



INDIA: LOST & FOUND – MADCAP ADVENTURES

‘Good luck, my friend.’ Simple words said in passing by a holy man to David Grier on the streets of Mumbai. Grier didn’t know the man; he hardly saw him, in fact, but that encounter was a sign that the madcap idea he was investigating – whether or not it was, in fact, possible to run the length of India – was something he had to do.

With his hardy yet comical crew, he set off to run from the northernmost Hindu temple in the Himalayan foothills of Kashmir right down to the southern tip of India. Through mountain ranges and across rich farmlands and forests; dodging traffic, battling through smog-choked cities and across desert salt plains; fjording rivers and running (unwittingly) through a tiger sanctuary, they ran and ran. Armed with GPSs, maps and helpful directions, they got lost in India.

But through its beauty, its heaving masses and the remarkable resilience of its people, they found themselves, 93 days and 4008 km later, emerging a whole lot wiser at their journey’s end.

ABOUT THE AUTHOR

David Grier, renowned South African adventurer, has run the length of the Great Wall of China, run a smile round the coastline of South Africa, paddled from Mozambique to Madagascar and then run the length of the island, run the length of Great Britain, run across Cuba and, in this book, traversed India. He does all this for a charity, Cipla Miles for Smiles, which performs life-changing surgery on kids with cleft palates. A former chef, Grier also co-authored *The Real Meal Revolution*, a best-selling, record-breaking book that endorses low-carb, high-fat eating – an approach he uses to fuel his endurance running.

MARKET

- Part coffee-table book, part travel book, part ‘how to’ for budding adventurers, with a few recipes thrown in for good measure, this book embodies the multi-layered depth of India. Exploring it is an adventure in itself.
- Perfect for South Africans or people of all ages and nationalities interested in India, adventure, David Grier’s extreme endurance feats or the work of the Miles for Smiles charity.
- A street-level introduction to one of the world’s most vibrant countries, delving deep into the colour, the poverty and the warmth of its people, and the majesty of this massive country grappling at the intersection of ancient tradition and industrial progress.
- An inspirational read with insight into the personal aspects of Grier’s journey – the highs and lows, epiphanies and breakthroughs, and his ever-present determination to reach his goal.

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