



## Hiking Log (Paperback)

By Tom Alyea

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This journal is part of the Discovery Series of Journals - a series of journals that record those special moments in your life. Hiking is a great way to get back in touch with a slower pace of life. The experiences while performing these activities are endless. Writing in a journal makes them timeless. This journal has plenty of space to: \* record the location, date, time and distance of your walks \* the type of walk (light, moderate, strenuous) \* the weather conditions \* companions that joined you along the way \* and details about the route you took You will find by using this journal that you have a very powerful reminder of your fitness journey. And, there are pages of motivating quotes and pictures to keep you inspired. One final thought is that you should write in your journal while you are on the trail. Don t leave it up to, I will remember that when I get home. Chances are you won t remember.



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### Reviews

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