

# WALKING DISTANCE

## Extraordinary Hikes for Ordinary People

Robert and Martha Manning

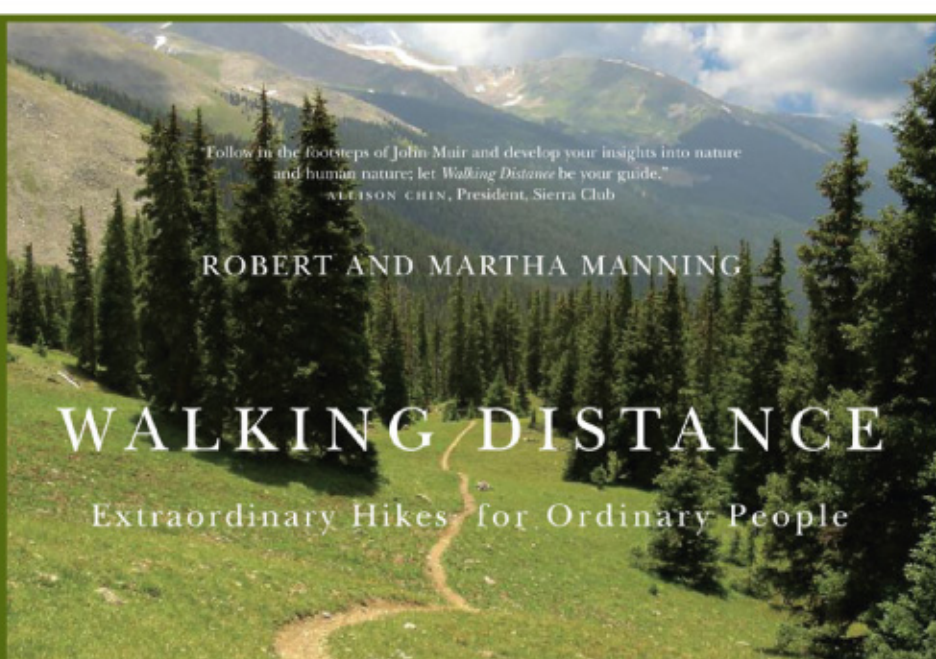
Walking is simple, but it can also be profound. It's a celebration of our evolutionary heritage, it stimulates our thinking, it contributes to conservation and sustainability, it deepens our understanding and appreciation of the world, it can be a means to explore spirituality, it slows our often frantic lives, and it makes us healthier and happier in the process.

Robert and Martha Manning's inspiring and beautiful book, *Walking Distance*, emphasizes the accessibility of walking the world's great natural and cultural landscapes. As the subtitle suggests, these are extraordinary walks for *ordinary* people. Walk across England, around Mt. Blanc, along the great coastlines of North America and Australia; follow the Inca Trail to Machu Picchu; walk with pilgrims to Santiago de Compostella; walk among the world's great mountains – the Sierra Nevadas, the Rockies, the Appalachians, the Andes, and the Alps; walk through the Grand Canyon. And much more.

*Walking Distance* introduces the idea of long-distance walking, addressing why, how, and where to walk, and provides first-hand descriptions of thirty of the world's great long-distance trails, ranging from inn-to-inn walks to backpacking treks. Trail descriptions include natural and cultural history, personal anecdotes, and practical tips, and are richly illustrated with color photographs and maps.

*"... walking is a joyful celebration of life and the diverse, beautiful, and curious world in which we live."*

–from the Introduction



*Follow in the footsteps of John Muir and develop your insights into nature and human nature; let Walking Distance be your guide.*

–Allison Chin, President, Sierra Club

*A book to read in the dead of winter so you'll be longing for spring.*

–Bill McKibben, *Wandering Home*

*Walking Distance is an eloquent invitation to join the walking and conservation community.*

–John Judge, President, Appalachian Mountain Club

*The best way to experience the world is through the intimacy of walking; walk with the Mannings and appreciate the world's great cultural landscapes.*

–Gregory Miller, President, American Hiking Society

*Walking is one of the most sustainable forms of recreation -- good for people and good for the earth. Walking Distance tells readers why, how, and where to walk.*

–Kate Ashbrook, President, Ramblers

### The Hikes:

Alta Via 1 (Italy)	Kungsleden (Sweden)
C&O Canal (Maryland and Washington, DC)	Long Trail (Vermont)
Camino de Santiago (France and Spain)	Lost Coast Trail (California)
Cape Winelands Walk (South Africa)	Lycian Way (Turkey)
Chilkoot Trail (Alaska and British Columbia, Canada)	Millford Track (New Zealand)
Cinque Terra (Italy)	Ocala Trail (Florida)
Coast to Coast Trail (England)	Overland Track (Australia)
Colorado Trail (Colorado)	Paria River Canyon (Utah and Arizona)
Cotswold Way (England)	South Downs Way (England)
Great Ocean Walk (Australia)	Superior Hiking Trail (Minnesota)
Inca Trail (Peru)	Tahoe Rim Trail (California and Nevada)
John Muir Trail (California)	Tour du Mont Blanc (France, Italy, and Switzerland)
Kaibab Trail (Arizona)	Walker's Haute Route (France and Switzerland)
Kalalau Trail (Hawaii)	West Coast Trail (British Columbia, Canada)
King Ludwig's Way (Germany)	West Highland Way (Scotland)

Oregon State University Press • [www.osupress.oregonstate.edu](http://www.osupress.oregonstate.edu)

ISBN 978-0-87071-683-6 • Paperback. 10 x 8.5 inches. \$35 • Color photographs and maps