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Travel Columnist Goes “Green” in New Book, Cites 120 Walking Tours in New York State

Plattsburgh, NY – Dr. Richard Frost, Plattsburgh’s *Press-Republican* travel columnist for the past two decades, has a new book featuring 120 walking tours in the Empire State. *One Foot Forward: Walks in Upstate New York* culminates years of research and hundreds of miles spent trekking streets, fields, and trails to many remarkable destinations. The book was released by Bloated Toe Publishing, and is available at www.bloatedtoe.com, or call toll-free 1-866-455-1071.

Frost emphasizes combining healthy exercise, low-impact “green” activities, and history. The guided tours cover mansions, waterfalls, forest trails, historic streets, gorges, industrial relics, architecture, and more. Woven into each detailed description is a mix of important and unusual historical information. The result is equally appealing to residents, tourists, and those unable to travel.

While dozens of guidebooks cover notable sites in New York City, *One Foot Forward* addresses upstate, north to the Canadian border and west to Buffalo. No other volume describes the wide range of wonders available in New York, along with their historical or natural significance.

Bloated Toe Publishing is a book publisher located in northern New York State. Since 2004, the company has specialized in producing volumes on regional history. Among their award-winning books is *Oliver’s War: An Adirondack Rebel Battles the Rockefeller Fortune*, winner of the 2008 Adirondack Literary Award for Best Book of Non-Fiction.

About The Author: Richard Frost grew up in Glens Falls, New York, before leaving for warmer climates. Eventually he returned to northern New York, where he practices medicine and writes about travel and history. Since 1988, Dr. Frost has written a weekly regional travel column for the *Press-Republican* in Plattsburgh, New York. *One Foot Forward* is his third book. He lives with his wife, Marty, and his Labrador retriever, Ripken, in the foothills of the northern Adirondacks.

Contact Information:

Publisher: Bloated Toe Publishing

Email: info@bloatedtoe.com

Phone: (518) 563-9469

Toll Free: 1-866-455-1071

Website: www.bloatedtoe.com

Write: Bloated Toe Enterprises, PO Box 324, Peru, NY 12972

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