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Discoveries for Great Escapes. Alastair Humphreys. HarperCollins UK, Jun 5, 2014 - Sports & Recreation - 256 pages. Reviews. 'Enthusiastic, pleasingly madcap' Geographical. Adventure – something that's new and exhilarating, outside your comfort zone. Page 13/33

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the stars, or perhaps share a whisky at a small country inn in order to remind yourself what matters most to you in life.". ? Alastair Humphreys, Microadventures: Local Discoveries for Great Escapes.

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newly released book by Al and is jam packed with inspiration, ideas and suggestions for getting outdoors and creating a good work/life balance.

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