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## Microadventures: Local Discoveries For Great Escapes

Microadventures: Local Discoveries for Great Escapes by

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Adventurer, author and motivational speaker Alastair Humphreys is the author of *Microadventures: Local Discoveries for Great Escapes*, published by William Collins. Photograph by Alastair Humphreys This mind-shift to champion the small and local developed through what I call 'microadventures'.

Why we travel: Alastair Humphreys on finding great escapes ...

Alastair gives the ins and outs of

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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.

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Alastair Humphreys on 'Microadventures' By Brendan Leonard | August 20, 2014 British adventurer Alastair Humphreys first made a name for himself with big trips: polar expeditions, bicycling around the world, backpacking, and packrafting across Iceland, walking 1,000

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miles across the Empty Quarter  
Desert while pulling a cart full of  
supplies.

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ISBN-10: 0007548036

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There are big, epic adventures  
that most of us can only dream of  
doing.

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Discoveries for Great ...

Alastair Humphreys is a British  
adventurer, author, blogger, film-  
maker and photographer. He  
spent over four years cycling  
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crossing of Iceland, and ...

Microadventures : Alastair  
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Alastair Humphreys walked  
across India, from the  
Coromandel Coast to the Malabar  
Coast, following the course of a

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holy river. Walking alone and spending the nights sleeping under the stars, in the homes of welcoming strangers, or in small towns and villages, he experienced the dusty enchantment of ordinary, real India on the smallest of budgets.

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We speak to microadventure pioneer Alastair Humphreys to find out how. Mega adventures like cycling through continents or sailing the oceans may seem a world away from a local camping trip – but...

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