THE "LONG DAY-WALK" CONCEPT

We've all heard about the 'long lunch' - the extension of time for recreation and pleasure. Now it's the 'long day-walk'. It's not a new concept, but a book of long walks around Adelaide is new, and it's exciting.

The PUSH THE BUSH book is the brain-child of a group of seasoned and avid bush walkers who like to get out and walk together whenever possible, and who don't like the walk to end too soon for no other reason than not wanting something so good to finish.

This book of fifteen long day-walks is unique. None of the walks take less than five hours to complete and some much longer. Some walks are in a figure 8 and so allow for a shorter walk too. All walks are located within an easy hour and a half distance by car from Adelaide city. Bushwalkers can be assured of an adventurous relationship with the environment.

All this within South Australia, and you can be 'home' at night to recover from the exhilaration and challenge of an extended day in the bush. Those in search of a shorter walk are accommodated by the inclusion of figure eight walks.

Each walk is plotted on an accurate topographic map and accompanied by a set of concise track notes for those walkers not highly skilled in map reading.
It is envisaged that this book will not only benefit the walking community but also provide some income to help maintain the Heysen Trail and increase the membership of the 'Friends of the Heysen Trail'.

What more could a bushwalker want?