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Naked Hiking

Richard Foley

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Naked hiking is an exciting and healthy activity which can be enjoyed by everybody, male or female, of any age, almost anywhere. Perhaps you've wondered whether you could to it too, and if so how, or where might you begin? Or maybe you are an experienced naked hiker already, and feel like stretching your wings a little further by reading about other people's naked adventures in the great outdoors. Many people may be surprised to discover that hiking naked in public spaces is fully legal and actively supported in many countries all around the world. It is also an activity which is practiced by a large number of people in many different locations, from gently meandering around sunny lakesides, to easy rambling across rolling countryside, to the very tops of rocky alpine peaks. This book brings together some of the best writers on the subject, experts in their field, to share their intimate knowledge of naked hiking with you. Included are naked hiking reports, fully illustrated with pictures, from Nicole Wunram (author of "Nacktwandern"), Stephen Gough (the Naked Rambler), Olle Strand (author of "Sol, hälsa, glädje"), Richard Foley (author of "Active Nudists"), Stuart Pitsiligo (author of "Naturist, Red in Tooth and Claw"), and many others. Including over 80 full colour photographs

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