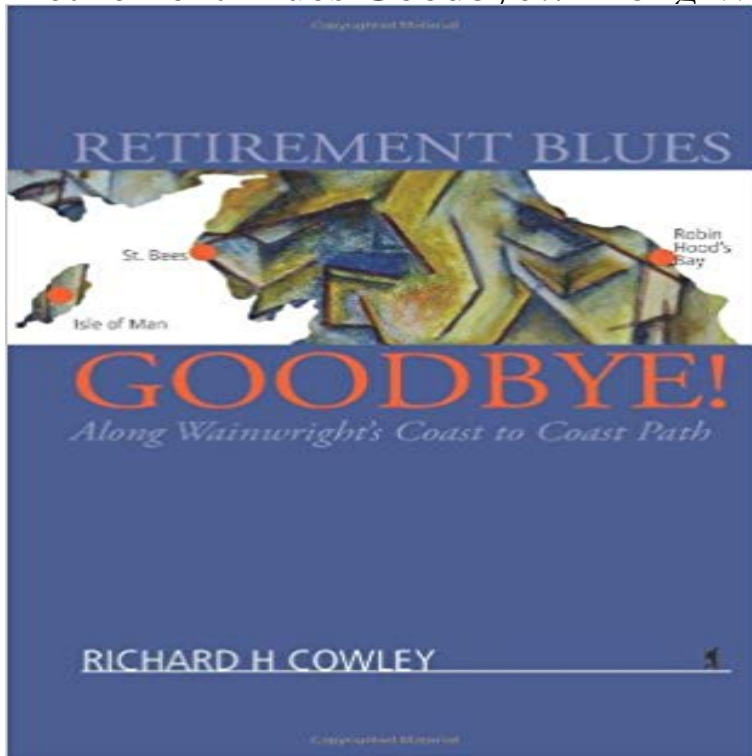


Retirement Blues Goodbye!: Along Wainwrights Coast to Coast Path



The book is an account of the day to day exploits of an expatriate Manxman and an Australian chum who seek to shake off the retirement blues by walking Alfred Wainwrights Coast to Coast path. It took 18 days to walk the 191 miles from the priory village of St Bees on the Irish Sea to arrive at the former smugglers stronghold of Robin Hoods Bay on the Yorkshire coast. The trail passes through some of Englands most rugged and sublime countryside. This trek was all it took for Richard to become hooked on the roving gypsy life so loved by the super-tramp poet, William Henry Davies and the busking writer, Laurie Lee. On the road, each step away from the day before so revitalized Richards sense of freedom that he was able to live in the moment and bask in the simple delight of being. This wonderful experience rekindled his enthusiasm for adventure, sparking a determination to commit to life with renewed vigour and vitality. This was no time for retirement! Its estimated that ten thousand people attempt this walk each year. Along the way Richard met backpackers who had trekked many famous trails throughout the world. They generally agreed that the Coast to Coast path is the most beautiful and enjoyable walk theyd done. There are many books about walking pilgrimage trails or fighting nature in wild and wonderful places. This book is nothing like that; its about a long distance walk on a readily assessable trail which does not require superhuman effort to complete the distance. The book will appeal to walkers in general and to those contemplating a hiking holiday. The mass of armchair ramblers may also enjoy reading about the fascinating strangers and bizarre situations Richard encountered along the way. Its is possible that there are legions of older people who, on reading about this life changing adventures, may be tempted to try hiking themselves.

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