



# Israel Trail mit Herz: Das Heilige Land zu Fuß, allein und ohne Geld (German Edition)

*Christian Seebauer*

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1000 Kilometer in 46 Tagen! Quer durch die Wüste. Christian Seebauer beschließt, sich dieser Herausforderung zu stellen. Das Experiment: Er will den Israel National Trail - kurz Israel Trail - laufen, ohne einen einzigen Cent auszugeben. Das Ziel: An seine körperlichen und mentalen Grenzen zu gehen. Entschleunigen, sich Zeit nehmen. Nur mit Karte und Rucksack ausgestattet macht er sich auf den Weg. Temperaturen bis zu 35 Grad, endlose Weiten, atemberaubende Naturphänomene. Ein fesselnder Reisebericht über eine Reise zu sich selbst.

Inklusive 16-seitigem Bildteil.

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