

# ***A Philosophy of Walking***

Osher Life Long Learning Institute at University of Delaware, Wilmington – Spring 2022

Instructor: James J. Moser

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Prerequisites: None

Recommended text: *A Philosophy of Walking*, Frederic Gros, Verso, 2014 ISBN# 978-1-7816-8270-8

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Walking is more than putting one foot in front of the other. When walking, we reflect, take in the passing world, perhaps meditate, and maybe find ourselves.

This is a participatory exploration course. In class we virtually explore the imagery and thought of Frederic Gros through dramatic reading, imagination, and discussion. Outside of class we engage these ideas through actually walking each day and exploring what walking means in our lives. We will also examine, in more depth, various “walking” philosophers introduced by Frederic Gros.

## **Weekly Syllabus**

Portions of Gros’ book, *A Philosophy of Walking*, will be examined in class:

Week 1 – Course introduction; “Walking Is Not a Sport” & “Freedoms”

Week 2 – “Why I Am Such a Good Walker” -- **Nietzsche**

Week 3 – “Outside” & “Slowness”

Week 4 – “The Passion for Escape” -- **Rimbaud**

Week 5 – “Solitudes” & “Silences”

Week 6 – “The Walker’s Waking Dreams” -- **Rousseau**

Spring Break

Week 7 – “Eternities” & “Conquest of the Wilderness” -- **Thoreau**

Week 8 – “Energy” & “Pilgrimage”

Week 9 – “Regeneration and Presence” & “The Cynic’s Approach”

Week 10 – “States of Well-Being” & “Melancholy Wandering”

Week 11 – “A Daily Outing” – **Kant** & “Strolls”

Week 12 – “Gravity” & “Elemental”

Week 13 – “Mystic and Politician” – **Gandhi** & “Repetition”