

## Four Pairs of Boots: A 3,200 Kilometre Hike The Length of Japan

By Craig McLachlan

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Japan is a fascinating country! 125 million people in a country only slightly larger than New Zealand, and just as mountainous. We've all seen the TV footage - cramped housing, industrial haze and crowded trains - but what about 'the real Japan'? Spectacular mountains, twisting rivers, hidden harbours and rugged coastlines. This is the story of Craig McLachlan's 99 day walk from one end to the other in search of 'the real Japan'. 1993 - what a year to do it! The year of the endless rainy season! The year without a summer! The year of earthquakes, tsunami and typhoons - and sore feet! This is one of five books available on Amazon about McLachlan's various adventures in Japan. He has also climbed Japan's 100 Famous Mountains in record time (78 days!), hiked the 88 Sacred Temples of Shikoku Pilgrimage, journeyed around the Saigoku 33 Temples of Kannon Pilgrimage, and trekked from the Sea of Japan to the Pacific Ocean climbing all Japan's 3,000-meter peaks along the way. See [www.craigmclachlan.com](http://www.craigmclachlan.com).

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### **Editorial Review**

#### **About the Author**

A 'freelance anything' with an MBA from the University of Hawai'i, Craig has done a lot of adventuring in Japan! He has: - walked the length of Japan (3200kms in 99 days!). - hiked the 88 Sacred Temples of Shikoku Pilgrimage. - set a 78-day record for climbing the Hyakumeizan, Japan's 100 Famous Mountains. - journeyed around the Saigoku 33 Temples of Kannon Pilgrimage. - trekked from the Sea of Japan to the Pacific Ocean climbing all Japan's 3,000-meter peaks along the way. Books on all these adventures are available on Amazon in English and four have been published in Japan in Japanese. Craig also co-authors Lonely Planet's 'Japan' and 'Hiking in Japan' guidebooks and leads tours to Japan for Wilderness Travel. Craig's first novel, 'Kiwi Republic' is also available on Amazon. For more information on Craig, check out [www.craigmclachlan.com](http://www.craigmclachlan.com).

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#### **Suzanne Macdougall:**

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