



# Extreme Sleeps: Adventures of a Wild Camper

*Phoebe Smith*

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**Extreme Sleeps: Adventures of a Wild Camper** Phoebe Smith

**In a sometimes scary, frequently funny, and intriguing journey around the UK, Phoebe attempts to discover and conquer its wildest places**

*I had become official infatuated with what I call "extreme sleeping"—a kind of addictive high-adrenaline sport—but rather than being defined by pushing the boundaries of physical activity, my particular pursuit was marked by a distinct lack of it.*

Veteran globetrotter Phoebe Smith sets out to prove that outdoor adventures are available in the UK which rival anything found elsewhere in the world. From spending the night in the decaying wreckage of a World War II bomber at Bleaklow, to pitching next to the adrenaline-inducing sheer drops of Lizard Point, Phoebe's extreme sleeps defy her perceptions of the great outdoors and teach her about herself along the way.

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