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Keith Foskett



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Shortlisted for Outdoor Book of the Year by *The Great Outdoors* magazine.

Keith Foskett's dream of escape started with a single step. When the long-distance hiker chose to backpack all 2,180 miles of the Appalachian Trail, he left ordinary life behind for five months. Enduring an incredible test of physical and psychological strength, Foskett was pushed to his limits...

Accompanied by an array of eclectic characters - including a drug dealer, a world-champion juggler and a sex-starved Minnesotan - he weaves a route through some of America's wildest landscapes and history, and writes with insight, humour and reflection. Attempting to keep his English sense of humour alive amidst the bumps and bruises, can Foskett

survive his journey of self-discovery to emerge victorious?

Shortlisted for *The Great Outdoors* magazine's Outdoor Book of the Year, Foskett's novel-like tale is as entertaining as it is insightful. Venture beyond the journal-entry style of most outdoor books and join the humorous hike of a lifetime.

Balancing on Blue is a superb standalone travel memoir. If you like living outside the box, escaping into the wild, and journeying deep into the unknown, then you'll love Keith Foskett's courageous trek.

Discover how this wilderness escape can change you too.

Reviews for *Balancing on Blue*

'A highly anticipated Appalachian Trail memoir, and well worth the wait.'

Daniel Neilson (*The Great Outdoors Magazine*)

'Amongst the bears, moose and rattlesnakes, climbing to 2000 metres, and countless aches and pains lives the memory of a special journey, the wonderful people who briefly share the experience with you, and the knowledge that lasts long after the final blister has healed. It's a lifetime's worth of adventurous memories crammed into one simple walk.'

Alastair Humphreys (Author, adventurer and a *National Geographic* Adventurer of the Year)

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The wilds of this planet are serene, peaceful and offer the chance to break away from a normal existence. Keith's wonderful perspective of the trail reflects this freedom.'

Jennifer Pharr Davis (Author and previous record holder for the fastest ever thru-hike of the Appalachian Trail).

'An entertaining and inspiring account of one of the world's longest walks and the people who walk it. Keith is a perfect walking companion for the ups and downs of the trail - his easy and understated style kept me turning the pages.'

Essential reading for those contemplating their own big adventure.'

David Lintern (*Outdoor Enthusiast Magazine*)

'This book is for anyone who's ever dreamed about a big adventure, as Fozzie spins a funny, thought-provoking and inspiring tale of thru-hiking the Appalachian Trail. You'll be handing in your notice and packing up your rucksack as soon as you've finished reading.'

Jenny Walters (*Country Walking Magazine*)

'Long distance backpacking trips can be monotonous, and it's often the same story for most books about them. *Balancing on Blue* is something completely different and once again, Keith invites you to the world that he calls home.'

Be prepared for great story telling, unique and interesting characters, humour and insight.'

Andrew Skurka (Long distance hiker, adventurer and *National Geographic* Adventurer of the Year 2007).

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