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By Tom Alyea

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Hiking is a great way to get back in touch with a slower pace of life. The experiences while performing these activities are endless. Writing in a journal makes them timeless. This journal has plenty of space to: record the location, date, time and distance of your walks note the type of walk (light, moderate, strenuous) record the weather conditions write down companions that joined you along the way add details about the route you took You will find by using this journal that you have a very powerful reminder of your fitness journey. And, there are pages of motivating quotes to keep you inspired. One final thought is that you should write in your journal while you are on the trail. Don t leave it up to, I will remember that when I get home. Chances are you won t remember.

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