California, U.S.)
Kaibab Trail (Arizona, U.S.)
Kalalua Trail (Hawaii, U.S.)
King Ludwig’s Way (Germany)
Kungsleden (Sweden)
Long Trail (Vermont, U.S.)
Lost Coast Trail (California, U.S.)
Lycian Way (Turkey)
Milford Track (New Zealand)
Ocala Trail (Florida, U.S.)
Overland Track (Australia)
Paria River Canyon (Utah and Arizona, U.S.)
South Downs Way (England)
Superior Hiking Trail (Minnesota, U.S.)
Tahoe Rim Trail (California and Nevada, U.S.)
Tour du Mont Blanc (France, Italy, Switzerland)

Walker's Haute Route (France, Switzerland)

West Coast Trail (B.C., Canada)

West Highland Way (Scotland)

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Richard Delarosa:

The guide with title Walking Distance: Extraordinary Hikes for Ordinary People has a lot of information that you can understand it. You can get a lot of profit after read this book. This specific book exist new understanding the information that exist in this book represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. That book will bring you within new era of the the positive effect. You can read the e-book on your smart phone, so you can read it anywhere you want.

Carman Robertson:

The particular book Walking Distance: Extraordinary Hikes for Ordinary People has a lot associated with on it. So when you read this book you can get a lot of gain. The book was published by the very famous author. Mcdougal makes some research previous to write this book. This book very easy to read you can find the point easily after reading this article book.

Terry Snider:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get wide range of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we consult again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is actually Walking Distance: Extraordinary Hikes for Ordinary People.

Elizabeth Sherer:

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Walking Distance: Extraordinary Hikes for Ordinary People, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

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