

Contents

1. Walking Is Not a Sport	1
2. Freedoms	3
3. Why I Am Such a Good Walker – Nietzsche	11
4. Outside	31
5. Slowness	35
6. The Passion for Escape – Rimbaud	39
7. Solitudes	53
8. Silences	59
9. The Walker's Waking Dreams – Rousseau	65
10. Eternities	81
11. Conquest of the Wilderness – Thoreau	87
12. Energy	103
13. Pilgrimage	107
14. Regeneration and Presence	121
15. The Cynic's Approach	129
16. States of Well-Being	139

CONTENTS

17. Melancholy Wandering – Nerval	147
18. A Daily Outing – Kant	153
19. Strolls	159
20. Public Gardens	169
21. The Urban Flâneur	175
22. Gravity	183
23. Elemental	189
24. Mystic and Politician – Gandhi	193
25. Repetition	207
Further Reading	219