

Slow Travel

Penny Watson

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BEFORE YOU GO

Inspiration and ideas



So you've decided to go slow travelling. Here's the way to go - inspiration and ideas. With pop-culture as your reference point, dive deep into books, movies, apps, playlists and more.

MUSIC

There are obviously a ton of personal playlists, so here are a few more to get you started. Perhaps some coffee listening music to start off the morning, an album to listen to while you're on the road, or a playlist to listen to when you're back home. Curator gets you right on the slow travel mood - cultural and inspirational music for the road ahead. *Country Road*. The new album from the indie folk duo *Country Road*. The new album from the indie folk duo *Country Road*. The new album from the indie folk duo *Country Road*.

MOVIES

There are plenty of essential movies that transport the viewer to a foreign place in the past or to a different time. Here are a few to get you started. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

of self-reliance and leading along part of America's Pacific Coast Trail. Other survival tips based on her own experiences include how to find water, how to find shelter, and how to find food. She also includes a list of essential gear for any solo traveler. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

APPS

There are so many meditation apps these days so there are many choices for solo travelers. Here are a few to get you started. *Headspace* is a popular app for meditation. *Calm* is another popular app for meditation. *Insight Timer* is a free app for meditation. *Headspace* is a popular app for meditation. *Calm* is another popular app for meditation. *Insight Timer* is a free app for meditation.

BOOKS

Even if you're not a solo traveler, it's a good idea to have a few books on hand. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.



BREWSTER HUT, NEW ZEALAND

When it comes to huts, New Zealand walks the walk. The Department of Conservation manages a network of more than 100 huts catering to people who want to enjoy the outdoors. When you're in New Zealand, you can be sure there's a hut nearby. The huts vary from simple, built with local materials, to more luxurious, with modern amenities. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

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THE BEACH HUT, SOUTH DEVON, ENGLAND

Accessed on a private dirt path and nestled in the heart of a coastal town, the Beach Hut is a small, simple hut. It's built from local materials and has a simple, rustic feel. The hut is perfect for a solo traveler who wants to enjoy the outdoors. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.



TRAILS LESS TRAVELLED

New walks, parks and preserves in nature

The best of these newly opened attractions help to sustain the local communities.

While it might feel like we have the world mapped out in terms of hiking trails, national parks and natural wonders, there are in fact new, inspiring routes and destinations available on a regular basis. For those travelers who want an opportunity to explore trails less travelled in far corners of the planet, here are some of the best.

The opening of the *Blue Lake Park* in the *Blue Lake National Park* provides an integral opportunity to witness a spectacular wonder in nature. The best of these newly opened attractions help to sustain the local communities. They also have a positive impact on the environment, their sustainability and contribution to the future of the planet. These reports enable travelers to maximize their positive impact.

ARISTO MOUNTAIN RESORT AND VILLAS, GREECE

Built from stone and wood, the luxury resort and villas of Aristo Mountain Resort and Villas are nestled in the heart of the mountains of Greece. The resort offers a range of accommodation options, from simple cottages to luxurious villas. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

BERKELEY RIVER LODGE, AUSTRALIA

The wilderness lodge has been built in a remote location in the heart of the Australian outback. The lodge offers a range of accommodation options, from simple cottages to luxurious villas. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

THE BROADMOOR, USA

A lot of people who visit the Broadmoor resort in Colorado are looking for a luxurious experience. The resort offers a range of accommodation options, from simple cottages to luxurious villas. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

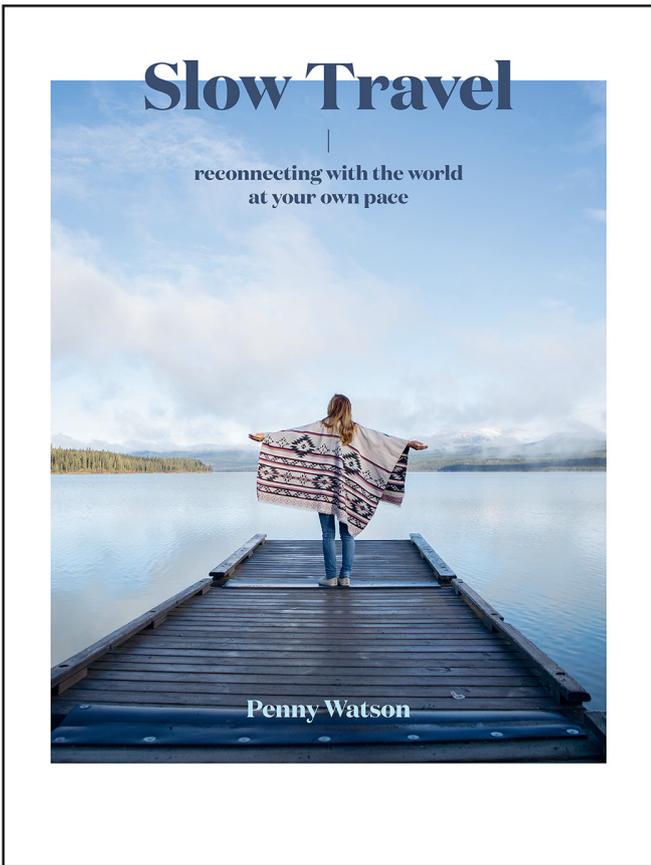
SHAKTI 360 LETI, INDIA

India's famous Himalayas is a beautiful region of natural beauty. The Shakti 360 Leti resort offers a range of accommodation options, from simple cottages to luxurious villas. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.

CULTURAL IMMERSION

Getting deep on people and place

The curious, immersive and mindful trails that offer a different way of seeing the world are not just for the people who visit them. Whether it's in the heart of a remote location or in a major city, these trails offer a unique perspective on the world. *Wild* is a powerful story of a woman's journey across the United States. *The Way, Way Back* is a coming-of-age story set in a summer camp. *The Secret Garden* is a classic story of a girl who discovers a hidden garden.



It can be challenging to travel in the modern world, easily lured by the temptations of fast planes, cheap airlines, last-minute tickets, quick fix travel apps and overzealous tour operators. *Slow Travel* is the antithesis of these overcrowded tourist hot spots and tired checklist experiences; rather, it emerges from our longing to seek connection with ourselves and our lives in more intense and meaningful ways.

Penny Watson's *Slow Travel* is a beautifully designed and practical compendium of places, activities, tours and experiences that will inspire you to get on the road in your own time and on your own terms. Watson explores slow travel as a physical and philosophical endeavour, taking readers off the beaten track and through nature, and unveils journeys that will nurture talent and ignite the inner-self.

Inside you'll discover incredible walks and epic hikes that will take you to mountain peaks, through jungles and across deserts under starlit skies. You will find islands, boltholes and remotes escapes

alongside ways and means of finding calm in big bustling cities. You could decide to cruise slow-mo down Egypt's Nile on a 19th-century steam ship, visit ancient dzongs and temples in Bhutan or learn the art of pizza-making in Italy. In this fast-paced world, it's worth adjusting your vacation time to a pace we can all strive to keep up with.

ABOUT THE AUTHOR

Award-winning writer, journalist and author Penny Watson has travelled the world, written feature articles for countless magazines and newspapers, and researched a number of guidebooks including *Hong Kong Precincts* and *London Pocket Precincts*. As her career has evolved so has Penny's yearning for slow travel. This book, and one of her upcoming titles, *Ultimate Campsites: Australia*, are a direct response to this need. She is a member of both the British Guild of Travel Writers, and Australian Society of Travel Writers. She currently resides in Melbourne with her partner Pippy and their two children Digby and Etienne.

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