

## 100 Hikes Of A Lifetime The Worlds Ultimate Scenic Trails

Great Hiking Trails of the World Trekking Beyond America's Best Day Hikes: Spectacular Single-Day Hikes Across the States Trail Tested Red Trails of the Wild Cabinets Second Edition Hiking the Wonderland Trail 50 Adventures in the 50 States Drives of a Lifetime Grandma Gatewood's Walk 59 Illustrated National Parks Walks of a Lifetime in America America's Great Mountain Trails Alpine Lakes Wilderness A History of the World in 500 Walks Day Hikes from the River Best Hikes with Children in Colorado National Trails of America Trails of the Angeles 100 Hikes in New Mexico 100 Hikes in Washington's North Cascades National Park Region Explorer's Guide 50 Hikes in the White Mountains: Hikes and Backpacking Trips in the High Peaks Region of New Hampshire (Seventh Edition) (Explorer's 50 Hikes) Walks of a Lifetime Backpacker The National Parks Coast to Coast Best Backpacking Trips in Montana, Wyoming, and Colorado Epic Hikes of the World Classic Hikes of the World 100 Classic Hikes in Southern California National Geographic Complete National Parks of Europe Day Hiking Los Angeles Best Desert Hikes Washington Long-Distance Hiking Classic Hikes of North America The Florida Trail The National Baseball Hall of Fame Collection DuPont Forest: A History The Ultimate Hiker's Gear Guide National Parks of the USA 100 Hikes of a Lifetime Fifty Places to Hike Before You Die

### Great Hiking Trails of the World

CLICK HERE to download the chapter on "Backpacking" from Hiking the Wonderland Trail "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine \* Comprehensive and affectionate guide to one of the nation's iconic wilderness trails \* Everything you need to help plan this 93-mile trek, whether done in one trip or several \* Lavish, full-color design, yet informative and practical, with 125 photographs and 18 maps \* Find even more details, updates and added trip extensions at [hikingthewonderlandtrail.com](http://hikingthewonderlandtrail.com) Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: \* How to work with the Wonderland Trail permit reservation system, and when to apply \* Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry \* How to pack the perfect backpack \* Food and fuel caching on the

## How To Download eBook 100 Hikes Of A Lifetime The Worlds Ultimate Scenic Trails

Wonderland, tips and instruction \* Detailed camp-to-camp route descriptions and suggested itineraries \* How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. Hiking the Wonderland Trail distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

### **Trekking Beyond**

Supreme long-distance hiker Andrew Skurka shares his hard-earned knowledge in this essential guide to backpacking gear and skills. Described by National Geographic as “one of the best traveled and fastest hikers on the planet,” and named “Adventurer of the Year” by Outside and “Person of the Year” by Backpacker, Skurka recounts what he’s learned from more than 30,000 miles of long-distance adventures, most recently a 4,700-mile 6-month loop around Alaska and Canada’s Yukon. Whether you’re a first-time backpacker, an occasional weekend warrior or a seasoned long-distance trekker, you’ll love this guide. Learn exactly what you need to carry – both on your back and between your ears – for all seasons and circumstances through a show-and-tell of clothing, footwear, backpacks, shelter and sleep systems, and more, as well as through detailed articles on foot care, campsite selection and hiking efficiency. Skurka’s practical and priceless recommendations give you all the tools and techniques you’ll need to hit the trail. From the Trade Paperback edition.

### **America's Best Day Hikes: Spectacular Single-Day Hikes Across the States**

- The how-to book for long-distance hikers who want to finish
- Tips to help aspiring long-distance hikers succeed, from determining nutrition of trail foods to dealing with the elements and medical challenges
- The first book to catalog the on-trail skills essential to long-distance hiking—setting up camp, dealing with blisters and chafing, avoiding repetitive stress injury
- Instructive feedback from thru-hikers on the AT and PCT on gear, food, and more

### **Trail Tested**

A collection of illustrated profiles of more than 175 members of the Baseball Hall of Fame.

### **Red**

## How To Download eBook 100 Hikes Of A Lifetime The Worlds Ultimate Scenic Trails

A stunning photographic journey to the world's most iconic walking destinations. Discover the epic drama of mountain trails, windswept coastal paths, dense forest walks and the immense canyons, glaciers and ocean vistas only your feet can take you to. Vivid essays introduce the world's best trekking regions - from the Himalayas to the Andes, the wilds of the Scottish Highlands to the dusty Australian Outback - exploring the challenges of walking these paths, the history of their formation and the sense of exploration and wonder to be found along these distinctive routes. Each route is accompanied by stunning photography, showcasing the variety of terrains and their magnificent vistas.

### **Trails of the Wild Cabinets Second Edition**

The rugged San Gabriel Mountains, rising starkly from the edge of the Los Angeles Basin, provide a sharp contrast to the hustle and bustle of the city and its surroundings. Angelinos across the county (a population of almost 10 million), as well as visitors from out of state, welcome the opportunity to escape from city chaos into the quiet wilderness. This 9th edition of the classic Wilderness Press guide has been revised and updated to reflect recent trail changes, and now includes trips in the Fish Canyon Narrows, along Alder Creek, and to Jones Peak, as well as perennial favorites such as Old Baldy, Mt. Wilson, and Devils Punchbowl. Each detailed trip description notes the distance, difficulty, and ideal season, and points out the highlights of the trail. The guide includes a companion 4-color waterproof topo map.

### **Hiking the Wonderland Trail**

Fifty Places to Hike Before You Die is the latest offering in the bestselling Fifty Places series. Chris Santella, along with top expedition leaders, explores the world's greatest walking adventures. Some, such as the Lunana Snowman Trek in Bhutan and the Kangshung Valley Trek in Tibet, are grueling multiweek adventures at high altitudes. Others, such as Japan's Nakesando Trail, move leisurely from village to village, allowing walkers to immerse themselves in the local culture. Whether it's climbing the Rwandan mountains to view mountain gorillas or strolling through bistros along Italy's Amalfi Coast, there's a memorable hike at everyone's level within these 50 chapters. With commentaries from expert trekkers and insider tips that lead the reader off the beaten path, Santella has again captured the special characteristics that make these must-visit destinations.

### **50 Adventures in the 50 States**

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Including updates and changes to all existing trails and maps, this book features information on approximately 15 new trails plus wheelchair-accessible hikes. 70 maps. 95 photos.

### **Drives of a Lifetime**

#### **Grandma Gatewood's Walk**

Set your spirit free on 50 amazing American adventures with this book that show cases the most exciting outdoors activities in each of the 50 states.

#### **59 Illustrated National Parks**

Discover the beauty and diversity of America's great outdoors in this tour of its most iconic national parks. Explore Florida's river-laced Everglades, travel down the white water rapids of the Grand Canyon, trek across the deserts of Death Valley and scale the soaring summits of the Rocky Mountains with this book that brings you up close to nature's greatest adventures. Packed with maps and fascinating facts about the flora and fauna unique to each park, this fully-illustrated coast-to-coast journey documents the nation's most magnificent and sacred places—and shows why they should be preserved for future generations to enjoy. Parks include: Acadia, Badlands, Big Bend, Biscayne, Bryce Canyon, Channel Islands, Death Valley, Denali, Everglades, Glacier, Glacier Bay, Grand Canyon, Great Smoky, Mountains, Hawaii volcanoes, Isle Royal, Mesa Verde, Olympic, Sequoia and Kings Canyon, Virgin Islands, Yellowstone and Yosemite.

#### **Walks of a Lifetime in America**

Hundreds of valuable tips and advice based on Justin Lichter's more than 35,000 miles of hiking across the country and beyond. Whether you're a new hiker looking for expert advice, an experienced hiker looking to hone your skills, or a thru-hiker gearing up for a 6-month trip, this book is packed with priceless information to make your trip a successful and comfortable one.

#### **America's Great Mountain Trails**

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The first guide to hiking the gorgeous landscape of New Mexico gets even better with this new edition. Veteran hiker and outdoor writer Craig Martin offers a remarkable variety of terrain to explore: from the Chihuahuan Desert in the south to extraordinary alpine lakes in the Sangre de Cristo Mountains to the north. Learn about the history of old mining camps, homesteads, and ghost towns. Experience stunning scenery such as hot springs, waterfalls, badlands, ancient settlements, and more. Book jacket.

### **Alpine Lakes Wilderness**

A hiker's inspirational bucket list is embodied in this lavishly illustrated celebration of our nation's one hundred best mountain trails. America's mountain trails lure us to exquisite heights, from the Atlantic Coast in Maine to the Pacific edge in California and the Northwest. These rugged yet seductive pathways call to all who seek both solace and adventure, whether out for a day hike or an extended backpacking expedition. America's Great Mountain Trails introduces readers to one hundred hikes of a lifetime. The book covers some of our nation's most legendary trails and some that are scarcely known, but all can take us on journeys to remarkable places. Between the ancient Appalachians and the Pacific Coast's uplift lie the Rockies, Desert Range, Sierra Nevadas, Cascade Mountains, Olympics, and more. Beyond are the resoundingly wild terrain of Alaska and the islands of Hawaii and Puerto Rico, which ascend like dreamy visions from the sea. Readers get practical details about the length and difficulty of each hike, along with concise directions to each trailhead, tips about the best seasons to go, advice on permit requirements, and a selection of alternate routes. An appendix offers information about what must be done to protect these special places so they'll remain alluring and rewarding to all the generations ahead. With fascinating text and beautiful photography by Tim Palmer, America's Great Mountain Trails is sure to become the definitive reference book to the most outstanding mountain trails in America.

### **A History of the World in 500 Walks**

A celebration of the 100 years of wilderness and wonder at the 59 National Parks.

### **Day Hikes from the River**

50 of the greatest hikes in the country, for all abilities and in all landscapes America's Best Day Hikes is a beautifully illustrated, best-of compendium featuring the most memorable one-day hikes in

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every region of the United States. Organized by region, this guide goes into detail about what makes each hike so remarkable and why it might be worth a detour or even a special journey for someone looking to broaden their horizons. All of the hikes are doable during daylight hours and none require camping. America's Best Day Hikes comes with all the information anyone would need to experience these unique locations, including details about the hike itself—difficulty, duration, seasonal hazards, etc.—as well as traveling, planning, and packing suggestions. All this paired with Dellinger's stunning photography makes this incredible volume a must-have for any lover of the outdoors.

### **Best Hikes with Children in Colorado**

### **National Trails of America**

[CLICK HERE](#) to download two free hikes from 100 Classic Hikes in Southern California \* Southern California nature in the full-color guidebook it deserves \* 100 of Southern California's best hikes \* At-a-glance tables help you select the hike that's right for you Southern California isn't just beaches and Hollywood. There are great trails to explore and this guidebook will help you find the hike that's right for your time, fitness, and interests. This region is a paradise for hikers, offering diverse landscapes: mountains, forests, deserts, and coastlines with many trails to explore. This hiking guidebook covers Death Valley, Pinnacles Monument, Kings Canyon, Sequoia, the southern Sierras, Tronna Pinnacles, Mojave National Preserve, the Santa Lucia Mountains, the Central Coast, the San Rafael, Santa Ynez, and the Sierra Madra Mountains, Channel Islands, Santa Monica Mountains National Recreation Area, Angeles, San Bernardino, and Cleveland National Forests, Anza Borrego State Park, and Joshua Tree. As a bonus, 100 Classic Hikes in Southern California also includes a few trails north of the 37th parallel -- the White Mountains, Yosemite, and the eastern Sierra. Handy features in the guide include topographic maps, elevation profiles, sidebar tips, and a hikes-at-a-glance chart to help readers find the hikes they want quickly and easily.

### **Trails of the Angeles**

Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

### **100 Hikes in New Mexico**

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

### **100 Hikes in Washington's North Cascades National Park Region**

Discover European wilderness--from Croatia's coastline to Scotland's highlands--in this comprehensive guide to pristine parks and wild spaces, full of photos, maps, and tips. In these rich and informative pages, the travel pros at National Geographic bring you the premier guide to 460 national parks of Europe. Find your way to Snowdonia in Wales, offering more than 1,490 miles of walking trails through thick forests, coastal beaches, deep lakes, and jagged mountains. Catch a glimpse of more than 10,000 species inhabiting Germany's Bavarian Forest. Explore the flora and fauna while camping amid the twin

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peaks of France's Pyrénées. Or visit "the home of the giants," Norway's Jotunheimen park, containing the country's 29 highest peaks and plenty of backcountry hiking. This breathtaking tour spans the entire continent and will inspire your next grand adventure with more than 400 photos, 55 maps, rich histories, exciting itineraries, and need-to-know tips from what to do and how to get there. Each entry includes favorite spots for viewing scenery and wildlife, the best trails to walk or hike, and insights into what makes each of these parks worth visiting. Inspiring and informative, this illuminating guide will help you to experience Europe in a whole new way.

### **Explorer's Guide 50 Hikes in the White Mountains: Hikes and Backpacking Trips in the High Peaks Region of New Hampshire (Seventh Edition) (Explorer's 50 Hikes)**

Walk the World's Greatest Trails To walk is to discover, from those first halting steps as a child to walking the world's greatest long-distance trails. Experience breathtaking coastlines, mountain ranges, historic landscapes, wilderness areas, religious pilgrimages, great cities, and iconic rivers. Walk to learn more about our beautiful and curious world, to be healthy and happy, to add adventure and authenticity to life, and to learn something about yourself in the process. Walking is simple, but it can also be profound. Veteran outdoor enthusiasts Robert and Martha Manning invite readers to experience the joy of walking in Walks of a Lifetime. They offer firsthand descriptions of thirty of the world's great long-distance trails and multiday walks, including personal anecdotes, natural and cultural history, practical tips, and full-color photographs and maps. Walks range from inn-to-inn routes to backpacking treks and are found across North America, Europe, Asia, Australia, and the Pacific. Trail descriptions are accompanied by a series of short, engaging essays on the many dimensions of walking.

### **Walks of a Lifetime**

From prehistory to the present day, take a grand tour of world events at eye-level perspective with accounts that combine knowledgeable commentary with practical detail. You may even be inspired to lace up your own boots! From geologic upheavals and mad kings to trade routes and saints' ways, this book relates the tales behind the top 500 walks that have shaped our society. It's easy to imagine travelling back in time as you read about convicts and conquistadors, silk traders and Buddhists who have hiked along routes for purposes as varied as the terrain they covered.

### **Backpacker The National Parks Coast to Coast**

### **Best Backpacking Trips in Montana, Wyoming, and Colorado**

Nature is just around the corner in the City of Angels

### **Epic Hikes of the World**

National Geographic presents the great outdoors through the world's best auto trips, for nature lovers, hikers, and adventurers. Pack your suitcase, load up the car, and head for the open road! This lavishly illustrated, hardcover travel planner and gift book gives you every bit of information you'll need to navigate 400 amazing driving routes in some of the world's most fascinating locales. This practical travel planner provides specific, in-depth descriptions of the sights each drive offers. A clear, detailed, easy-to-read map of each route. Useful information on the best time to travel. And insider tips to help you get the most out of every fabulous trip. Abundant sidebars call your attention to standout sights along the drive or entertaining background information on the region and its culture. While handy indeed as a planner, *Drives of a Lifetime* doubles as a full-color gift book with more than 200 dazzling, large-format photos and crisp, evocative text that will enchant armchair travelers. The book immerses you in the unique appeal and beauty of hundreds of inviting locales. Sample entries include the road to the spectacular ancient ruins in and around Angkor Wat in Cambodia; the Natchez Trace Parkway, along an ancient Native American trail through Mississippi; the scenic old coastal route from Dublin to Wexford in Ireland; an off-road dune drive in Dubai; the famous ocean views along the Cabot Trail in Nova Scotia, Canada; the Winelands Route through South Africa's Western Cape; a drive among the incredible land formations in South Dakota's Badlands; and an archaeological tour through Syria. In addition, you'll find several fun Top Ten lists: skyscraping drives, Mediterranean island roads, African wildlife excursions, and more. Chapters organized by theme include Ultimate Road Trips, featuring famous drives such as Highway One down the California coast; Over Hill and Mountains; By Sea and Shore; The Road Less Traveled, highlighting unpaved and untamed routes and safaris; Village Byways through some of the world's most picturesque hamlets; and Historic Trails, tracing the paths of history's great builders and explorers. Whether you travel these storied routes by car or through the pages of the book--countless wonders await your discovery in *Drives of a Lifetime*.

### **Classic Hikes of the World**

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Red is a brilliantly told, captivating history of red hair throughout the ages. A book that breaks new ground, dispels myths, and reinforces the special nature of being a redhead, with a look at multiple disciplines, including science, religion, politics, feminism and sexuality, literature, and art. With an obsessive fascination that is as contagious as it is compelling, author Jacky Colliss Harvey (herself a redhead) begins her exploration of red hair in prehistory and traces the redhead gene as it made its way out of Africa with the early human diaspora to its emergence under Northern skies. She goes on to explore red hair in the ancient world; the prejudice manifested against red hair across medieval Europe; red hair during the Renaissance as both an indicator of Jewishness during the Inquisition and the height of fashion in Protestant England, under the reign of Henry VIII and Elizabeth I; the modern age of art and literature, and the first positive symbols of red hair in children's characters; modern medicine and science and the genetic and chemical decoding of red hair; and finally, red hair in contemporary culture, from advertising and exploitation to "gingerism" and the new movement against bullying.

### **100 Classic Hikes in Southern California**

One of only 11 National Scenic Trails in America, the Florida Trail was first blazed in October, 1966. Documenting a half century of progress of the creation of America's most unique National Scenic Trail - which stretches from the Big Cypress Swamp to Pensacola Beach, this full-color book weaves together past and present, showcasing the trail's beauty while explaining how it was created. Stories from participants in the process capture the moments that built momentum for both the Florida Trail and the Florida Trail Association.

### **National Geographic Complete National Parks of Europe**

This ultimate hiker's bucket list, from the celebrated Appalachian Trail to Micronesia's off-the-beaten-path Six Waterfalls Hike, treks through 100 energizing experiences for all levels. Filled with beautiful National Geographic photography, wisdom from expert hikers like Andrew Skurka, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes--California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala--to multiday excursions like Mt. Meru in Tanzania and multi-week treks (Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia), you'll find a hike that matches your interests and skill level. Crossing all continents and climates (from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National Parks), as well as experiences (a wine

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route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming,) there is a trail for everyone in these pages. So pack your gear and lace your boots: this comprehensive and innovative guide will lead you to experience the best hikes of your life!

### **Day Hiking Los Angeles**

Explore the crystal clear waters on the Summit Lakes Trail at Lassen Volcanic National Park, take in the expansive views at Shenandoah National Park's Old Rag Mountain, or traverse the sandstone cliffs at Angel's Landing in Zion National Park. Choose your adventure from any of the forty-four national parks profiled throughout the book. This book delivers jaw-dropping photos, detailed hike descriptions and maps, ranger essays, and more, all of which combine to create an intimate look at the best our national parks have to offer.

### **Best Desert Hikes Washington**

Best Backpacking Trips in Montana, Wyoming, and Colorado provides everything you need to know to organize and execute the best backpacking trips in the Mountain West. Mike White and Douglas Lorain, who have walked every mile of the trails described inside, take readers and hikers into some of the wildest and most scenic backcountry landscapes in the nation and help them design the ultimate trip. Focusing on one-week excursions, the book offers details on all the aspects of trip planning—trail narratives, technical data, maps, gear, food, information on regulations and permits, and more. But it is more than a basic guidebook. Trip information is enriched by valuable and interesting sidebars on history and ecology that will increase appreciation for these natural areas and the people who were instrumental in their discovery or protection. In Best Backpacking Trips in Montana, Wyoming, and Colorado, White and Lorain pass on their knowledge of quality hikes, planning and preparation, and the unique satisfaction of multi-day backpacking. This guide, put into practice, will result in the trip of a lifetime.

### **Long-Distance Hiking**

Outlines definitive hiking tours recommended by the author as definitive forays into some of the world's most scenic or naturally significant locales, in a collection of weekend, four-day, and multi-week hikes that do not require technical mountaineering skills and features such sites as the Grand Canyon, Mount Kilimanjaro, and the French Alps. 20,000 first printing.

### **Classic Hikes of North America**

\* Prime hiking for fall, winter, and spring \* Organized by quick access from Spokane, the TriCities, Yakima-Ellensburg, and Wenatchee-Chelan \* 100 hikes, from short half-day trips (1-5 miles) to overnights If you're used to tight, tree-lined trails through (often-dripping) evergreens, it's time for a guidebook to an entirely different world: the high desert of central and eastern Washington. It's desert, yes -- but not the Lawrence of Arabia kind. This landscape of sagebrush and rimrock canyons is starkly beautiful and rich in plant and animal life. It offers mild temperatures in fall, prime wildlife viewing in winter, and an explosion of wildflowers in spring. Best Desert Hikes: Washington is a great way to extend your hiking through three-seasons -- a Hikes at a Glance chart in the front of the book lists best time to go for each trail. Some of these hikes follow designated trails; others guide you along the contours of the land for a more individual experience. There are tips on hiking in desert conditions, too.

### **The Florida Trail**

"A guide to the nation's great national parks and their best hikes, ranging from short day hikes to backpacking treks and featuring scenic vistas, waterfalls, and information on lodging opportunities. Includes color photographs throughout"--

### **The National Baseball Hall of Fame Collection**

Hikers will be thrilled to learn that Washington's top trail experts have updated their popular North Cascades guidebook! With an emphasis on "green-bonding" ethics and trail maintenance values, Ira Spring and Harvey Manning lead you over icy glaciers and through heather-filled meadows. Visit blissful Cow Heaven and admire the luxurious, birds-eye view of Whitehorse Mountain, or drop down between forested peaks to Black Lake's cool, shady shores. Whether seeking a short jaunt, day hike, or overnight backpack trip, you are sure to find everything you need to know in this updated guide.

### **DuPont Forest: A History**

Lace up your boots, grab this guide, and explore the great outdoors! The original 50 Hikes guide is new again, covering northern New England's most legendary range, the crown jewel of Northeast hiking. The

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splendor of the White Mountains will inspire you Notch, Crawford Notch, and Pinkham Notch regions, as well as picturesque hikes off the Kancamagus Highway and to the peaks of the Presidential Range. Writer Daniel Doan hiked the White Mountains for nearly 70 years and wrote two hiking guides to NH's trails, among many other books. A recipient of the New Hampshire Writers' Project Lifetime Achievement Award, he died in 1993. His daughter, Ruth Doan MacDougall, has updated his hiking guides ever since. A novelist, she has also received the NHWP Lifetime Achievement Award.

### **The Ultimate Hiker's Gear Guide**

Emma Gatewood was the first woman to hike the entire Appalachian Trail alone, as well as the first person—man or woman—to walk it twice and three times and she did it all after the age of 65. This is the first and only biography of Grandma Gatewood, as the reporters called her, who became a hiking celebrity in the 1950s and '60s. She appeared on TV with Groucho Marx and Art Linkletter, and on the pages of Sports Illustrated. The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance, and very likely saved the trail from extinction. Author Ben Montgomery was given unprecedented access to Gatewood's own diaries, trail journals, and correspondence. He also unearthed historic newspaper and magazine articles and interviewed surviving family members and hikers Gatewood met along the trail. The inspiring story of Emma Gatewood illustrates the full power of human spirit and determination.

### **National Parks of the USA**

Analyzes and grades twenty five different hikes around North America, providing detailed maps, photographs, and discussions of the best times to go and potential weather and wildlife hazards.

### **100 Hikes of a Lifetime**

This is the first-ever guidebook to focus exclusively on the Cabinet Mountains, the magnificent but little-known mountain range stretching from northern Idaho some 150 miles southeast into Montana. Revised by inveterate hiker Jim Mellen, the second edition has more hikes and corrections and changes to trails. This indispensable guide for hikers also includes an appendix identifying trails suitable for mountain bikers. The book has detailed descriptions for 85 trails, numerous maps and photos, and a features chart to help readers more easily find trails with major points of interest, such as lakes,

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waterfalls, old-growth forests, lookouts and peaks. The second edition also includes GPS coordinates for each trailhead, as well indexes by trail name and number, gear and "Leave No Trace" ethics. Author Dennis Nicholls also provides a sketch of the range's human and natural history, and he livens up the text with essays drawn from his own hikes into the Cabinets.

### **Fifty Places to Hike Before You Die**

100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds. Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, Alpine Lakes Wilderness, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste. Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

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