Torbjørn Ekelund

In Praise of Paths. Walking through Time and Nature

Stiens historie. En reise til fots

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Torbjørn Ekelund takes the reader on a personal and fascinating journey through the history of the path, from when the first humans migrated north after the last ice age to the organised hiking trails of our time. *In Praise of Paths* is a tale of movement and sense of orientation, migration and shortcuts, about the migration routes of birds and animals, about the landscape's significance to our lives, about our inherited need to move around, and about what we have lost in an age where everyone sits in an office, drives a car and navigates using GPS.

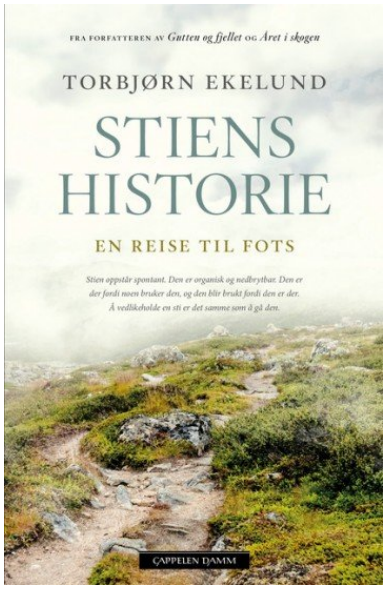

Photo: Marte Garmann

Torbjørn Ekelund (b. 1971) is a writer, author and part owner of the online magazine Harvest. He has earlier published the book *The Year in the Forrest - A Micro expedition* (*Året i skogen - En mikroekspedisjon*).

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