



Autobiography & Memoir

Africa Trek: In the Footsteps of Mankind from the Cape of Good Hope to Mount Kilimanjaro

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What with planes trains and automobiles nowadays few travelers choose to amble about on foot but theres always an exception including Alexandre and Sonia Poussin an attractive French couple who set off on a three year 8700 mile walk from the Cape of Good Hope to the Sea of Galilee. *Africa Trek: In the Footsteps of Mankind from the Cape of Good Hope to Mount Kilimanjaro* (Inkwater Press 978-1-59299-357-4) is a fetchingly written story of bald-faced courage and chutzpah. Day after day the Poussins humbly sought the hospitality of individuals and families for lodging (a place to pitch their tent) and meals. They experienced the travelers gamut of discomforts from malaria hunger thirst lion attacks and constant uncertainty at times in very violent even war-torn terrain. In other words it was an adventure; exactly what they hoped. They write “Adventure is not sport nor is it absolute freedom. Its the ability to deal with the unexpected with little means and often in poor conditions. And there must be an aim. It cant be a runaway escape. Finally it is less about discovering oneself overcoming and enjoying than about sharing giving devoting. These are the ultimate adventures.”