



The Practical Handbook of Walking & Orienteering

By Peter G. Drake

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Practical Handbook of Walking & Orienteering, Peter G. Drake, How to cross hills, back country and rough terrain in safety and confidence: a professional manual for hikers, paddlers, horse trekkers and extreme cyclists. It includes walking, cycling, touring in a kayak or canoe, horseback trekking, journeying with pack animals, and using vehicles and public transport. It explains how to use a map and compass correctly, orientation using the sun, moon and stars, and understanding natural navigational signs in the landscape. It reveals how to read weather patterns and interpret cloud formations to ensure your safety in remote and exposed places. This accessible guide provides a reference for anyone wishing to explore the back country. It deals with planning an adventure in remote territory, from budgeting and insurance to medical preparations and physical fitness. It explains how to use a map and compass accurately, and covers many different ways to explore the great outdoors - walking, cycling, kayaking and canoeing, and animal, vehicle and public transport. There is advice on the equipment and skills needed for each type of activity. Packed with helpful hints and illustrated with 200 photographs, the book is essential...



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