The Routledge International Handbook of Walking

Edited by C. Michael Hall, Yael Ram and Noam Shoval
Contents

List of figures xi
List of tables xii
List of contributors xiv
Preface and acknowledgements xix

1 Introduction: walking – more than pedestrian
   C. Michael Hall, Yael Ram and Noam Shoval 1

PART I
Culture, Society and Historical Context 25

2 Walking in the capitalist city: on the socio-economic origins
   of walkable urbanism
   Anja Hälg Bieri 27

3 Radical twenty-first-century walkers and the Romantic qualities
   of leisure walking
   Phil Smith 37

4 Long-distance walking in films: promises of healing and
   redemption on the trail
   Warwick Frost and Jennifer Laing 46

5 Walking as pedagogy
   Karein K. Goertz 55

6 Walking in Germany: between recreation and ideology
   Dirk Reiser and Vanessa Jansen-Meinen 65

7 Walking and art: perambulating pleasures
   Ray Boland and Brian Wheeler 74
## PART II
### Social Practices, Perceptions and Behaviours

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Dog walking as a leisure activity</td>
<td>Yoshitaka Iwasaki</td>
</tr>
<tr>
<td>9</td>
<td>Walking in Switzerland: urban and not so leisurely</td>
<td>Derek P.T.H. Christie, Emmanuel Ravalet and Vincent Kaufmann</td>
</tr>
<tr>
<td>10</td>
<td>Purposeful leisure mobilities: reframing the walk to school</td>
<td>Debbie Hopkins and Sandra Mandic</td>
</tr>
<tr>
<td>11</td>
<td>Spiking: the quest for challenge and meaning among hikers</td>
<td>Ron McCarville and Chantel Pilon</td>
</tr>
<tr>
<td>12</td>
<td>On the beaten track: how do narratives from organised hiking differ from “real” hiking narratives?</td>
<td>Outi Rantala and Seija Tuulentie</td>
</tr>
<tr>
<td>13</td>
<td>Comparisons between hikers and non-hikers in Iceland: attitudes, behaviours and perceptions</td>
<td>Anna Dóra Sæþörsdóttir, C. Michael Hall and Þórkel Stefánsson</td>
</tr>
<tr>
<td>14</td>
<td>Passeggjata nuova: social travel in the era of the smartphone</td>
<td>Andrew Mondschein</td>
</tr>
<tr>
<td>15</td>
<td>Walking online: a netnography of China’s emerging hiking communities</td>
<td>Alexandra Witte and Kevin Hannam</td>
</tr>
</tbody>
</table>

## PART III
### Hiking Trails and Pilgrimage Routes

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Hut-to-hut-hiking trails: a comparative analysis of popular hiking destinations</td>
<td>Sven Gross and Kim Werner</td>
</tr>
<tr>
<td>17</td>
<td>Taking you home: the Masar Ibrahim Al-Khalil in Palestine</td>
<td>Rami K. Isaac</td>
</tr>
<tr>
<td>18</td>
<td>The Wales Coast Path: the world’s first national coastal footpath</td>
<td>Stephen Miles</td>
</tr>
</tbody>
</table>
Improving the experience quality of hiking trails: a setting-experience-relationship approach

Diana Müller, Heinz-Dieter Quack, Kathrin Schumacher and Franziska Thiele

Hikers' preferences and DMO strategies: contrasting perspectives and conflicting views?

Ingeborg M. Nordbo

Re-signifying smuggling: cross-border walking trails as a tourist experience in the Spanish-Portuguese border

Heriberto Cairo and Maria Lois

The solo-hike: a journey of distance and closeness

Hannelene Schilar

Walking to care: pilgrimage as a slow tourism development – Kumano-kodo pilgrimage, Wakayama, Japan

Kumi Kato

Hindu pilgrimage in India and walkability: theory and praxis

Subhajit Das and Manirul Islam

PART IV
Health, Well-being and Psychology

Rambling on: exploring the complexity of walking as a meaningful activity

Kirsty Finnie, Tania Wiseman and Neil Ravenscroft

Life-changing walks of mid-life adults

Robert Saunders, Betty Weiler and Jennifer Laing

Walking to promote increased physical activity

Ian Patterson, Shane Pegg and Wan Rabiah Wan Omar

Taking the first step: from physical inactivity towards a healthier lifestyle through leisure walking

Miia Grénman and Juulia Räikkönen

Dog walking in urban greenspaces

Giovanna Bertella
PART V
Method, Planning and Design 309

30 Walkable places for visitors: assessing and designing for walkability
   Yael Ram and C. Michael Hall 311

31 Walking on the shoulders of giants: historical mountain trails as management tools?
   Daniel Svensson, Sverker Sörlin, Annika Dahlberg, Peter Fredman
   and Sandra Wall-Reinius 330

32 Wayfinding design for rural flânerie in France
   Hélène Ducros 340

33 Community benefits from walking tourism in Western Norway
   Merete Kvamme Fabritius 350

34 When walking is no longer possible: investigating crowding and coping practices in urban tourism using commented walks
   Monika Popp 360

35 Assessing the walkability of urban public space with GIS technology:
   the hidden dimensions of security and community heritage
   Peter Schofield, Adele Doran and Ray Nolan 369

36 Developing a spatial pattern analysis method for evaluating trails in the mountains: the case of Beban Pass in Tierra del Fuego, Argentina
   Marisol Vereda and María Laura Borla 379

37 Improving the walkability of the Camino
   Xosé Somoza-Medina and Rubén Camilo Lois González 390

38 Walk on: conclusions and the future
   C. Michael Hall and Yael Ram 403

Index 413