

Anita and Wolfgang Gramer
Walking light - 7 naked hiking trips through Andalusia.

In the second book from our Naktiv series, we report on walking naked through one of the most fascinating landscapes of Europe. We renovate or farmhouse in the country in the nude, we work in our garden and cook nude too and we trail through the surrounding mountains naked. The main theme of the book describes our naked walks through the Nature Reserve of Cabo de Gata, one of the last unspoiled coastal landscapes of Europe. Seven tours lead the reader through impressive rock and dune scenery, and across plateaus from beach to beach. These trips are documented with many maps and 174 selected photos to show other naked walkers where to go.

In this special book we discover a new kind of leisure activity. The reader is drawn close to this unique and special experience of working and walking naked, and is also given the opportunity to discover a fresh quality of life. The meditative and spiritual aspects of this inner harmony opens the body and mind to the possibility of freeing up new potential and experience.

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translated by Richard Foley