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Aconcagua Taschen
 Map of the 87 mile (139km) Ridgeway National Trail through the south of England from Avebury in Wiltshire to Ivinghoe Beacon in Buckinghamshire. This booklet is included with the Cicerone guidebook to the trail, and shows the full route on Ordnance Survey 1:25,000 maps. Presented in 12 stages in the guidebook, the trail typically takes 6-8 days.
American Heart Association Complete Guide to Women's Heart Health Graf
 A guidebook to walking the North Downs Way National Trail between the high downland of Farnham, Hampshire and Dover on the Kent coast. Covering 208km (130 miles), this gentle trail takes around 11 days to walk and is an ideal first long-distance hike for beginners. The route is described from west to east in 11 daily stages between 12 and 22km (8-14 miles) in length. An optional 3-stage detour via Canterbury is also provided. Contains step-by-step description of the route alongside 1:50,000 OS maps Includes a separate map booklet containing OS 1:25,000 mapping and route line Refreshment and accommodation information given for each route stage Handy route summary table helps you plan your itinerary Much of the route follows the ancient Pilgrims' Way to Canterbury Cathedral
Walking on Samos Graf Editions
 Spanning the length and breadth of Germany, this remarkable collection features the first color photographic images of what was then a young, prosperous, and self-confident nation. From the authors of the critically acclaimed *America 1900*, the book features some 800 photochroms to create a fascinating, poignant panorama of the country's most...
Map of the Inland Waterways of Great Britain Discovery Walking Guides Ltd
 "Paul Theroux has spent fifty years crossing the globe, adventuring in the exotic, seeking the rich history and folklore of the far away. Now, for the first time, in his tenth travel book, Theroux

explores a piece of America--the Deep South. He finds there a paradoxical place, full of incomparable music, unparalleled cuisine, and yet also some of the nation's worst schools, housing, and unemployment rates. It's these parts of the South, so often ignored, that have caught Theroux's keen traveler's eye."--

Love in Old Cloathes and Other Stories Discovery Walking Guides Ltd
 The revolutionary 'photocrome' process was unveiled at the Universal Exhibition in Paris in 1900. This unique new approach permitted the first-ever colour images of the world's most famous sites and landmarks, and elicited unprecedented admiration on both sides of the Atlantic. The process remained in vogue until the 1920s, before being superseded by more modern colour photography methods. This book offers a richly varied collection of over 300 such images from 47 countries. They continue to astonish not only by virtue of their freshness and naiveté, but also because of their remarkable realism. As such, they represent a mute yet vivid testament to a forgotten era.
The Timbuktu School for Nomads Discovery Walking Guides Ltd
 With clear information, an introduction and overview to each walk, Ordnance Survey maps and interpretations of points of interest along the way, these guide give the walkers the ten finest circular routes along a section of the Wales Coast Path.

Walking in the New Forest VeloPress
 "This story grabs your heart and never lets go."Saving Lucy is the true and inspiring story of two creatures in need of healing and rescue—who find home in each other.Ishbel Rose Holmes was adrift and alone when she set out to bicycle across the world. She was pedalling across Turkey when a street dog, Lucy, crossed her path and changed her life forever.Ishbel did not want anything or anyone to slow her down, but when she witnessed Lucy attacked by other dogs, Ishbel rescued her—forming a deep bond between the pair. Ishbel recognized her own vulnerability in her new canine friend and launched a heartfelt mission to find Lucy a home and give her a happy life.Their adventures took them over 1,000 miles to the Syrian border and into the hearts of everyone who met them. People around the world who followed the story on Ishbel's blog, World

Bike Girl, watched as Lucy's unconditional love broke down the wall around Ishbel's heart.

Germany 1900. a Portrait in Color Lannoo Publishers
 DOE Tank Waste: How clean is clean enough? The U.S. Congress asked the National Academies to evaluate the Department of Energy's (DOE's) plans for cleaning up defense-related radioactive wastes stored in underground tanks at three sites: the Hanford Site in Washington State, the Savannah River Site in South Carolina, and the Idaho National Laboratory. DOE plans to remove the waste from the tanks, separate out high-level radioactive waste to be shipped to an off-site geological repository, and dispose of the remaining lower-activity waste onsite. The report concludes that DOE's overall plan is workable, but some important challenges must be overcome—including the removal of residual waste from some tanks, especially at Hanford and Savannah River. The report recommends that DOE pursue a more risk-informed, consistent, participatory, and transparent for making decisions about how much waste to retrieve from tanks and how much to dispose of onsite. The report offers several other detailed recommendations to improve the technical soundness of DOE's tank cleanup plans.

Walks in Lancashire Witch Country Hachette UK
 The Sahara: a dream-like, far away landscape of Lawrence of Arabia and Wilfred Thesiger, The English Patient and Star Wars, and home to nomadic communities whose ways of life stretch back millennia. Today it's a teeth-janglingly dangerous destination, where the threat of jihadists lurks just over the horizon. Following in the footsteps of 16th century traveller Leo Africanus, Nicholas Jubber went on a turbulent adventure to the forgotten places of North Africa and the legendary Timbuktu. Once the seat of African civilization and home to the richest man who ever lived, this mythic city is now scarred by terrorist occupation and is so remote its own inhabitants hail you with the greeting, 'Welcome to the middle of nowhere'. From the cattle markets of the Atlas, across the Western Sahara and up the Niger river, Nicholas joins the camps of the Tuareg, Fulani, Berbers, and other communities, to learn about their craft, their values and their place in the world. The Timbuktu School for Nomads is a unique look at a resilient city and how the nomads pit

ancient ways of life against the challenges of the 21st century.

The Outer Hebrides Harmony

Guide to walks in the Forest of Bowland, Lancashire, northern England, an Area of Outstanding Natural Beauty. 30 routes throughout the Forest including the gentle foothills in the south and north, on top of the moors and in the valleys.

The World in 1900 Cicerone Press Limited

This is the first edition of the Walking on Samos guidebook, describing 21 walks on the Greek island of Samos, a paradise for walkers. The northern coast with its wooded slopes and vineyards is interlaced with old mule tracks and, together with the old monasteries and the archaeological sites around Pythagorio, these are strong features of the book. And in the south-west you can climb the highest mountain in the Aegean, 1,440 above sea level! 21 of the best old walking trails are described with detailed maps, GPS data and route photos along with lots of interesting facts worth knowing about the island. There is plenty to discover on one of the finest walking islands of Greece.

The Ridgeway Map Booklet The Mountaineers Books

Heart disease poses the greatest health threat that women in the United States face: One in every three women will die from it each year. But that doesn't have to be the case. Heart disease is not an inevitable part of growing older. In fact, if you reach the age of 50 without developing the major risk factors for heart disease, you can live your entire life without it, and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In this groundbreaking book, the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart. The Complete Guide to Women's Heart Health explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. With specific pointers on diet, exercise, and health care, this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the busy life you lead, at every age. In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond, the American Heart Association gives women age-appropriate advice on healthy lifestyle choices and heart-health care. Additional information addressing issues of special interest to women and how those issues

affect the heart include: · Smoking· Pregnancy· Menopause and hormone therapy· Aging· Diabetes and other health conditions With the latest guidelines on prevention, suggestions on how to work with your healthcare providers to maintain and improve your vitality, details on screening technologies, and facts about common diagnoses and treatment options, this book is the ultimate resource to help you—and all the women in your life—fight heart disease. From the Hardcover edition.

Walk! Imray Laurie Norie & Wilson Limited

Contains 35 main walking routes plus numerous short walk and stroll options. In this book, each route has: walking route summary including ratings for Effort, Time, Distance, Ascents/Descents, Refreshments and Vertigo risk; walk description including frequent timings to check your progress and more.

The North Downs Way National Academies Press

The guidebook's 30 circular walks are all about 6 miles in length, covering the wild and beautiful Lancashire countryside. They are ideal as half-day family rambles. Since 1612, when ten Pendle witches went to the scaffold, a magical aura has pervaded this mysterious area. Written and illustrated in the author's unique style.

Ceredigion Coast Cicerone Press

The Outer Hebrides are a place apart, an island chain stretching almost 200km from the Butt of Lewis to Barra Head with some of Britain's most mesmerising beaches, dramatic mountain ranges, wonderful wildlife, a long and fascinating history and a rich and vibrant Gaelic culture. This book features 40 mostly moderate walks, with many ideal for families, which take in magnificent sweeps of sand, soaring sea cliffs and memorable hill ascents, as well as celebrated cultural sights.

Peaks of Europe Cicerone Press Limited

A guidebook to 30 circular day walks in the Cotswolds. Exploring the Cotswolds National Landscape across Gloucestershire and Wiltshire, there's something for beginner and experienced walkers alike. The walks range in length from 9–19km (6–12 miles) and take between 3 and 6 hours to complete. Suggested extensions and shortcuts are also given for many routes allowing you to adapt the walks to you. 1:50,000 OS maps included for each walk Detailed information on refreshments and public transport are given for each walk Easy access from Cheltenham, Gloucester and Bath Local points of interest are featured including sections of the Cotswold Way National Trail

Deep South Cicerone Press Limited

A guidebook to 30 day walks in the New Forest National Park. Exploring the beautiful scenery of Hampshire and Wiltshire, the walks are suitable for beginner and experienced walkers alike. The walks range in length from 5–17km (3–10 miles) and can be enjoyed in 2–4 hours. Routes can be shortened, lengthened or combined allowing you to adapt the walks to suit you. 1:25,000 OS maps included for each walk Refreshment and transport options are given Information included on wildlife and local history Easy access from Southampton, Bournemouth and Salisbury

Walking Cheshire's Sandstone Trail Houghton Mifflin Harcourt

The only English-language guidebook to South America's highest mountain, featuring 27 routes from the three major approaches and thoroughly researched advice on lodging, permits, equipment, seasons, weather and more. Reaching the highest summit in the Western hemisphere requires careful preparation and detailed instruction. R. J. Secor draws upon his extensive mountaineering experience to give climbers all that's necessary to top Aconcagua's 22,841-foot peak. This updated and revised guide features comprehensive information on recommended equipment, safety and health precautions, and conservation issues. It details both the popular and less-travelled routes reached via the Horcones Valley, South Face, and Vacas and Relinchos Valleys. Also included are a climbing history of Aconcagua and a glossary of valuable Spanish mountaineering phrases.

Walks in The Forest of Bowland Northern Eye Books Limited

'Peaks of Europe' is not a traditional landscape photography book. It's the result of a 5-month adventure across 17 countries told through the lens of a European travel photographer who took 29 years to finally explore the continent on which in he was born. The book has been designed for a specific purpose: telling the story of a 5-month road trip and what it takes to be living out of a car for several months, with all the good and bad moments. For this project, Johan Lolos wasn't just documenting the landscapes. This book features a series of photos with a focus on the storytelling as much as the imagery. At the end, the people he met were what he remembered most.

Walking in the Cotswolds

New for 2013 Walk! the Alpujarras is the comprehensive guide for adventurous leisure walkers choosing to explore this exciting region of Andalucia; providing many new routes along with full updating of routes from the 1st edition. Combine with Alpujarras Tour & Trail Map 3rd edition for your complete adventure in these breathtaking landscapes.