

FASTPACKING

Multi-day running adventures: tips, stories and route ideas

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Author: **Lily Dyu**

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Guidebook to fastpacking – multi-day running trips carrying the bare essentials – in the UK, Europe and beyond. The book introduces the concept through inspiring fastpacking stories, tales from endurance legends such as Jez Bragg and Jasmin Paris, plus 12 tried and tested route ideas, ranging from 2 to 12 days.

A fast-growing niche in the world of trail running, fastpacking is the art of moving fast and light on multi-day running adventures. Making it possible to see more and travel further in a shorter period, fastpacking is perfect for runners wanting to make the most of a weekend or holiday.

The route ideas and stories featured showcase the impressive range of fastpacking opportunities, both in the UK and abroad. From mountain hut hopping adventures, bothy discovery tours and wild camping expeditions, the inspirational tales and selected trails are guaranteed to entice runners to try their hand at a multi-day mission. Includes all the practical information needed to plan and prepare for a trip, from tips on footwear and kit, accommodation options, advice on training and nutrition, and more.

Key marketing points

- Perfect for anyone wanting to plan a micro adventure
- The fastpacking trend has been rapidly gaining popularity in the outdoors community

About the author

Lily Dyu is a writer and a runner based in the Brecon Beacons, Wales. Her childhood was spent in Ireland and the north west of England and her love for the outdoors grew from studying geology during a Natural Sciences degree. She started running in her twenties and since then the sport has taken her from pounding the pavements around Birmingham University to running around Manaslu, Nepal, the world's eighth highest mountain. She still enjoys the buzz and excitement of a big-city marathon but with a deep love for the natural world and the lonely, high and wild places, Lily is always happiest out on the hills of home.

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