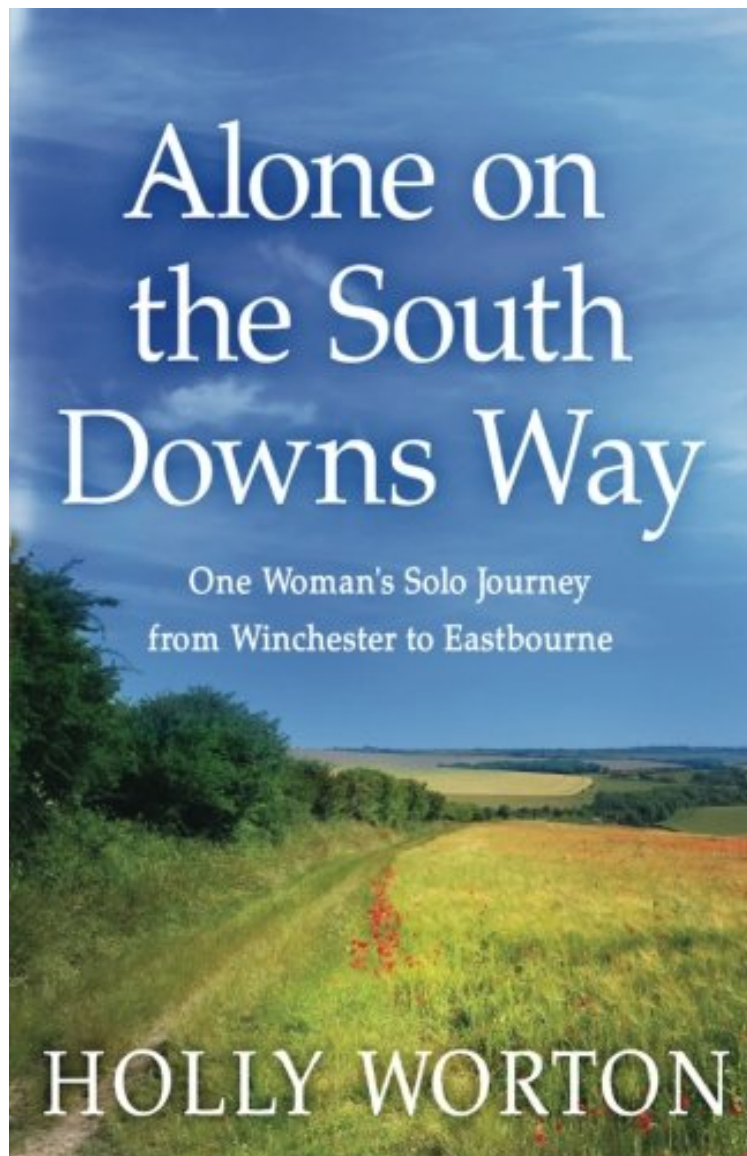


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Alone on the South Downs Way: One Woman's Solo Journey from Winchester to Eastbourne

Holly Worton

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Holly Worton : Alone on the South Downs Way: One Woman's Solo Journey from Winchester to Eastbourne before purchasing it in order to gage whether or not it would be worth my time, and all praised Alone on the South Downs Way: One Woman's Solo Journey from Winchester to Eastbourne:

1 of 1 people found the following review helpful. A SOLO WALK ADVENTURE !By Carolyn B.This well-written account of Holly's 8-day journey on the South Downs Way makes you want to immediately pack up and move to the UK for such an adventure. She takes the reader so closely to her side with each step, whether a feeling of delight or misery, that your emotions nearly become one with hers. Even getting teary-eyed in some parts indicates the true message written in this book of adventure. Everything is included for you to begin this journey as she did, with all of the advice needed for comfort and security, on the trails and overnight stays. Nothing is left to imagine but seeing yourself on the very same ride that she took. Read this and learn how solitude on the trail can be yours, too !! Find yourself loving this adventure as much as she did - - - doing it your way.0 of 0 people found the following review helpful. Enjoyed the shared journeyBy BuzzI received this book for free. My opinion is my own. Wasn't sure what to expect, but it quickly caught my attention and took me along the journey. I have never heard of this location, but can relate because walking to me is also a spiritual journey. Well written and enjoyable. The last half of the book is alike a tips a tricks guide to the journey. I enjoyed the first eight chapters which were broken up by days. Like Day 1, Day 2, etc. I did pick up a few useful ideas from the end. All in all a great little read.0 of 0 people found the following review helpful. GoodBy natalIa escobarI received this book for free and honestly have no interest in hikes or walking, but I got hooked with the first chapter. Well written and I was interested to learn more about the authors walk. It got me interested in local hikes around my area. Kind of a moving meditation and reflection. Enjoyed it.

Alone on the South Downs Way is the story of Holly Worton's 100 mile walking journey along one of England's National Trails in 2015. An avid walker, she thought she was up for the challenge of an eight day hike, and happily set off to explore the South Downs. What followed was a magical journey through nature that was both more satisfying and more difficult than she ever imagined. This book contains all the blisters, sweat, and tears from that life-changing journey. More than just a walking travelogue or memoirs of a walking holiday, this book contains Holly's reflections on walking the Way, including lessons learned and practical information to help you plan your South Downs Way hiking adventure. It includes a suggested packing list, gear recommendations, and other useful tips, such as when to walk the Way, where to stay, and how much you'll need to budget. This book will not only get you inspired to walk the South Downs Way or another long distance trail, it will encourage you to get outdoors more often.

About the AuthorHolly Worton is an author and business mindset coach for women entrepreneurs. She works with women who are feeling stuck and frustrated because they don't have a steady stream of clients. Holly helps them release their fear of visibility, set aligned prices for their products and services, and take inspired action to grow their business. When she's not working to help entrepreneurs with their business mindset, she's out walking a trail somewhere in England. Through her books on walking, she hopes to inspire more people to get outdoors more often. In 2015, she contributed to two collaborative book projects: Believe You Can: Face Your Fears and Confidently Claim the Life You Desireand 365 Ways to Connect with Your Soul, and in March 2016 she released a business book titled Business Beliefs: 600+ Beliefs That Make Up a Successful Business Mindset. In May 2016 she released Business Blocks: How to Identify and Release Your Blocks to Create a Successful Business Mindset. More books are planned for release in 2016, including walking journals and business mindset books. Walking the Downs Link: Practical Information and Reflections on Walking from St. Marthas Hill to Shoreham-by-Sea will be available in August 2016. If you would like to stay in touch online, you can see photos of her walks on Instagram. You can also explore her blog and get ideas for your next walk at <http://shewalksinnature.com>.