

Dip Wild Swims From The Borderlands

DipWild Swims from the BorderlandsRandom House

Lonely Planet Devon & Cornwall is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Discover botanical curiosities at Eden Project, roam the bleak heaths of Dartmoor, and add lashings of cream to your jam and scones; all with your trusted travel companion.

The ponds of Hampstead Heath are small oases; fragments of wild nature nestled in the heart of north-west London. For the best part of his life Al Alvarez – poet, critic, novelist, rock-climber and poker player – has swum in them almost daily. An athlete in his youth, Alvarez, now in his eighties, chronicles what it is to grow old with humour and fierce honesty – from his relentlessly nagging ankle which makes daily life a struggle, to infuriating bureaucratic battles with the council to keep his disabled person's Blue Badge, the devastating effects of a stroke, and the salvation he finds in the three Ss – Swimming, Sex and Sleep. As Alvarez swims in the ponds he considers how it feels when you begin to miss that person you used to be – to miss yourself. Swimming is his own private form of protest against the onslaught of time; proof to others, and himself, that he's not yet beaten. By turns funny, poetic and indignant, Pondlife is a meditation on love, the importance of life's small pleasures and, above all, a lesson in not going gently in to that good night.

The Wild Swimming series travels to Italy to explore freshwater lakes, mountain and lagoons. Dip in to the emerald-green plunge pools of Sicily and swim at river beaches in Campania.

Discover the secret hot springs of Tuscany and amazing waterfalls of the Dolomiti. Explore the hidden shores of Lake Como and Garda. Perfect for family explorers or romantic adevnturers, this stunning travel book combines beautiful photography with all the practical information you'll need to get off the beaten track, including maps, directions, grid references and walk-in times, and recommendations for canoe trips, campsites and tavernas.

Jane Alexander is inspired and inspiring. I trust her advice completely' - Sarah Stacey, Mail on Sunday In this fast-paced, social media-filled world, people are looking for clarity and inner calm, as well as an escape from the digital overload. This book offers a comprehensive lowdown on the ancient wisdoms from around the world in an accessible way, so we can harness this wisdom and use it in our contemporary environment. The book will be broken down into five major sections. The first gives an overview to the various forms of ancient wisdom covered in the book. The following four sections will each cover a season with information and practical exercises on: Nutrition (adapting your diet throughout the year); Body (different seasonal exercise, including simple yoga and qiyong flows, healing forms of breathwork and bodywork); Emotional life (seasonal emotional shifts and advice on natural approaches to dealing with everyday stresses and anxiety); and Spiritual life (powerful soul-work, including crystals, sound healing and oracles).

The bestselling author of The Willpower Instinct introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

"Carroll Engelhardt brings us into the world of his fourth-generation farm family, who lived by the family- and faith-based work ethic and concern for respectability they inherited from their German and Norwegian ancestors. The Farm at Holstein Dip is both a loving coming-of-age memoir and an educational glimpse into rural and small-town life of the 1940s and 1950s."--Page 4 of cover.

From Lisa Congdon, bestselling author of Whatever You Are, Be a Good One, this lovely new book invites readers to dip into the many joys of swimming. Congdon brings her personal passion as a lifelong swimmer to this beautiful and thoughtful celebration of getting in the water. Hand-lettered inspirational quotes, watercolor portraits paired with real people's personal stories, illustrated collections of vintage objects—colorful swim caps, bathing suits through the ages, traditional pool signs—and much more evoke the beauty and inspiration of the subject. An emphasis on swimming as a way of life—taking the leap, going with the flow—makes this delightful volume one that will speak to serious swimmers, vacation paddlers, and anyone pondering their next high dive.

The fully revised second edition of Wild Swimming Coast now includes even more for walkers, swimmers and explorers: Full national coverage of Britain's most beautiful beaches Lagoons, sea caves and amazing places to snorkel. New 1:10,000 Ordnance Survey mapping Best beach cafes, local food, pubs and campsites Where to sea kayak, coasteer and swim with dolphins Best activities with children and families This revised and expanded edition of the best-selling coastal classic features the same winning formula of stunning photography, engaging travel writing and practical guidance. It is set to continue as the definitive guide to Britain's secret beaches and hidden coastline.

Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author's personal experiences and milestones in the sport.

Sydney is surrounded by some of the most beautiful national parks and wilderness in the world. Dramatic canyons and serene rivers flow through pristine bush to meet a coastline of white sand and tidal pools. This book will guide you to the best the area has to offer while also celebrating the sheer joy of wild swimming.

"Tessa Wardley is a keen and knowledgeable guide" - Times Literary Supplement The Mindful Art of Wild Swimming explores how swimming in rivers, lakes, and seas is the very epitome of conscious living.

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Zen-seeker Tessa Wardley reconnects the physical and spiritual cycles of life to the changing seasons and flow of wild waters worldwide and leads the reader on to a mindful journey through the natural world. With expert insight and personal anecdote, she shares a sparkling clarity on why our relationship with open water is so fundamental to pure wellbeing, and reveals how wild swimming can be the ultimate Zen meditation.

Britain's rivers, lakes and waterfalls are now cleaner, safer and more accessible. Award-winning author Daniel Start has set out to find Britain's favourite swimming holes and discovers that the art of taking a wilderness dip is far from lost.

This stylish and inspiring book contains all the information campers need to make the most of the wonderful waterside locations throughout the UK and Ireland. Covering all kinds of camping (caravan, campsite and wild), the book starts by showing how to plan your trip, what gear to take and how to get stuck into all the fantastic water-based activities on offer, such as sailing, kayaking, angling, surfing and wild swimming. Tip boxes, top 10 features and gorgeous photos combine to give readers all the knowledge and inspiration they need to get out there, whether they're on their own, part of a family or with a group of friends. The main part of the guide is organised by region, but also searchable by activity. Each region has an overview, and within it the best sites to visit, with useful information (best times of year to go, activities on offer, facilities, cost), advice on most attractive pitches, contact details and photos. There is a huge variety of sites here, all with something unique to offer, and helpful maps plot each one clearly. With a Foreword by One Man and his Campervan's Martin Dorey, this is the essential guidebook for all campers, showing how it really is possible to pitch up in paradise. This 2nd edition is thoroughly updated throughout, featuring new campsites and photography.

In *Dip*, Andrew Fusek Peters describes an extraordinary year of wild swimming. He leads us to rivers, lakes, waterfalls and hidden pools, into untamed landscapes that have the potential to surprise and move us in unexpected ways. Following in the wake of great writers such as Richard Jefferies and Edward Thomas, *Dip* combines meditations on place, history and myth with sharp observation and a poet's eye. As he takes the plunge and immerses himself in the elements, Andrew also begins to surface from a deep depression, making *Dip* at once a personal journey and about the many ways in which wild water and nature can restore us to ourselves.

The famous swimming Ladies of Hampstead ponds bring us their favourite walks with a dip in London and south east England, all accessible by train. Featuring secret lakes, river meadows and sandy seaside beaches, this is the perfect way to escape the city and leave the car at home this summer.

This brand new title in Bradt's acclaimed UK regional Slow series is the only full guide to Cheshire, a county known for its abundance of black-and-white timbered buildings and which was put firmly on the map in the 1990s thanks to then-resident stars Posh and Becks. Cheshire is a county that confounds expectations, from the Cheshire Plain to the hills and moors of the Pennines and Peak District in the east and surprisingly dramatic sandstone ridges in the west, not to mention the Wirral Peninsula, flanked by the major estuaries of the Rivers Mersey and Dee flowing into the Irish Sea. Home to premier league footballers it may be, but it is also a largely rural landscape and an area of farm shops, forests and falconries; meres, marinas and marshes. There is industrial and scientific heritage, too, ranging from Bronze-Age mining sites to the internationally important astronomical observatory and mighty Lovell Telescope at Jodrell Bank. With this new Bradt guide, discover all of this and more: the county town of Chester with its fascinating Roman history, unique double-decker medieval shopping arcades and the most complete city walls in Britain; ruins of ancient castles; and reminders of the salt and silk industries that have been so important in the past. For a truly slow experience, Cheshire also offers a network of canals, perfect for waterside strolls or pootling along in a narrowboat, while Bradt's Slow Cheshire details information for walkers and cyclists, too. Also included in this guide are gardens and parks, grand stately homes and structural legacies of the past (such as Port Sunlight), engaging museums, attractions and events. Local food and drink is covered, along with all types of accommodation, from farm stays and self-catering cottages to guesthouses and hotels.

Swimming Wild in the Lake District by Suzanna Cruickshank is an informative and inspiring book for both new and experienced wild swimmers, exploring the larger lakes in the beautiful Lake District National Park. The book explores secluded wild swimming locations in the tourist hotspots of Windermere and Derwent Water and takes you to the tranquil hidden gems of Bassenthwaite, Crummock Water and Devoke Water, with the emphasis on taking time to enjoy the stunning surroundings. Imagine yourself gliding through clear, still water, surrounded by rugged fells, with only the sound of birdsong to accompany you. The book is full of useful tips for both new and experienced wild swimmers; it contains sections on getting started in wild swimming, how to look after your own safety and impartial advice on all the essential kit you'll need, as well as what you don't need. Illustrated with stunning photography, and featuring overview maps, the book has all the practical information you need to plan your wild swimming adventure, including access to the lakes by car or public transport where possible, thorough information about the best wild swimming locations on all the featured lakes and details of the best pubs and cafes for a much-needed post-swim drink or meal. Suzanna vividly describes her wild swimming experiences and brings the characteristics of each lake to life. Whether you're an experienced wild swimmer or just dipping your toes in the water for the first time you'll find plenty to inspire your next adventure.

Chaz Perrone might be the only marine scientist in the world who doesn't know which way the Gulf Stream runs. He might also be the only one who went into biology just to make a killing, and now he's found a way—doctoring water samples so that a ruthless agribusiness tycoon can continue illegally dumping fertilizer into the endangered Everglades. When Chaz suspects that his wife, Joey, has figured out his scam, he pushes her overboard from a cruise liner into the night-dark Atlantic. Unfortunately for Chaz, his wife doesn't die in the fall. Clinging blindly to a bale of Jamaican pot, Joey Perrone is plucked from the ocean by former cop and current loner Mick Stranahan. Instead of rushing to the police and reporting her husband's crime, Joey decides to stay dead and (with Mick's help) screw with Chaz until he screws himself. As Joey haunts and taunts her homicidal husband, as Chaz's cold-blooded cohorts in pollution grow uneasy about his ineptitude and increasingly erratic behavior, as Mick Stranahan discovers that six failed marriages and years of island solitude haven't killed the reckless romantic in him, we're taken on a hilarious, full-throttle, pure Hiaasen ride through the warped politics and

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mayhem of the human environment, and the human heart. BONUS: This edition includes an excerpt from Carl Hiaasen's *Bad Monkey*.

The *Mindful Art of Wild Swimming* explores how swimming in rivers, lakes, and seas is the very epitome of conscious living. Zen-seeker Tessa Wardley reconnects the physical and spiritual cycles of life to the changing seasons and flow of wild waters worldwide and leads the reader on to a mindful journey through the natural world. With expert insight and personal anecdote, she shares a sparkling clarity on why our relationship with open water is so fundamental to pure wellbeing, and reveals how wild swimming can be the ultimate Zen meditation.

Following the huge success of *Wild Swimming France* (2012) Daniel Start returns with a dazzling new and updated edition, including 250 new locations, and coverage of Limousin, Perigord, Aquitaine, Auvergne, Normandy and Bourgogne. - Dip in to the emerald-green plunge pools of Provence and swim beneath the great châteaux of the Loire and Dordogne. - Discover the unspoilt crater lakes of the Massif Central or relax in secluded hot springs in the woodlands of the Pyrénées. France has one of the most diverse and magnificent landscapes in Europe - with a cuisine and culture to match. Its rivers, lakes and waterfalls are the cleanest in Europe and its summers reliably hot - and all just a train ride away. This fun packed guide combines engaging travel writing with stunning photography to lure you off the beaten track to over 700 amazing locations.

Health geography makes critical contributions to contemporary and emerging interdisciplinary agendas of nature-based health and health-enabling places. Couched in theory and critical empirical work on nature and health, this book addresses questions on the relationships between water, health and wellbeing. Water and blue space is a key focus in current health geography research and a new hydrophilic turn has emerged with a particular focus on the aspects of water which are affective, life-enhancing and health-enabling. Research considers the benefits and risks associated with blue space, from access to safe and clean water in the Global South, to health promoting spaces found around urban waters, to the deeper implications of climate change for water-based livelihoods and indigenous cultures. This book reflects recent theoretical debates within health geography, drawing from research in the public health, anthropology and psychology sectors. Broad thematic sections focus on interdisciplinary, experiential and equity-based elements of blue space, with individual chapters that consider indigenous and global health, water's healing properties, leisure and blue yogic culture, coastal landscapes, surfing, swimming and sailing, along with more contested hydrophobic dimensions. The interdisciplinary lens means this book will be extremely valuable to human geographers and cultural geographers. It will also appeal to practitioners and researchers interested in environmental health, leisure and tourism, health inequalities and public health more broadly.

Choose a stroke and get paddling through the human history of swimming! From man's first recorded dip into what's now the driest spot on earth to the splashing, sparkling pool party in your backyard, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all--the heroes and the ordinary folk; the real and the mythic. *Splash!* dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then reemerges in the wake of the Renaissance before taking its final lap at today's Olympic games. Along the way, it kicks away the idea that swimming is just about moving through water, about speed or great feats of aquatic endurance, and shows you how much more it can be. Its history offers a multi-tiered tour through religion, fashion, architecture, sanitation and public health, colonialism, segregation and integration, sexism, sexiness, guts, glory, and much, much more. Unique and compelling, *Splash!* sweeps across the whole of humankind's swimming history--and just like jumping into a pool on a hot summer's day, it has fun along the way.

"One of the swimmers plunged underwater with a flick of his long, dolphin-like tail. The other followed, sending an arc of spray shooting upwards, tail slapping against the choppy waves." In the quiet Scottish seaside village of Dunlyre, Finn is enduring a winter holiday with his annoying new stepmother, wishing things could go back to how they were, while Sage is enjoying her new home, wishing things would stay as they are. Finn has seen mysterious swimmers in the Firth late at night. Then, from the clifftop, first Sage, then Finn, hears an eerie song. Could the local legend of merfolk living amid the waves actually be true? When the new friends meet the magical sea-people, they are amazed and impressed, but the merfolk are hiding a secret. The two human children must put aside their own problems and help in the battle against the young merfolk's ancient underwater enemy before the last of their kind are lost forever. From the author of the much-loved *Guardians of the Wild Unicorns*, *Secrets of the Last Merfolk* is an exciting fantasy adventure that reimagines the mythical sea-people as powerful, proud and fearless.

In 1996 Roger Deakin, the late, great nature writer, set out to swim through the British Isles. From the sea, from rock pools, from rivers and streams, tarns, lakes, lochs, ponds, lidos, swimming pools and spas, from fens, dykes, moats, aqueducts, waterfalls, flooded quarries, even canals, Deakin gains a fascinating perspective on modern Britain. Detained by water bailiffs in Winchester, intercepted in the Fowey estuary by coastguards, mistaken for a suicide on Camber sands, confronting the Corryvreckan whirlpool in the Hebrides, he discovers just how much of an outsider the native swimmer is to his landlocked, fully-dressed fellow citizens. This is a personal journey, a bold assertion of the native swimmer's right to roam, and an unforgettable celebration of the magic of water.

The thrill of plunging--or dipping a toe--into open water brings joy, confidence, adventure, and friendship. It can wash away stress and sadness, pain and grief. Here water is a great healer, a place to feel gloriously, elementally alive and in touch with yourself, with others, and with nature. Full of life-affirming personal stories and breath-taking images of scenery and swimmers, this book celebrates the remarkable wild swimming community. With practical advice on how wild swimming works and how to get started--from what you'll need (a swimsuit and a smile!) to where best to go (rivers, oceans, lochs, lakes . . .)--there's never been a better time to take the plunge.

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The all-new bumper second edition of the best-selling Wild Swimming photo guide is now fully revised and expanded to include 150 NEW amazing wild swimming locations (almost 400 in total), brand new coverage in the South-East and the Midlands, new information for kids and families, new ideas for pubs, campsites, boat trips and weekends, new ratings on safety and access. This revised and expanded edition of Wild Swimming features the same winning formula of stunning photography, engaging travel writing and practical guidance, and is set to continue as the definitive guide to outdoor swimming in wild Britain.

The best-selling Wild Swimming Walks series visits the delights of Cornwall's coasts, estuaries, river and moors. Discover secret coves, sandy beaches, blue grottoes and moorland pools with 25 magical days out. * Swim in sheltered azure coves on the Lizard, * Find fairy pools and coral sands in Penwith, * Explore rugged cliffs and sea caves near Padstow, * Dive into mysterious pools on Bodmin moors, * Swoosh down with the currents of the Looe, * Glide under the willows in dappled valleys of the Fal, * Float in Daphne du Maurier's emerald estuaries in Fowey, * Swim among hidden harbours and ancient quays of Cotehele, * Follow in the footsteps of pirates and smugglers at Prussia Cove.

This book argues that some aspects of mental health practice have become mechanical, joyless and uninspiring, leading to a loss of creativity and wellbeing. A high level of wellbeing is essential to mental health and contemporary mental health care – and creativity is at the heart of this. A greater awareness of everyday creativity, the arts and creative approaches to mental health practice, learning and leadership can help us reinvent and reinvigorate mental health care. This, combined with a clearer understanding of the complex concept of wellbeing, can enable practitioners to adopt fresh perspectives and roles that can enrich their work. Creativity and wellbeing are fundamental to reducing occupational stress and promoting professional satisfaction. Introducing a new model of creative mental health care combined with recommendations for wellbeing, Creativity, Wellbeing and Mental Health Practice is a practical, evidence-based book for students, practitioners and researchers in mental health nursing and related disciplines.

An adventurous best mate in book form, The Girl Outdoors offers up support and knowledge and empowers the reader, whether she's thinking about cycling the length of Vietnam or just needs some help fixing her bike. Packed with stunning photography, the book is organised into four main parts: - Active Outdoors, showing you how to get to grips with the wildest activities on land and water. From mountain biking to climbing and surfing to kayaking, not forgetting night hiking and paddleboard yoga! - Wild Adventures, taking you that bit further with your outdoor skills, from canoe camping to cycle touring, building your own wild house and holding mini festivals - Wild Cooking, Crafts and Wellbeing looks at the everyday wild lifestyle, showing you how to build a fire, easy foraging, growing your own fruit and veg, getting to grips with outdoor photography and keeping up energy levels with delicious recipes - Wanderlust takes it further, giving sensible advice on planning for weekends away and longer trips, essential kit lists and tips on long-term backpacking and travelling, as well as working and volunteering abroad Scattered throughout there are enticing ideas for fabulous adventures all over the world, from canoe camping in Canada to hiking in the Arctic Circle. Whether it's going on a physically-demanding adventure or making cordial from homegrown flowers, this beautiful book is packed with inspiring and attainable ideas for the wild life.

Architecture critic and water baby Christopher Beanland takes a deep dive into the fashionable outdoor swimming scene with Lido, profiling the world's best pools with his trademark wit, wisdom and pop culture references. Stylish photography and interviews with fellow lido enthusiasts only further add gloss to Beanland's delightful new book.

When you know where to look, each season Nature provides a generous spread of tasty treats ripe for the picking. Foraging can be an adventure for the entire family, and Food You Can Forage is packed with photos, illustrations and useful information to help you identify and find food in the wild, as well as delicious recipes to try with your finds. In this book, Tiffany Francis explores a range of habitats, revealing why plants grow where they do and which other living things live there too. Tiffany offers tips to help make the most of time spent outdoors wherever you are, and her delightful text also explains everything from the birds to look out for along the coast to which bumblebees you're most likely to spot on your local heathland. Whether you prefer to avoid eating overly processed foods or just enjoy spending time outdoors with your family, knowing how to ethically source food for free in the wild is a valuable and fun skill that anyone can learn.

Laura was a self-certified couch potato who, until a few years ago, could only run for a couple of minutes at a time, and couldn't swim. She has now completed several marathons and is a committed triathlete. But Laura couldn't have achieved what she has without the advice and support of her friend Katie. A life-long runner, fair-weather cyclist and born-again swimmer, Katie helped Laura through the ups and downs of training for a triathlon. As well as surmounting fears of failure and, more importantly, Laura's fears of drowning in the swim start, their triathlon journey gave them the opportunity to push their limits and have fun along the way. Tricurious tells Laura's and Katie's story with energy and humor. Filled with anecdotes and advice about the trials and tribulations of preparing for a triathlon, this inspiring book will answer your questions and leave you curious to experience the joy (and pain) of swim, bike, run.

New to wild swimming and wondering how to stay safe? Old to wild swimming and wondering what's been accidentally left out of this book? Fed up of hearing about wild swimming but in need of a present that looks like you care about it? All welcome. After ten years of swimming in the sea in Scotland, Sue Gyford found herself on the admin teams of two online wild swimming groups amid what she lovingly calls "The Great Influx of 2020". Lockdown, cabin fever, the closure of swimming pools, and the inability to fly to Magaluf, saw huge numbers of people heading to beaches, rivers and lochs near home to swim. At the same time, wild swimmers could no longer swim in groups, so more experienced swimmers couldn't lead by example or pass on scraps of advice over their shivery bites. Eventually she decided that, rather than concocting ever-more baroque facebook posts about the dangers of cold water swimming and how to avoid them, she'd put it all in one place. A place where nobody could answer back in the comments. The Little Book of Swimming Safely is part advice, part warning, part saving her a hell of a lot of future facebook posts if everybody buys this for themselves or their pet swimmer. It doesn't pretend to be complete, she's probably missed out some obvious but important tips but she's publishing it herself, so this is her best shot. Keep safe, have fun, don't be stupid, be kind. That's about the size of it.

The British journalist explores self-healing in wild waters across the UK—from Yorkshire to Jura and Wales—in this “genuine and refreshing nature memoir” (Kirkus Reviews). Following the example of naturalist Roger Deakin in his classic memoir Waterlog, journalist Joe Minihane becomes obsessed with wild swimming and its restorative qualities. Putting one arm over the other, sometimes resting on his back, he begins to confront his personal demons while rekindling old friendships and forging new ones. Through Minihane's thoughtful description, the act of swimming becomes both strange and beautiful as the wild water puts him in touch with nature and himself. From Hampstead to Yorkshire, from Dorset to Jura, from the Isles of Scilly to Wales, Floating is a love letter to different wild stretches of water. But it also captures Minihane's struggle to understand his life and move forward. Steeped in the anti-authoritarian and naturalistic spirit of Roger Deakin, Minihane celebrates the joy of taking time out to feel better.

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Tour du Mont Blanc is the definitive guidebook for one of the most famous long-distance treks in the world. This trek circles the entire Mont Blanc massif, passing through spectacular scenery in France, Italy and Switzerland. You'll traverse high mountain passes, see stunning glaciers, pass azure lakes, wander through tranquil green valleys and alpine pastures, with snow-capped peaks visible above. Written by Tour du Mont Blanc expert Kingsley Jones, this guidebook includes unique customised timings to enable accurate itinerary planning for walkers, trekkers, fastpackers and trail runners, allowing you to plan your Tour du Mont Blanc at a pace to suit you. You'll find everything that you need to plan and undertake your Tour du Mont Blanc, including travel information, navigation, accommodation options, equipment and safety, food and drink, as well as useful extra information such as wild swimming locations and trekking tips. Together with amazing photography, the route includes clear and comprehensive directions, refreshments stops, accommodation and local points of interest, and is accompanied by bespoke 1:40,000-scale maps. Route variations are also included.

In this stunning and inspiring guide, Kate Rew, founder of the Outdoor Swimming Society, takes you on a wild journey across Britain, braving the elements to experience first-hand some of the country's most awe-inspiring swim spots, from tidal pools in the Outer Hebrides to the white-sand beaches of the Isles of Scilly. Waterfalls, natural jacuzzis, sea caves, meandering rivers - every swim is described in loving detail, taking in not only the gleeful humour of each mini-adventure and the breathtaking beauty of the surroundings, but also practical information about how to find these remote spots. Featuring evocative photography from Dominick Tyler, this is a must-have book for serious swimmers and seaside paddlers alike, and is perfect for the outdoors enthusiast in your life.

"Swim beneath the great châteaux of the Loire and plunge into the azure-blue pools of Provence. relax in the secret hot springs of the Pyrenees and discover the unspoilt crater lakes of the Mont-Dore."--Back cover.

?Discover over 150 magical places to swim and explore in Spain. With stunning photography this book reveals the best crystal mountain lakes, secluded lake-side beaches, and turquoise pools hidden deep in waterfall-filled gorges. With recommendations for places to camp and eat this is all you need to take you off the beaten track. ?

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