

WALK AND LISTEN

If you listen to an audiobook, can you claim you've read the book? Absolutely! Find a book you want to read and listen while your walk. Pick any book that interests you but here's a list of books that feature a walking theme.

***The Man Who Walked Through Time* by Colin Fletcher**

The remarkable classic of nature writing by the first man ever to have walked the entire length of the Grand Canyon.

***The Long Walk* by Stephen King**

In a dystopian near-future, America has fallen on hard times. Sixteen-year-old Ray Garraty is about to compete in the annual grueling match of stamina and wits known as the Long Walk. One hundred boys must keep a steady pace of four miles per hour day and night, without ever stopping. The winner gets "The Prize"—anything he wants for the rest of his life.

***Wild: From Lost to Found on the Pacific Coast Trail* by Cheryl Strayed**

A powerful, blazingly honest memoir: the story of an eleven-hundred-mile solo hike that broke down a young woman reeling from catastrophe—and built her back up again.

***A Walk in the Woods* by Bill Bryson**

Back in America after twenty years in Britain, Bill Bryson decided to reacquaint himself with his native country by walking the 2,100-mile Appalachian Trail, which stretches from Georgia to Maine. The AT offers an astonishing landscape of silent forests and sparkling lakes—and to a writer with the comic genius of Bill Bryson, it also provides endless opportunities to witness the majestic silliness of his fellow human beings.

***Dinosaurs: A Novel* by Lydia Millet**

The story of a man named Gil who walks from New York to Arizona to recover from a failed love. After he arrives, new neighbors move into the glass-walled house next door and his life begins to mesh with theirs. In this warmly textured, drily funny, and philosophical account of Gil's unexpected devotion to the family, Millet explores the uncanny territory where the self ends and community begins—what one person can do in a world beset by emergencies.

***The Salt Path: A Memoir* by Raynor Winn**

The true story of a couple who lost everything and embarked on a transformative journey walking the South West Coast Path in England

***The Unlikely Pilgrimage of Harold Fry: A Novel* by Rachel Joyce**

Meet Harold Fry, recently retired. He lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. Little differentiates one day from the next. Then one morning a letter arrives, addressed to Harold in a shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. But before Harold mails off a quick reply, a chance encounter convinces him that he absolutely must deliver his message to Queenie in person. In his yachting shoes and light coat, Harold Fry embarks on an urgent quest. Determined to walk six hundred miles to the hospice, Harold believes that as long as he walks, Queenie will live.

