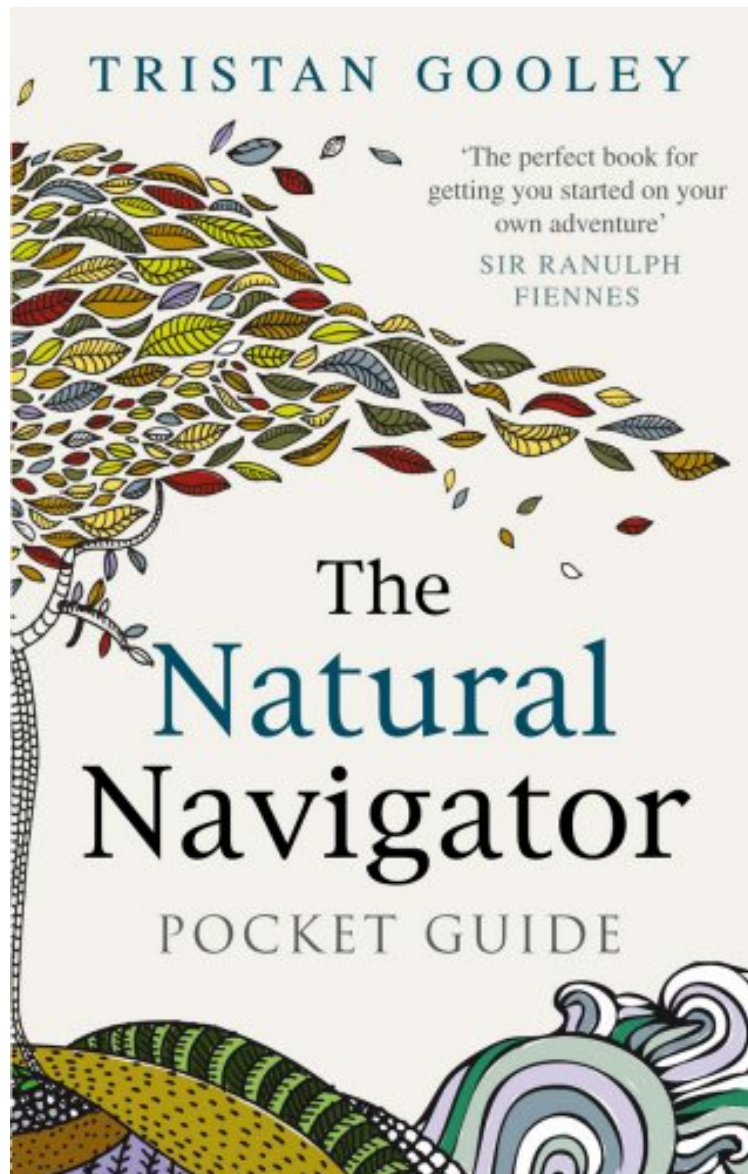


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## The Natural Navigator Pocket Guide

*Tristan Gooley*

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**Tristan Gooley : The Natural Navigator Pocket Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Natural Navigator Pocket Guide:

0 of 0 people found the following review helpful. Four StarsBy CustomerVery helpful and interesting.1 of 1 people found the following review helpful. To recover what we have all lost in 100 yearsBy robert stallardYou have to admire anyone who not only reminds you to smell the roses and be more mindful, but lives it himself everyday and every

mile. The antipathy of what surrounds us. Observation and intellectual curiosity almost to an extreme. Fun and enlightening.

Starting with a simple question - 'Which way am I looking?' - Tristan Gooley blends natural science, myth, folklore and the history of travel to introduce you to the rare and ancient art of finding your way using nature's own sign-posts, from the feel of a rock to the look of the moon. With Tristan's help, you'll learn why some trees grow the way they do and how they can help you find your way in the countryside. You'll discover how it's possible to find North simply by looking at a puddle and how natural signs can be used to navigate on the open ocean and in the heart of the city. Wonderfully detailed and full of fascinating stories, this is a glorious exploration of the rediscovered art of natural navigation. The Natural Navigator Pocket Guide is a user-friendly, practical book and the beautiful illustrations are a useful tool to help travellers on their instrument-free journey.

"The perfect book for getting you started on your own adventure" -- Ranulph Fiennes  
About the Author  
Tristan Gooley set up his natural navigation school, The Natural Navigator, after studying and practising the art for over ten years. His passion for the subject stems from hands-on experience. He has led expeditions in five continents, climbed mountains in Europe, Africa and Asia, sailed across oceans and piloted small aircraft to Africa and the Arctic. He is the only living person to have both flown and sailed solo across the Atlantic. Tristan is a Fellow of both the Royal Institute of Navigation and the Royal Geographical Society and is the Vice Chairman of Trailfinders. He lives with his wife and two sons in West Sussex.