
Follow the footsteps of the Greensboro Four. Stroll through ghostly Occoneechee Speedway. Relive history in downtown New Bern. These are but three of the thirty-four walks presented in great detail in this lively guidebook, one of the University of North Carolina Press's *Southern Gateways Guide* series, and a must for anyone who both loves history and enjoys the outdoors.

The author, a North Carolina native currently living in Winston-Salem, personally selected and walked each entry, and her enthusiasm for this task shines through. The contents are arranged in three historical (roughly chronological) sections, with a helpful geographic table of contents as well. Unfortunately there is no index, but the entries remain very accessible.

Each entry opens with the general historical context, followed by detailed walking directions and information about sights to see along the way. For each walk there is a map and, sometimes, a photo or two. Helpful specifics of distance, walking surface, hours, availability of restrooms, rules for pets, and even recommended footwear are included. Although occasionally it is difficult to place the small map in its larger geographic context, if you combine this book with a roadmap or GPS, you will be equipped with all you need to have a most satisfying experience. This reviewer personally has explored several of the walks and finds Setzer's entries accurate and informative. The guide would be a perfect gift for a North Carolina newcomer!

The author's infectious enthusiasm for her method of studying history makes one want to add new destinations to one's travel wish list. Setzer mixes the familiar—Kitty Hawk, Old Salem, Mount Mitchell—with the less familiar—Cooleemee Mill, Jones Lake State Park, tobacco history in Wilson. The walks may be urban, suburban, or rural; there is something for everyone. One could quibble over sites omitted, for example, historic Beaufort and my favorite, the North Carolina Zoo, but Setzer offers excellent diversity and geographic coverage.

This is a guidebook, not a historical tome, so, as the author says in her introduction, "No chapter describing any one walk could possibly tell everything that should be told along that particular route." She recommends local museums and visitor centers and includes twenty-three pages of additional sources at the end of the book. That said, this reviewer felt that each entry could stand alone as a mini-history, well and humorously written, very informative even if the reader never leaves home.

*Tar Heel History on Foot* will be very popular in public libraries and is recommended for high school and academic libraries as well. Teachers will find it helpful for field trips. Once readers discover this book, however, they will want their own personal copies for annotating and stuffing into a purse or backpack as they hit the open road.

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