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## THE JOY OF SWIMMING - LONELY PLANET (9781837580606)

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### Description du produit

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Dive into 60 of the world's most joyous wild swimming spots and discover a further 120 ideas for uplifting bathing experiences. Packed with inspirational expert insights, immersive photography, and essential trip planning tips, this remarkable book explores the open-water swims guaranteed to exhilarate, rejuvenate, restore and above all, spark joy.

Wade into Hawaii's crystal clear sea where tropical fish weave through the coral reefs of the Kona coast; or experience the magnificence of Slovenia's Lake Bled, where swimmers tread through the other-worldly Alpine blue waters to reach the iconic island at its heart. With 60 mesmerising wild-swimming wonders to tour, readers will soon be immersed in the culture, landscape and characteristics of each life-affirming swim.

Inside  The Joy of Wild Swimming:

- 60 in-depth profiles of wild swimming spots,  organised by region and accompanied by beautiful photography, plus first-hand accounts from writers who have experienced the joy of each swim
- 120 extra must-visit natural water destinations
- At-a-glance reasons to go  that shed light on the type of experience you can expect to have from serenity to adventure; natural beauty to extreme wilderness
- Challenge levels  for each destination detail the the types of swimming conditions throughout the seasons as well as the accessibility of each open-water sanctuary
- In the know tips  and insights that show why each swimming spot is so joyful, plus what to expect from your visit, how to get there, the best months to go, what to take with you, must-do activities and experiences not to be missed
- Covers global wild swimming destinations  including Africa & the Middle East, Americas, Asia, Europe, Oceania
- Foreword by Freya Bromley,  author of  The Tidal Year,  which tells the story of her adventure swimming every tidal pool in Britain. Freya has written for publications including Lonely Planet, Financial Times, and National Geographic Traveller

Do more of what you love with our uplifting  Joy of  series and nurture your biggest passions.  The Joy of Wild Swimming  is the ultimate gift book for the water lover in your life, or a wonderful treat to inspire your next reviving wild swim in a turquoise blue bay, dazzling fjord or relaxing hot spring.



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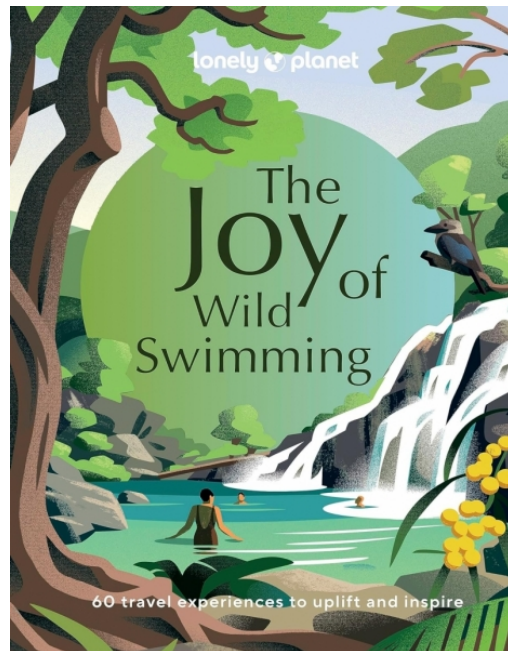
20.32 x 2.22 x 24.64 cm

October 2023

272 pages

Prix : 33.00\$

### Photo principale



### Photos secondaires





## Photos secondaires

### Going wild in Hungary's holiday hotspot

**C** Hungary's holiday hotspot is a beautiful destination for those looking for a peaceful escape. The area is known for its stunning natural beauty and rich cultural heritage. Visitors can enjoy a variety of activities, from hiking and fishing to relaxing in the sun. The region is also home to several historical sites and museums, offering a glimpse into the country's past. The weather is perfect for outdoor activities, and the local cuisine is a treat for the senses. Whether you're looking for a quiet retreat or a more active vacation, Hungary's holiday hotspot has something for everyone.



### Other English Art Sites

Discover the beauty of English art sites, from the grand estates to the charming villages. These sites offer a unique glimpse into the country's history and culture. Visitors can enjoy the architecture, the gardens, and the surrounding landscape. The art sites are a testament to the country's rich artistic heritage and are a must-visit for anyone interested in art and history.



### Drift into a Constable painting in rural England

Experience the beauty of rural England through the eyes of a Constable painting. The landscape is a masterpiece of art, capturing the essence of the countryside. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the painting. The scene is a perfect example of the English landscape, with its rolling hills, green fields, and blue sky. The painting is a testament to the country's natural beauty and is a must-see for anyone interested in art and nature.



### Other Icelandic Seaside

Discover the beauty of Icelandic seaside, from the rugged cliffs to the pristine beaches. These sites offer a unique glimpse into the country's natural beauty and culture. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the country's natural beauty and is a must-see for anyone interested in nature and travel.



### Other Library Seaside

Discover the beauty of library seaside, from the quiet streets to the scenic views. These sites offer a unique glimpse into the country's history and culture. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the country's natural beauty and is a must-see for anyone interested in art and nature.



### Join the community at Dublin's favourite bathing spot

Join the community at Dublin's favourite bathing spot, where you can enjoy the view and the water. The site is a perfect example of the city's natural beauty and is a must-visit for anyone interested in nature and travel. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the city's natural beauty and is a must-see for anyone interested in art and nature.



### Other Colombian Freshwater Seaside

Discover the beauty of Colombian freshwater seaside, from the lush forests to the vibrant colors. These sites offer a unique glimpse into the country's natural beauty and culture. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the country's natural beauty and is a must-see for anyone interested in nature and travel.



### Immerse yourself in Colombia's liquid rainbow

Immerse yourself in Colombia's liquid rainbow, where the colors of the earth meet the water. The site is a perfect example of the country's natural beauty and is a must-visit for anyone interested in nature and travel. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the country's natural beauty and is a must-see for anyone interested in art and nature.



### Other Malaysian Seaside

Discover the beauty of Malaysian seaside, from the tropical beaches to the lush forests. These sites offer a unique glimpse into the country's natural beauty and culture. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the country's natural beauty and is a must-see for anyone interested in nature and travel.



### Dive in to find sanctuary on the California coast

Dive in to find sanctuary on the California coast, where the ocean meets the sky. The site is a perfect example of the state's natural beauty and is a must-visit for anyone interested in nature and travel. Visitors can enjoy the view from a boat on the water, feeling as if they are part of the scene. The landscape is a testament to the state's natural beauty and is a must-see for anyone interested in art and nature.



### Contents

Discover the beauty of the world, from the mountains to the oceans. This section provides a comprehensive overview of the content, including a list of articles and their authors. The content is organized into sections, making it easy to find what you're looking for. The articles are written by experts in their fields, providing a wealth of information and insights. The content is a testament to the world's natural beauty and is a must-read for anyone interested in nature and travel.

