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**Trekking in Tajikistan** Jan Bakker 2018-11-15 This guide describes twenty high-altitude treks of 2-9 days in the mountains of Tajikistan, covering the Fann Mountains, Pamirs and northern ranges, plus five day hikes near the capital, Dushanbe, and a 10-day trek in the Afghan Wakhan Corridor. As well as detailed route description and 1:100,000 mapping for each trek, there is a wealth of practical advice on transport and visas, trekking support, equipment, cultural awareness, safety and security, as well as background notes on history, flora and fauna and a Tajik-Russian-Pamiri-English glossary. The guide can be used either to plan an independent trek or to select, prepare for and enhance an organised expedition. Known as 'the Roof of the World', Tajikistan is one of the most mountainous countries on Earth, with 93% of its landmass considered mountainous territory. This is where the mighty Himalaya meet the Tian Shan, Karakoram and Hindu Kush, and a centuries-old network of trails criss-crosses the remote terrain, linking isolated villages and shepherds' camps. Although infrastructure is fragile and tourism in its infancy, this Central Asian nation presents some outstanding opportunities for the adventurous trekker. The hand-picked routes showcase Tajikistan's breathtaking landscapes of lofty snow-capped peaks, turquoise lakes and sweeping high-altitude plateaus. Trekking here is also a rich cultural experience: in addition to wild camping, many of the treks include the opportunity to experience the fascinating local culture and warm hospitality in a traditional homestay, meeting those who call this remote wilderness home. This guide will be your companion to discovering Tajikistan, a country with so much to offer and one of Central Asia's best kept secrets.

*South West Coast Path - Minehead to Padstow* Roland Tarr 2016-03-03 The South West Coast Path is the spectacular 630-mile (1008-km) National Trail around the tip of Britain. This volume features the section of the Path from Minehead to Padstow, a distance of 163 miles (262 km). It skirts the Exmoor National Park, taking in the precipitous harbour towns of Lynton, Lynmouth and Ilfracombe, before heading south-west into Cornwall along the surfers' coast via Westword Ho! and Arthurian Tintagel, to reach the gastronomic mecca of Padstow. Along the way there is the coastal path around Lundy Island, with its puffins, and other arresting wildlife from shearwaters to basking sharks. This guide has been fully revised and updated for 2016, and completely redesigned to feature many more colour photographs and much more information on local history, cultural associations and wildlife. It is not so much a walking guide as a complete companion to the landscape of the Path, whether you are a dedicated long-distance walker or a weekend stroller. National Trail Guides are the official guidebooks to the fifteen National Trails in England and Wales and are published in association with Natural England, the official body charged with developing and maintaining the Trails.

*China by Bike* Roger Grigsby 1994 The only guide of its kind, China by Bike allows you to get close

enough to everyday Chinese life to taste what natives call ren ching wei - the "flavour of humanness."

*Shetland* PAUL. WEBSTER WEBSTER (HELEN.) 2018-05 The most northerly of Britain's island groups, Shetland is so far removed from the rest of the UK that it usually appears as an inset on maps. Although relatively little known to those from outside the islands, Shetland is a magnificent terrain for walkers, especially those who love to really explore and get away from the beaten track. The coastal walking here includes some of the finest in the country, with superb cliffs, towering sea stacks, caves and natural arches seemingly around every corner. Added to this is Shetland's better known claim to fame for its spectacular seabird colonies & huge gannetries, moorland packed with arctic and great skuas, arctic terns in the more sheltered spots, and everyone's favourite & the puffins. The islands also enjoy a dense population of otters, many seals, and a chance to see killer whales or other giants of the deep. Beyond all this natural grandeur, Shetland's history is fascinating too. The archaeological attractions are much less known than those on Orkney, but sites such as Jarlshof have amazingly preserved remains from prehistory right up to more recent times. These include iron age villages, chambered cairns, viking longhouses, pictish carvings, and impressive brochs & including the most complete of all these iron-age defensive towers, on Mousa. Size 105 x 148mm

Cirencester and Swindon Ordnance Survey 2009-04 OS Explorer Map is the Ordnance Survey's most detailed map and is recommended for anyone enjoying outdoor activities such as walking, horse riding and off-road cycling. The series provides complete GB coverage and can now be used in all weathers thanks to OS Explorer Map - Active, a tough, versatile version of the OS Explorer Map.

*Lightness and Matter* Brigitte Kowanz 2018-10 "The course on transmedia art at the University of Applied Arts in Vienna focuses on transdisciplinary approaches to the development and production of art. It highlights space- and time-based artistic concepts that are generated in critical discourse with theoretical and practical methods, and seizes on communication, performance, and procedural aspects. The publication provides an overview of the wide range of media productions that have been created over the last two decades under the direction of the internationally renowned artist, Brigitte Kowanz. Comprehensive image sections with diploma works, projects, exhibitions, and performances. With text contributions from Gerald Bast, Verena Durr, Patrick Lichty, Claudia Slanar, and others"--Publisher website.

### **The Young Savages 2013**

*The Science of Happiness* Stefan Klein 2015-04-09 The international bestseller. An enthralling exploration of the science of happiness. We all know what it feels like to be happy, but what mechanisms inside our brains trigger such a positive emotion? What does it really mean to be happy, and why can't we feel that way all of the time? Psychologists and neuroscientists have been studying negative emotions for decades, but until recently few have focused on the subject of happiness. Now, in *The Science of Happiness*, leading science journalist Stefan Klein ranges widely across the latest frontiers of neuroscience and psychology to explain how happiness is generated in our brains, what biological purpose it serves, and the conditions required to foster the 'pursuit of happiness'. A remarkable synthesis of a growing body of research that has not been brought together before, *The Science of Happiness* is, ultimately, a book that helps us understand our own quest for happiness -- and is certain to help make you happier.

*Southern Uplands* Nick Williams 2005-03-01 From the award winning series of Pocket Mountains walking guides. 40 circular routes taking in the Border, Pentland, Cheviot and Galloway Hills. Colour

photos and colour maps.

**In Arabian Nights** Tahir Shah 2009-03-24 Named one of Time magazine's Ten Best Books of the Year, Tahir Shah's *The Caliph's House* was hailed by critics and compared to such travel classics as *A Year in Provence* and *Under the Tuscan Sun*. Now Shah takes us deeper into the real Casablanca to uncover mysteries hidden for centuries from Western eyes. In this entertaining jewel of a book, Tahir Shah sets off across Morocco on a bold new adventure worthy of the mythical Arabian Nights. As he wends his way through the labyrinthine medinas of Fez and Marrakech, traverses the Sahara sands, and samples the hospitality of ordinary Moroccans, Tahir collects a dazzling treasury of traditional wisdom stories, gleaned from the heritage of *A Thousand and One Nights*, which open the doors to layers of culture most visitors hardly realize exist. From master masons who labor only at night to Sufi wise men who write for soap operas, *In Arabian Nights* takes us on an unforgettable, offbeat, and utterly enchanted journey.

**The North Downs Way** Kev Reynolds 2017-07-31 The North Downs Way National Trail is a 130 mile (208km) between the high downland of Farnham and the historic city of Dover on the Kent coast. The route is described in 11 day stages from west to east with an optional detour via Canterbury. Step-by-step route descriptions are fully illustrated with colour photographs and extracts from OS 1:50,000 mapping for every stage. The guidebook comes with a separate map booklet of 1:25,000 scale OS maps showing the full route of the North Downs Way. Clear step-by-step route descriptions in the guide link together with the map booklet at each stage along the Way, and the compact format is conveniently sized for slipping into a jacket pocket or the top of a rucksack. The North Downs Way is one of the easier national trails with a modest number of steep (but short) ascents and descents and long sections with no noticeable height gain or loss. Several historic sites including Neolithic burial chambers, Roman roads and Norman churches are passed and much of the route follows The Pilgrims' Way.

*Love in Old Cloathes and Other Stories* Henry Cuyler Bunner 1896

**Ehrwald Lermoos Reutte Tannheimer Tal** Chartech Staff 2000-06-16

*Type Navigator* Jan Middendorp 2015-02 An essential reference of independent foundries and innovative type designers.

**Every Seventh Wave** Daniel Glattauer 2013-12-03 *Love Virtually* ends as Leo leaves Austria for America. He and Emmi have still not met, but the intensity of their correspondence has been threatening Emmi's marriage. But shouldn't these unconventional lovers be given another chance? When Leo returns from Boston, he gradually resumes his email contact with Emmi. But he has plans to settle down with Pamela, the woman he met in America. Emmi and Leo meet at last in person, in an attempt to draw a line under their relationship, but they cannot stop writing to each other. When Pamela learns of Leo's secret and unusual liaison, she returns to the USA, and Emmi's marriage to Bernhard is tested to its limits. Readers of *Love Virtually* begged to know more: could Emmi and Leo ever get together? Once again Daniel Glattauer takes us up and down through stormy waters, and delivers a thrilling sequel.

*Aconcagua* R. J. Secor 1999 The only English-language guidebook to South America's highest mountain, featuring 27 routes from the three major approaches and thoroughly researched advice on lodging, permits, equipment, seasons, weather and more. Reaching the highest summit in the Western hemisphere requires careful preparation and detailed instruction. R. J. Secor draws upon his extensive

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mountaineering experience to give climbers all that's necessary to top Aconcagua's 22,841-foot peak. This updated and revised guide features comprehensive information on recommended equipment, safety and health precautions, and conservation issues. It details both the popular and less-travelled routes reached via the Horcones Valley, South Face, and Vacas and Relinchos Valleys. Also included are a climbing history of Aconcagua and a glossary of valuable Spanish mountaineering phrases.

**The Outer Hebrides** Paul Webster 2013-06-25 The Outer Hebrides are a place apart, an island chain stretching almost 200km from the Butt of Lewis to Barra Head with some of Britain's most mesmerising beaches, dramatic mountain ranges, wonderful wildlife, a long and fascinating history and a rich and vibrant Gaelic culture. This book features 40 mostly moderate walks, with many ideal for families, which take in magnificent sweeps of sand, soaring sea cliffs and memorable hill ascents, as well as celebrated cultural sights.

*Naxos & Small Cyclades* Dieter Graf 2018-05

**Galloway** Darren Flint 2019-08 Made up of the old counties of Wigtownshire and The Stewartry, Galloway covers a vast swathe of Scotland's quiet southwest corner. This under-discovered area offers 260km of coast, full of sandy beaches and towering cliffs, lonely heather-clad moors and quiet hills. Add to this plenty of wildlife, a rich artistic heritage, strong spiritual influences and a climate kissed by the warming Gulf Stream, and you have a region beckoning to be visited.

The North Downs Way Kev Reynolds 2001 This work is part of a two-book series on the North and South Downs ways. Each trail is split into 12 day-long sections, each illustrated with a route map showing stopping points and places of interest. This guide gives a thorough exploration of the North Downs trail from end to end, east from Farnham to Dover. The book is illustrated with 8 .....