

*Microadventures Local Discoveries For Great Escapes Alastair  
Humphreys*

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### **Microadventures Local Discoveries For Great**

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.

### **Microadventures: Local Discoveries for Great Escapes by ...**

Microadventures: Local Discoveries for Great Escapes [Alastair Humphreys] on Amazon.com.

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### **Microadventures: Local Discoveries for Great Escapes ...**

In his book Microadventures Local Discoveries for Great Escapes Humphreys details dozens of microadventure ideas, with accompanying photos to get you inspired and fired up to get out and do something. An entertaining read in its own right, Microadventures is a great little guide to getting the most out of life, one bite at a time.

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### **Microadventures: Local Discoveries for Great Escapes ...**

"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. Based around his own microadventure exploits, the first part of the book takes you out of the office for a 5 to 9 hilltop adventure ...

### **Microadventures - the new book from Alastair Humphreys**

Microadventures Local Discoveries For Great Escapes \*Summary Books\* : Microadventures Local Discoveries For Great Escapes Alastair gives the ins and outs of having what hes dubbed microadventures basically localized adventures that are relatively cheap close simple and short it can be

### **Microadventures Local Discoveries For Great Escapes**

In Alastair Humphrey's book Microadventures: Local Discoveries for Great Escapes released in 2014, Alastair reminds us there are tons of adventures waiting just outside the front door. Alastair writes microadventures are simple, local adventures perfect for people's busy lives. This summer I had a couple of microadventures myself.

### **Microadventures: Local Discoveries for Great Escapes by ...**

Microadventures: Local Discoveries for Great Escapes Alastair Humphreys No preview available - 2014. Common terms and phrases. adventure Alastair Humphreys anda andI andthe atthe beautiful began bivvy bivvybag Bob Graham Round breakfast Britain challenge climb coast cold commute countryside Cuillin cycle dark Dunwich Dynamo endup enjoy ...

### **Microadventures: Local Discoveries for Great Escapes ...**

The point of a microadventure is that you don't need lots of time and money to meet a new challenge. 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.

**Microadventures : Alastair Humphreys : 9780007548033**

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