

PRESS RELEASE

Fastpacking: fast and light - and overnight

FASTPACKING

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

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 running enthusiasts wanting to make the most of a weekend or holiday.

This guide showcases 12 exciting route ideas in the UK, Europe and Asia, fastpacking stories from around the world, plus invaluable trips and tricks to make planning and preparing for a trip a piece of cake. A summary of each route idea is provided, together with mapping and a gradient profile, as well as highlights, tips and 'tales from the trail'.

Showcasing some of the most beautiful places on the planet, including: Snowdonia National Park, the Dolomites, the Lake District, the Alps and the Himalaya, the tried and tested route ideas offer both exceptional scenery and rewarding running. The featured fastpacking stories stem from every corner of the globe, and are sure to inspire readers to slip on their running shoes and discover a new place, be it close to home or abroad.

The guidebook includes a handy gear list, tips on minimising the weight of your pack, plus information on the many styles of fastpacking – unsupported, running between existing accommodation, self-supported, supported – as well as training, safety, equipment, apparel, nutrition, hydration and more.

What's inside?

- 12 tried and tested route ideas
- stories to inspire
- invaluable practical tips and advice

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.

Front cover

Key information

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

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