

# THE OLD WAYS

*A Journey on Foot*

---

*Robert Macfarlane*



PENGUIN BOOKS

# CONTENTS

<i>Author's Note</i>	xi
----------------------	----

## PART I TRACKING (*England*)

1	Track	3
2	Path	11
3	Chalk	35
4	Silt	57

## PART II FOLLOWING (*Scotland*)

5	Water – South	85
6	Water – North	117
7	Peat	139
8	Gneiss	167
9	Granite	183

## PART III ROAMING (*Abroad*)

10	Limestone	209
11	Roots	233
12	Ice	259

*Contents*

PART IV HOMING

*(England)*

13	Snow	289
14	Flint	305
15	Ghost	331
16	Print	357
	<i>Glossary</i>	365
	<i>Notes</i>	375
	<i>Select Bibliography</i>	395
	<i>Acknowledgements</i>	409
	<i>Index of Selected Topics</i>	413