



Walking the World: Memories and Adventures

Alan Cook

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Named one of the "Top 10 Walking Memoirs and Tales of Long Walks" by the walking website, walking.about.com. "As Tolkien said, not all who wander are lost. Alan Cook is a walker who is always on the Road to Somewhere. (He) inspires us walkers to get moving on our own adventures. My chief reaction to the book is jealousy. I want to lace up my walking shoes and go exploring."—Wendy Bumgardner, Walking Guide at walking.about.com. Walking the World: Memories and Adventures elevates the act of walking from something we do every day without thinking about it to a means for putting more fun and excitement into our lives. And we can become healthier, at the same time. Whoever said, "No pain, no gain," was out to lunch. Whether the subject is learning to walk, walking safely, finding interesting places to walk throughout the world, climbing mountains or taking long walks, Alan Cook writes about it with wit and humor. The book gets exciting when he tells about getting lost in the wilderness of Colorado, and stories of his three long walks (the California coast, Los Angeles to Denver and the British End-to-End) and Ethan Loewenthal's walk of the Appalachian Trail will make you want to get off your couch and follow their routes.

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