

MOVEABLE FEASTS

– an outdoor enthusiast's guide to what to eat and how to cook it

INFORMATION

This book is a guide to optimal nutrition and camp cooking for anyone who needs to cook or eat outdoors. Whether you're a seasoned mountaineer, backpacker, mountain biker, adventure racer or completely new to outdoor life, whether you're competing, hanging out with friends or exploring with the family, there's something here for you.

The book is presented in two parts – the first crammed with information and practical advice on everything from the best energy-giving foods to building a fire pit or avoiding water-borne illnesses. Part two contains nearly a hundred easy-to-follow recipes for nutritious, mouth-watering camp meals that will fuel you well into the next day's action, whatever it may be...enjoy!.



THE AUTHOR

In the working week Amy-Jane Beer is a biologist and a freelance writer and editor, with several books on natural history to her name. At other times she can usually be found in the kitchen or the great outdoors. She is a keen kayaker, hill walker and runner. Roy Halpin is a teacher of Geography and GIS. He has been involved in outdoor education for 20 years and is a qualified coach in several disciplines. He is never happier than when out exploring hills, rivers and dales.

OTHER TITLES

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Moveable Feasts

What to eat and how to cook it in the great outdoors



nutrition and
campsite
cooking for...
mountain bikers
adventure racers
mountaineers
fellrunners
paddlers
trekkers
climbers
families



Amy-Jane Beer
& Roy Halpin

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PRICE: £14.95

ISBN (13): 978 1 85284 534 6

CODE: 534

PUBLICATION: September 2008

AUTHOR: Amy-Jane Beer and Roy Halpin

CONTENTS: 21.0cm by 14.9cm. 288pp. Full colour throughout. PB laminated cover.

KEY MARKETING POINTS

- Cooking in the outdoors, for families, backpackers, mountain-bikers, paddlers and athletes
- With a vast array of recipes, tips, nutritional and equipment information

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2 Police Square, Milnthorpe, Cumbria, LA7 7PY
01539 562069 Fax: 01539 563417
Email: info@cicerone.co.uk