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By Alastair Humphreys Microadventures Local

Alastair Humphreys is a British adventurer, author, blogger, film-maker and photographer. He spent

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over four years cycling round the world, a journey of 46,000 miles through 60 countries and across five continents. More recently, Alastair has walked across southern India, rowed across the Atlantic Ocean, run six marathons through the Sahara ...

Microadventures: Local Discoveries for Great Escapes ...

A microadventure is an adventure that is short, simple, local, cheap - yet still wonderful.

Microadventures - Alastair Humphreys

I fell across a podcast with an interview with Alastair Humphreys. This was just at a time I was thinking about going on some "microadventures" (not knowing about the concept), heading out by myself to camp in the woods. I was really happy I heard about Alastair and the concept of microadventures.

Microadventures: Local Discoveries for Great Escapes ...

Microadventures are adventures that are close to home, cheap, simple, short, and yet very effective. A microadventure has the spirit (and therefore the benefits) of a big adventure. It's just all condensed into a weekend away, or even a midweek escape from the office.

Microadventures - Alastair Humphreys

Alastair gives the ins and outs of 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.

Microadventures: Local Discoveries for Great Escapes by ...

He has trekked 1,000 miles across the Empty Quarter desert and 120 miles round the M25 motorway - one of his pioneering microadventures. He has written nine books and has been named

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as one of National Geographic's Adventurers of the Year.

Microadventures: Local Discoveries for Great Escapes by ...

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 ...

"See the opportunities for adventures, not the constraints that get in the way," wrote Alastair Humphreys in his widely popular book, *Microadventures: Local Discoveries for Great Escapes*. Published...

16 Simple 'Microadventures' for Pandemic Isolation and ...

The whole idea of the Microadventure movement is centered around simple, local, and/or cheap activities and trips. Take it from the "founder" of the movement, Alastair Humphreys: his weekend trips revolved around climbing local mountains, tubing around Wales, and going on mountain bike rides.

What is a Microadventure? | Southwest Microadventures

Buy *Microadventures: Local Discoveries for Great Escapes* by Humphreys, Alastair (ISBN: 9780007548033) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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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...

Microadventures: Alastair Humphreys' tips and tricks

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Microadventures: Local Discoveries for Great Escapes by ...

He has trekked 1,000 miles across the Empty Quarter desert and 120 miles round the M25 motorway – one of his pioneering microadventures. He has written nine books and has been named as one of National Geographic's Adventurers of the Year.

Microadventures : Alastair Humphreys : 9780007548033

At the age of 24, Alastair Humphreys set off to try to cycle round the world. By the time he arrived back home, four years later, he had ridden 46,000 miles across five continents on a budget of just

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£7,000.

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Check out this great listen on Audible.com. At the age of 24, Alastair Humphreys set off to try to cycle round the world. By the time he arrived back home, four years later, he had ridden 46,000 miles across five continents on a budget of just £7,000. From frozen Siberia tundra to the ...

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