

# The Ultimate Guide: The Routledge International Handbook Of Walking - Everything You Need to Know!

Walking is a fundamental human activity that has been practiced throughout history. It not only serves as a means of transportation but also as a recreational and health-beneficial pursuit. The act of walking allows individuals to connect with their surroundings, explore new places, and experience the world in a unique way.

When it comes to understanding the varied aspects of walking, The Routledge International Handbook Of Walking is the go-to resource! This comprehensive handbook, edited by Malcolm Miles and others, delves into the multifaceted nature of walking, covering a wide range of topics related to this timeless practice.

## Exploring the Contents

The handbook consists of twenty-six chapters contributed by leading international scholars, each with their own unique perspective on walking. Whether you are a passionate walker, a researcher, an urban planner, or simply interested in the various dimensions of walking, this book caters to all. It provides invaluable insights into the art, science, and cultural significance of walking.

### The Routledge International Handbook of Walking

by Insight Guides (1st Edition, Kindle Edition)

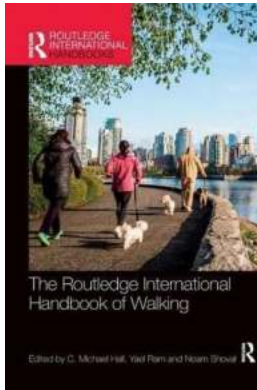
★★★★☆ 4.2 out of 5

Language : English

File size : 8889 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 438 pages



The chapters are organized into four distinct sections, ensuring that no aspect of walking is left unexplored:

## **Section 1: Walking Practices and Social Theories**

This section delves into the cultural practices surrounding walking and their connection with social theories. It examines the role of walking in everyday life, the interaction of individuals with their environment while walking, and the relationship between walking and mental health. Exploring concepts of walking as a form of opposition or resistance is also an interesting topic covered in this section.

## **Section 2: Walking Cultures and Histories**

In this section, the historical and cultural dimensions of walking are uncovered. From ancient pilgrimage routes to urban street walking, this part of the handbook delves into various forms of walking and their cultural significance. It examines the impact of walking on urban landscapes, city planning, and cultural heritage.

## **Section 3: Walking Arts and Artists**

This section focuses on walking as an art form and its intersection with creative expression. It explores the works of various artists who incorporate walking into their artistic practice. From performance art to land art, the influence of walking on contemporary artistic movements is thoroughly discussed.

## **Section 4: Walking and Professional Practice**

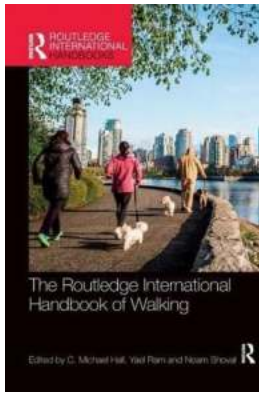
The final section of the handbook examines how walking impacts professional practices such as urban planning, landscape design, and architecture. It highlights the importance of pedestrian-friendly infrastructure and discusses how urban spaces can be transformed to promote walking as a sustainable mode of transportation.

## **The Value of The Routledge International Handbook Of Walking**

This handbook offers unparalleled insight into the rich diversity of walking practices, cultures, and histories. Whether you are a researcher in the field, a student seeking knowledge, or an enthusiast looking for inspiration, this book is a treasure trove of information.

With its engaging writing style and contributions from leading experts, The Routledge International Handbook Of Walking provides a comprehensive understanding of walking from various perspectives. The use of descriptive language throughout the book paints vivid pictures of diverse walking experiences, making it a truly immersive read.

In , walking is much more than a simple means of transportation. It is intertwined with our cultures, histories, and personal experiences. The Routledge International Handbook Of Walking sheds light on the many facets of this timeless practice, making it an essential read for anyone interested in exploring the transformative power of walking.



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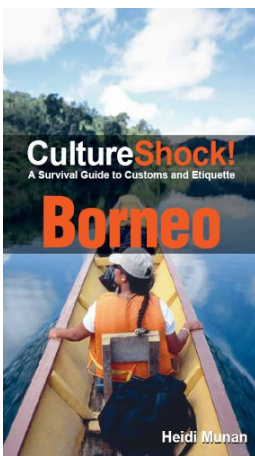


Walking is an essentially human activity. From a basic means of transport and opportunity for leisure through to being a religious act, walking has served as a significant philosophical, literary and historical subject. Thoreau's 1851 lecture on Walking or the Romantic walks of the Wordsworths at Grasmere in the early 19th Century, for example, helped create a philosophical foundation for the importance of the act of walking as an act of engagement with nature. Similarly, and sometimes inseparable from secular appreciation, pilgrimage trails provide opportunities for finding self and others in the travails of the walk. More recently, walking has been embraced as a means of encouraging greater health and well-being, community improvement and more sustainable means of travel. Yet despite the significance of the subject of walking there is as yet no integrated treatment of the subject in the social science literature.

This handbook therefore brings together a number of the main themes on the study of walking from different disciplines and literatures into a single volume that can be accessed from across the social sciences. It is divided into five main

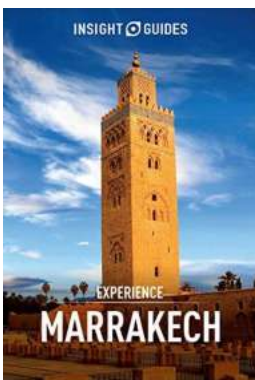
sections: culture, society and historical context; social practices, perceptions and behaviours; hiking trails and pilgrimage routes; health, well-being and psychology; and method, planning and design. Each of these highlights current approaches and major themes in research on walking in a range of different environments.

This handbook carves out a unique niche in the study of walking. The international and cross-disciplinary nature of the contributions of the book are expected to be of interest to numerous academic fields in the social and health sciences, as well as to urban and regional planners and those in charge of the management of outdoor recreation and tourism globally.



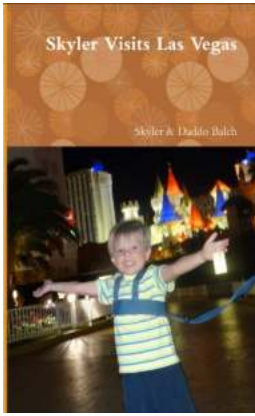
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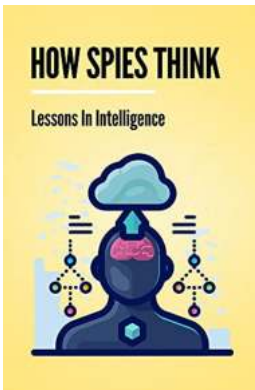
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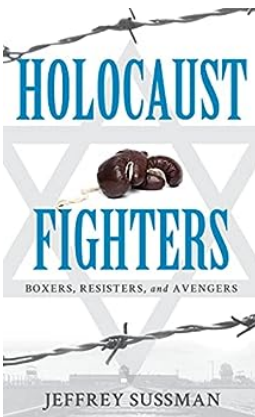
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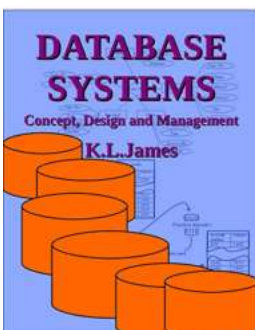
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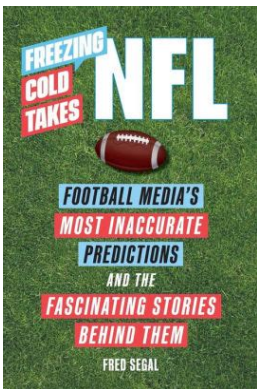
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