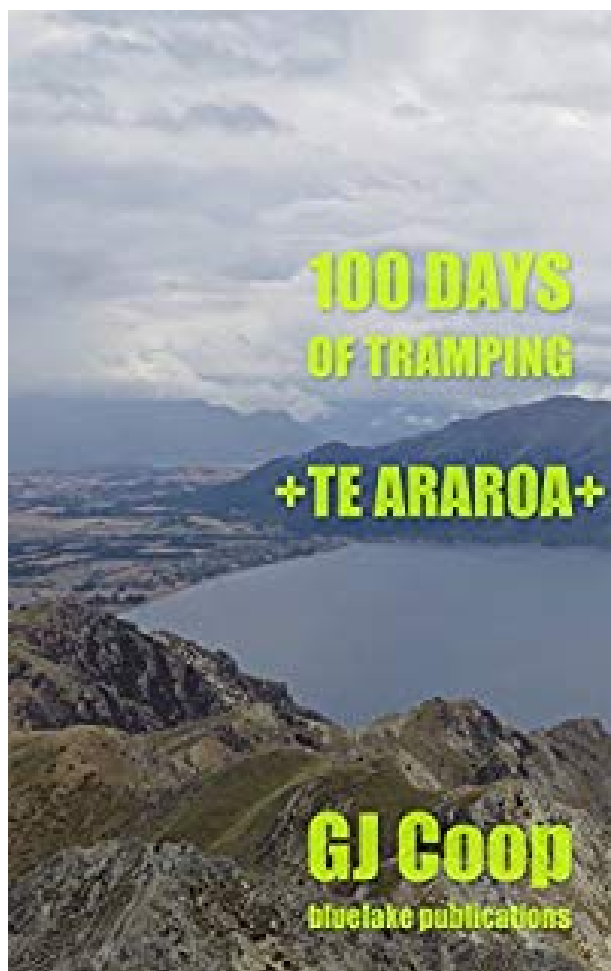


100 Days Walking Te Araroa



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[100 Days Walking Te Araroa.pdf](#)

[100 Days Walking Te Araroa.epub](#)

100 Days Walking Te Araroa answers the fundamental question: Why is a long break away from Civilisation, allowing the re-calibration of Life, important to long term well being? An opportunity to find a balance between mind and body, because Modern Life happens pretty much in our heads these days, dominated by screentime. Time to readjust the pendulum between thought and action. Oh, it is also a day to day account of a true New Zealand backcountry tramping Little Adventure.

GJ Coop spent 100, err, 101 days walking the 1300 km length of the South Island of New Zealand, the world's 12th biggest island. As a pre-ramble the first 16 days were spent on Stewart Island/Rakiura, attempting to get as far south as is sensibly possible in New Zealand. Like beyond 47° S. Sensibly, hunh? If it's so sensible, why was he the only one doing it? Yup, a great Little Adventure.