



## Walking: A Beginner's Guide

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By James Carron

Need2Know. Paperback. Book Condition: new. BRAND NEW, Walking: A Beginner's Guide, James Carron, Walking is the best exercise there is. Its great for your health, cheaper than joining a gym and a fantastic way to explore the British countryside. Drawing on expert advice and many years of hiking experience, this book offers a step-by-step guide to help get you started. You dont need specialist skills or expensive kit, just some practical know-how, a little inspiration and the urge to get out there and immerse yourself in the landscape. Its easy-to-read, jargon-free approach outlines the basics for anyone who wants to walk, whether alone, with family or friends or as part of a group, and there are useful tips on minimising your footprint on nature and the environment. Sound advice coupled with graded route guides to a selection of the best walks in the country will lead you safely through some of the most spectacular scenery of Britain, from the tranquil beauty of the Lake District to the wilder corners of Scotland.



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