



Walking The Thames River Path: One Woman's Solo Journey of Adventure and Self-Discovery

Joyce Mackie

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This memoir of adventure and self-mastery traces the 184-mile solo walk taken by a sixty-nine year old woman, as she follows the Thames River from its source in the Cotswolds to its estuary at the North Sea. Past picturesque locks, breathtaking vistas and ancient sites in the charming English countryside, then through the more populated areas of Oxford, Henley, Windsor, and London, this journey of adventure and self-mastery will capture your imagination and send you off to plan your own. Totally lost on the first day of her walk and missing her night's accommodation, she struggles to stay calm and deal with uncertainty and the unexpected---falling backwards into a bed of brambles, threading her way through cattle on deserted miles of countryside, and one day discovering the Path was closed due to hoof and mouth disease. According to one reader, history buffs will delight in the book's historical details and in the author's perspective on famous sites of London---Soho, Piccadilly Circus, Trafalgar Square, St. Paul's Cathedral, and the Tower of London. Hikers will be pleased with the travel tips, and a list of what to pack. Whether you decide to walk the Path yourself, or are content to enjoy the tale from your armchair, you will be entertained and inspired.

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