

Contents

Acknowledgements	vii
Introduction	xi

I. THE PACE OF THOUGHTS

I

1. Tracing a Headland: An Introduction	3
2. The Mind at Three Miles an Hour	14
3. Rising and Falling: The Theorists of Bipedalism	30
4. The Uphill Road to Grace: Some Pilgrimages	45
5. Labyrinths and Cadillacs: Walking into the Realm of the Symbolic	64

II. FROM THE GARDEN TO THE WILD

79

6. The Path Out of the Garden	81
7. The Legs of William Wordsworth	104
8. A Thousand Miles of Conventional Sentiment: The Literature of Walking	118
9. Mount Obscurity and Mount Arrival	133
10. Of Walking Clubs and Land Wars	148

III. LIVES OF THE STREETS

169

11. The Solitary Stroller and the City	171
12. Paris, or Botanizing on the Asphalt	196

13. Citizens of the Streets: Parties, Processions and Revolutions 214
14. Walking After Midnight: Women, Sex and Public Space 232

IV. PAST THE END OF THE ROAD

247

15. Aerobic Sisyphus and the Suburbanized Psyche 249
16. The Shape of a Walk 267
17. Las Vegas, or the Longest Distance Between Two Points 277

- Notes 293
Index 319
Sources for Foot Quotations 325