

# 19

FALL/  
WINTER  
CATALOG



MOUNTAINEERS BOOKS



recreation • lifestyle • conservation

**It's all about  
the outdoors.**

Mountaineers Books is an  
independent nonprofit publisher



**MOUNTAINEERS BOOKS** is the publishing division of The Mountaineers, a nonprofit membership organization that has been a leader in outdoor education for more than 100 years. Mountaineers Books publishes regional activity guidebooks, sports instructional texts, and nonfiction adventures.



Photo by Sandra Hinchman from *Hiking Southwest Canyon Country*, page 17

# CONTENTS

## NEW FOR FALL/WINTER ..... 4

### PREVIOUSLY PUBLISHED

|                                    |    |
|------------------------------------|----|
| Braided River (conservation) ..... | 22 |
| Skipstone (lifestyle) .....        | 24 |

### MOUNTAINEERS BOOKS INSTRUCTIONALS

|                                   |    |
|-----------------------------------|----|
| Outdoor Basics .....              | 28 |
| Climbing .....                    | 31 |
| First Aid, Rescue, Survival ..... | 34 |
| Fitness.....                      | 35 |
| Winter Sports .....               | 36 |
| Water Sports .....                | 36 |

### MOUNTAINEERS BOOKS GUIDEBOOKS

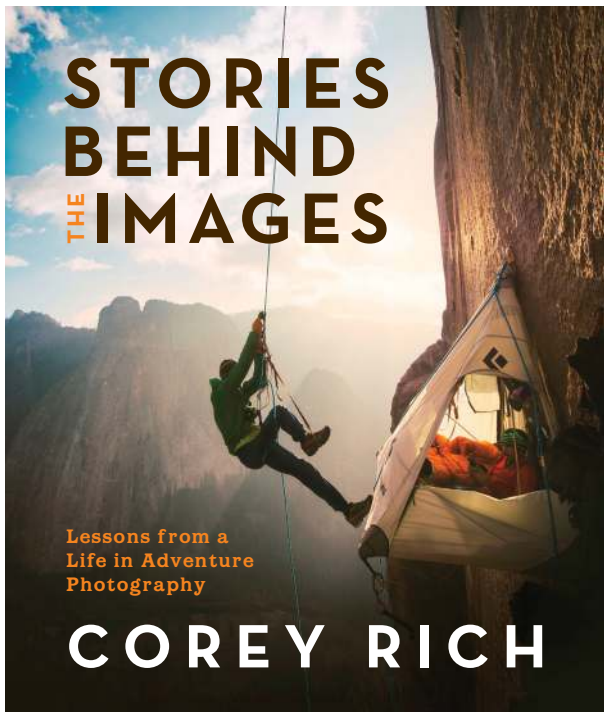
|   |    |
|---|----|
| Climbing.....                               | 37 |
| Cycling/Adventure Cycling Association ..... | 39 |
| Hiking/Colorado Mountain Club .....         | 43 |
| Family Adventure/Travel & Trekking .....    | 51 |
| Water Sports .....                          | 53 |
| Winter Sports .....                         | 54 |
| Natural History.....                        | 55 |
| Photography .....                           | 57 |
| Gift .....                                  | 57 |
| Stories.....                                | 58 |



**SKIPSTONE** is our imprint for people striving to live a sustainable lifestyle, which for us means digging in the garden, thinking about what we eat, treating all creatures with respect, and finding ways to reduce our carbon footprint.



**BRAIDED RIVER** features our conservation titles, which use the emotive power of books as key tools in advocacy campaigns. We work with well-known nonprofit partners and reach millions of passionate citizens with messages for solving problems to make the world a better place for present and future generations.



## STORIES BEHIND THE IMAGES

*Lessons from a Life in Adventure Photography*

COREY RICH

AVAILABLE IN SEPTEMBER

288 pages | 8½ x 10 | \$29.95 | paperback

130 color photos

ISBN 978-1-68051-264-9

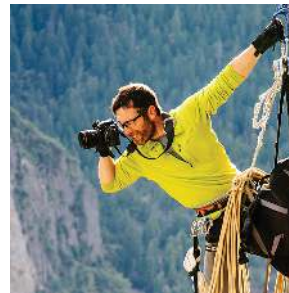
ACTION SPORTS/PHOTOGRAPHY | Rights: World

**No one has documented the growth of outdoor adventure culture quite like Corey Rich.**

- The author is one of the most sought-after photographers in action sports.
- Energetic, thoughtful, and humorous essays reveal how iconic images of climbers, kayakers, surfers, explorers, runners, and more were captured.
- Extreme environments require an extreme photographer!

From his early days working out of his dorm room and shooting on film to becoming a Nikon ambassador and official photographer of the historic Dawn Wall ascent, Corey Rich has been capturing iconic shots of adventure superstars for more than two decades. Now Corey tells how he got some of his favorite images of climbers, adventurers, skiers, performance artists, and more. He shares insights into the business of photography, photography tips, outdoor lessons, and what he has learned about human nature along the way. Featured outdoor athletes include:

- Tommy Caldwell
- Project Bandaloop
- Beth Rodden
- Lynn Hill
- Ashima Shiraishi
- Kelly Slater
- Bear Grylls
- Alex Honnold
- Fred Beckey
- and many more



**COREY RICH'S** career began in the '90s when, as a college kid, he traveled the country in a beat-up Honda Civic, photographing rock climbers. As his skills and reputation grew along with the popularity of climbing and other action sports, Corey was there to tell the stories of some of the world's best athletes. Corey's work has appeared on nearly 100 magazine covers and in the pages of the *New York Times Magazine*, *Sports Illustrated*, and *National Geographic*. He lives in South Lake Tahoe with his family.

#### ONLINE:

CoreyRich.com

 @coreyrichproductions

 @corey.rich.productions

 @coreyrich

“A life well lived is the reflection of a world-class person. That is Corey! His courage, creativity, and photographic brilliance is inspirational. World-class is the essence of *Stories Behind the Images*.”

—Tom Frost, *Yosemite climbing and adventure photography pioneer*

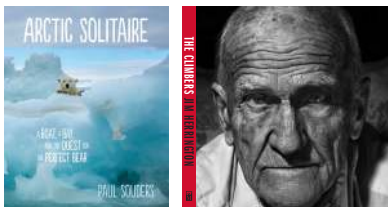
“Corey Rich is one of the best visual storytellers out there. *Stories Behind the Images* is a behind-the-scenes look that shows you that the person holding the camera is perhaps the biggest adventurer of them all. I absolutely love this book.”

—Tommy Caldwell,  
*professional climber*

“Corey Rich is one of those rare breeds that marries multiple skills and somehow makes 2 and 2 add up to 5. As a true artist, he is as fine a photographer as he is a climber, teacher, mentor, speaker, and storyteller.”

—Rich Clarkson, *former director of photography at National Geographic and founder of Clarkson Creative and Summit Workshops*

#### YOU MAY ALSO LIKE



## PREFACE: STORIES BEHIND THE IMAGES

By Corey Rich

When I was thirteen years old, I won a pull-up contest. I did thirty-five and shattered the school record. It ended up being one of the more pivotal moments of my life.

It wasn't classmate recognition that made this moment memorable, however. It was

what happened next. A teacher, Bob Porter, took notice of my thirty-five pull-ups and invited me to go rock climbing with him. “Not bad, kid. You ever climb rocks?” he asked. The following Saturday, at 5 a.m., my father dropped my older brother, Scott, and me off at the parking lot of the Quartz Hill High School in Antelope Valley, California. Bob and the math teacher, George Egbert, were already there waiting.

We loaded up into our teacher's truck. As soon as we pulled out of the lot, Bob ripped open a box of forty powdered donuts and placed them on the center console. “Help yourselves, fellas!” he said.

Moments later, he had a large coffee from 7-Eleven in one hand, and a can of Budweiser in the other, and he was steering with his knees. Given that I don't know the statute of limitations for this sort of behavior, let's be safe and say that the can of beer was closed, OK? Sugar, caffeine, alcohol, and danger—and no parents in sight. I instantly knew this was the life for me.

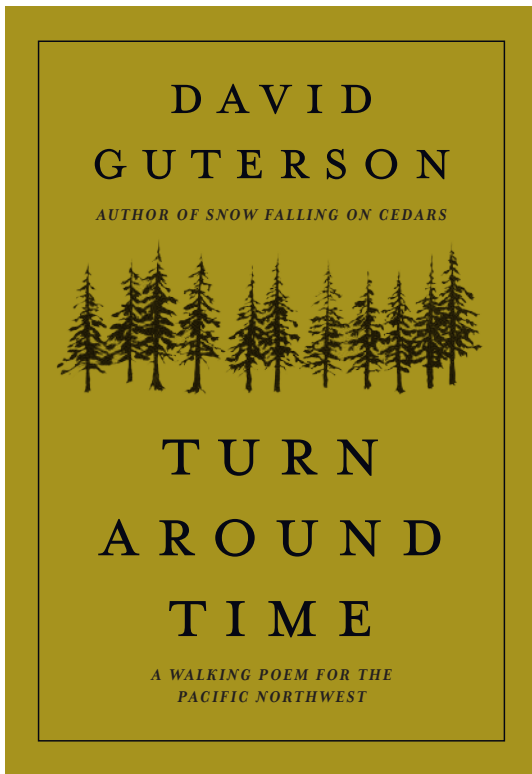
We spent the day climbing at Dome Rock, just down the road from the more famous Needles. I fell in love with climbing immediately. It was a physical, mental, and emotional experience—challenging in every meaningful way. And it was all taking place in a beautiful, wild setting unlike any I'd seen before. Most important, I was having an experience that would become a story that I could call my own.

I picked up my first camera the very next week.

To me, climbing and photography will forever be two passions intertwined. They are merely the weird, quirky, and sometimes adventurous vehicles that have allowed me to do what I really love most: explore the world and come home with good stories.

*Stories Behind the Images* is a culmination of a passion that was first instilled in me when I was thirteen years old, climbed my first real rock climbs, and picked up my first camera. What it has become is a testament to the power of adventure, creativity, and passion—and the fact that owning a camera is a pretty damn great excuse to go out there, explore the world, and start collecting stories of your own.

*(This excerpt has been edited for length.)*



## TURN AROUND TIME

*A Walking Poem for the Pacific Northwest*

DAVID GUTERSON

ILLUSTRATIONS BY JUSTIN GIBBENS

AVAILABLE IN SEPTEMBER

144 pages | 5 x 7¼ | \$21.95 | hardcover

35 illustrations | ISBN 978-1-68051-265-6

NORTHWEST/REGIONAL LITERATURE/GIFT

Rights: English language

**The ultimate Northwest gift: a narrative poem about trails and hiking, wilderness and wonder, aging and myth—by one of the region's most beloved writers**

- Reflections on life and landscape expressed in elegant verse
- By the *New York Times* best-selling author of *Snow Falling on Cedars*
- Beautiful, illustrated package

Most outdoor enthusiasts understand the phrase “turn around time” as that point in an adventure when you must cease heading out in order to have enough time to safely return to camp or home—regardless of whether you have reached your destination. For award-winning novelist David Guterson, it is also a metaphor for where we find ourselves in the middle of our lives, and his new narrative poem explores this idea through a lyrical journey along a trail, much like those in Washington’s mountain ranges he hiked while growing up.

Even outdoor-lovers who are not normally readers of poetry will relate to the physicality of hiking represented here, from endless trail switchbacks to foot and ankle pains. There is a fast-moving, propulsive quality to David’s writing, with lush language, vivid imagery, and pacing that resonates as a journey on foot. His words are brought further to life by the delicate yet mythical illustrations by award-winning artist Justin Gibbens.



**DAVID GUTERSON** is a novelist, short story writer, poet, essayist, and journalist. He is best known for his award-winning debut novel, *Snow Falling on Cedars*, which won both the PEN/Faulkner Award and the American Booksellers Association Book of the Year Award. It has sold more than four million copies and was adapted as a major motion picture. He lives on Bainbridge Island near Seattle with his wife Robin. They have five children.

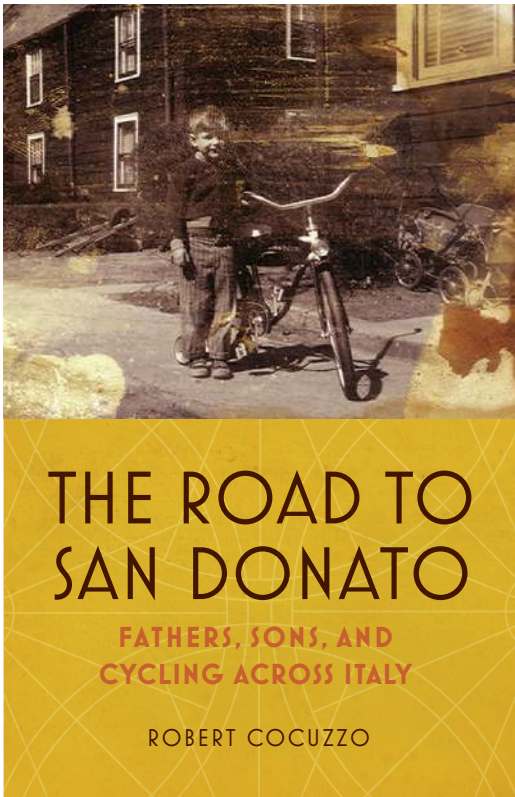
**ONLINE:**

 @davidgutersonauthor

The work of artist **JUSTIN GIBBENS** is collected by individuals and institutions, including Washington Arts Consortium, Grinnell College, Microsoft, and the Tacoma Art Museum. He is represented by G. Gibson Gallery in Seattle and Elizabeth Leach Gallery in Portland and lives in Thorp, Washington.

**ONLINE:**

JustinGibbens.com



## THE ROAD TO SAN DONATO

*Fathers, Sons, and Cycling Across Italy*

ROBERT COCUZZO

AVAILABLE IN SEPTEMBER

224 pages | 5½ x 8½ | \$24.95 | hardcover

25 color photos | 1 map

ISBN 978-1-68051-244-1 | ebook 978-1-68051-245-8

MEMOIR/ADVENTURE TRAVEL/CYCLING

Rights: English language

**A father-son adventure story set under the warm Tuscan sun, and exploring Italy's famed cycling community and the long, historic reach of World War II**

- Cycling together reveals new aspects of a father-son relationship
- The village of San Donato is full of unexpected family and history
- Italy is one of the top cycling destinations in the world

*The Road to San Donato* is an adventurous and nostalgic bicycling memoir of an American father and son tracing their Italian heritage. Riding rental bikes and carrying a bare minimum of supplies, Rob Cocuzzo and his sixty-four-year-old father, Stephen, embark on a 425-mile ride from Florence to San Donato Val di Comino, an ancient village in the mountains outside of Rome from which the Cocuzzo family emigrated a hundred years earlier.

Prompted by Rob's ailing grandfather, who regrets having never visited his home village, the two cyclists pledge to make the trip in the old man's honor. Despite an expired passport, getting lost, some near misses, and other misadventures, the father and son finally reach the quirky village of San Donato. For Italian Jews in the 1940s, the road to San Donato was one of exile, and many of the people in the village banded together to protect nearly a hundred Jews. While meeting his many new "cousins," Rob attempts to unlock this history and glean what role his family played at the time—resistors or collaborators? *The Road to San Donato* is a generational story that many Americans share and a travel adventure not to be missed.



**ROBERT COCUZZO** is an editor, journalist, and author of the critically acclaimed *Tracking the Wild Coomba: The Life of Legendary Skier Doug Coombs*. He is also the editor of *Nantucket Magazine* and has written for *Outside*, *Town & Country*, *Departures*, *Luxury*, and *Boston Common*. Rob and his wife, Jenny, live with their daughter in Arlington, Massachusetts.

### ONLINE:

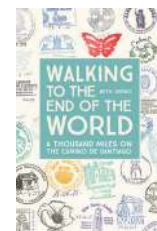
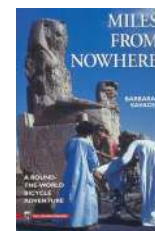
RobertCocuzzo.com

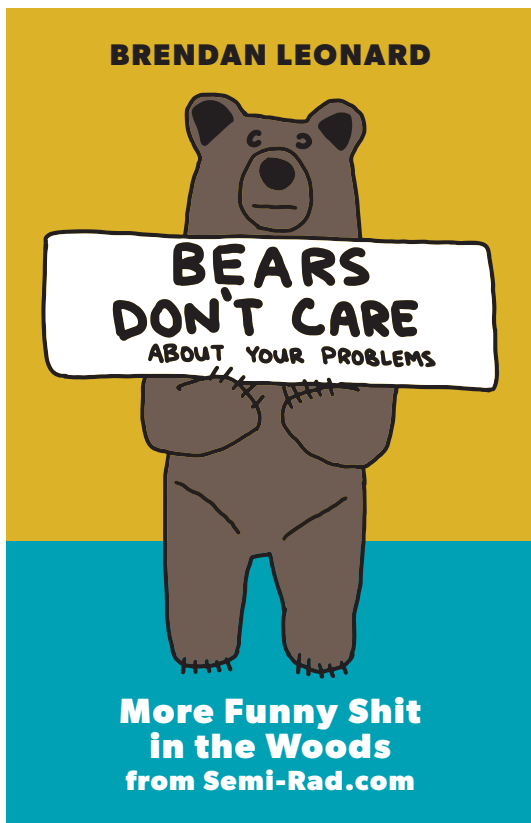
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### MORE ADVENTURES





## BEARS DON'T CARE ABOUT YOUR PROBLEMS

More Funny Shit in the Woods from Semi-Rad.com

BRENDAN LEONARD  
FOREWORD BY STEVE CASIMIRO

AVAILABLE IN AUGUST

224 pages | 5½ x 8½ | \$18.95 | paperback

80 color illustrations

ISBN 978-1-68051-270-0 | ebook 978-1-68051-271-7

OUTDOOR ADVENTURE/HUMOR | Rights: World

There's a reason Semi-Rad has thousands of followers—Brendan Leonard's observations about life are both hilarious and thoughtful.

- More than 1.5 million visitors have shared Semi-Rad.com posts, creating some of the most viral outdoor content on the internet
- 75 essays and 80 illustrations

If you've ever considered the absurdity of sleeping on the ground in a place where bears live, pooping in a bag on a glacier, or trying to teach someone you love a sport that scares them to the point of loudly threatening to kill you in front of strangers, *Bears Don't Care About Your Problems* will make you laugh. Author and creator of Semi-Rad, Brendan Leonard is part Dave Barry, part Gary Larson, and 100 percent twisted in his own fresh way. The Semi-Rad perspective has become the funny, introspective voice of outdoor Everyman and Everywoman adventurers.



**BRENDAN LEONARD** is the creator of Semi-Rad.com and the author of eight books, including *Funny Shit in the Woods* and the acclaimed *Sixty Meters to Anywhere*. His work has appeared in *Alpinist*, CNN, *Outside*, *Men's Journal*, *National Geographic Adventure*, *Backpacker*, *Adventure Cyclist*, and dozens of other publications, and he is a contributing editor at *Adventure Journal* and *The Dirtbag Diaries* podcast. Brendan and his wife live in Denver.

#### ONLINE:

Semi-Rad.com

@semi\_rad

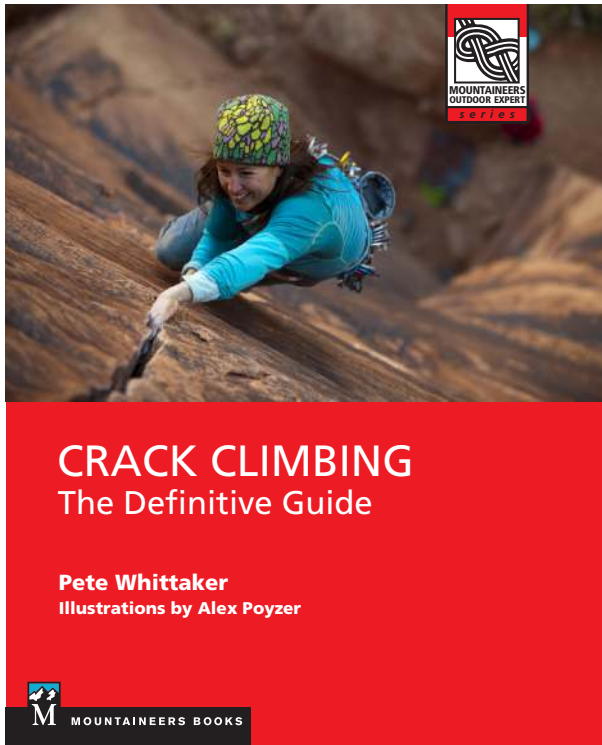
@semiradmedia

@semi\_rad

#### ALSO BY BRENDAN LEONARD







# CRACK CLIMBING

*The Definitive Guide*

**PETE WHITTAKER**

ILLUSTRATIONS BY ALEX POYZER

**AVAILABLE IN OCTOBER**

320 pages | 6¾ x 8½ | \$26.95 | paperback

40 color photos | 180 b&w photos | 150 color illustrations

ISBN 978-1-68051-215-1

SPORTS/CLIMBING | Rights: North America

**Locate crack in rock face. Jam in fingers, hands, fists, elbows, knees, thighs. Pull body up. Experience pain and fear. Go read Pete Whittaker's book.**

- Author is professional crack climber and instructor
- Yosemite, Joshua Tree, Indian Creek, Vedauwoo, Squamish—many premier crack climbing destinations are in North America

Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film *Wide Boyz*. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for:

- Jamming (finger, hand, fist, foot, arm, leg, body)
- Crack types (chimneys, liebacks, underclings, roof cracks)
- How to safely lead and place protection
- Efficient positioning and movement
- Strength recovery while climbing



Renowned crack climber **PETE WHITTAKER** regularly teaches climbing courses and presents at climbing events around the world, from festivals such as the Kendal Mountain Film Festival, The Telegraph London Outdoor Show, and Banff Mountain Film and Book Festival, to local climbing clubs, gyms, and walls. He makes his home in Sheffield, England.

#### ONLINE:

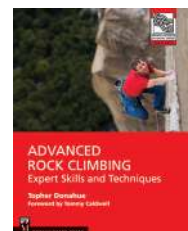
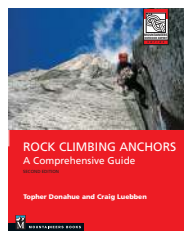
[PeteWhittaker.co.uk](http://PeteWhittaker.co.uk)

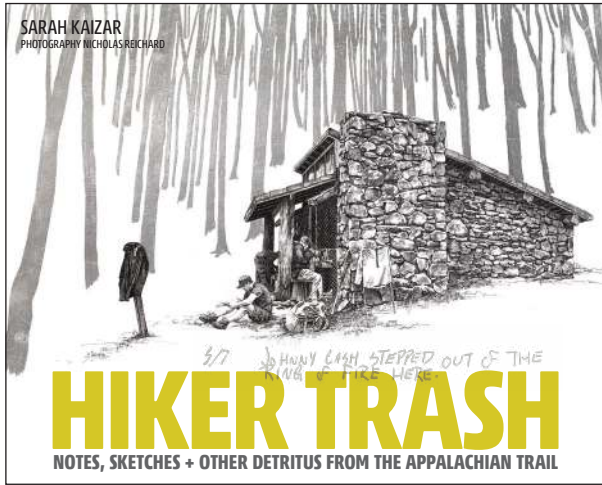
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#### YOU MAY ALSO LIKE





## HIKER TRASH

*Notes, Sketches, and Other Detritus from the Appalachian Trail*

SARAH KAIZAR

PHOTOGRAPHY BY NICHOLAS REICHARD

AVAILABLE IN SEPTEMBER

128 pages | 10 x 8 | \$21.95 | hardcover

45 color photos | 35 color illustrations | 1 map

ISBN 978-1-68051-218-2

HIKING/ART | Rights: World

**A visual ode to the oldest long-distance trail in the United States—and to the community that keeps it thriving**

- Perfect keepsake for anyone who has hiked the Appalachian Trail (AT), plans to hike it, or knows someone who has
- 2.5 million people hike a portion of the AT each year
- Gorgeous and uplifting presentation

A collage of backpacking culture, *Hiker Trash* offers a glimpse of the off-beat, diverse community that is drawn to thru-hiking the country's oldest long-distance trail. It features a collection of original illustrations by author and artist Sarah Kaizar, as well as color photos by Nicholas Reichard and excerpts from the Appalachian Trail's famed shelter log books that highlight hikers' thoughts, fears, frustrations, and joys.

Kaizar thru-hiked the AT in 2015, a six-month, 2,200-mile journey through fourteen states during which she had plenty of time to reflect and heal following the death of her father. Intricate and arresting, her drawings are created in pen-and-ink with colorful acrylic washes; they capture the character of the trail and its shelters as well as the hikers who find respite under the roofs and in the log pages. Fellow AT thru-hiker and professional photographer Nicholas Reichard's images provide another layer of perspective and community.



**SARAH KAIZAR** is an artist, illustrator, and web and graphic designer living in Philadelphia. She holds a BFA from Tyler School of Art. Before thru-hiking the AT in 2015, Sarah worked as a web producer for Philadelphia's local public broadcasting station WHYY. Post-trail, she started her own company, Rally Caller, which offers a line of eco-friendly art prints, stationery, and novelties featuring her illustrations of rare and endangered species.

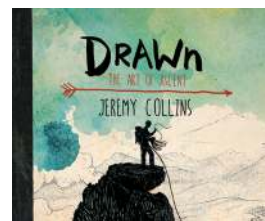
### ONLINE:

RallyCaller.com

SarahKaizar.com

@rallycaller

### YOU MAY ALSO LIKE





## HIKER TRASH

*Excerpted from  
Hiker Trash*

by Sarah Kaizar

When I returned home from the trail and finally sat down to put pen to paper to illustrate my journey, it was the shelters that, perhaps inevitably, took shape first. I found myself constantly pulled back to my memories of the hikers and the rotating community these shelters housed. These were the places where I found connection, and these were the people who shaped my trail experience.

I met many people on the AT seeking some sort of recalibration during a significant life transition—whether they were recently retired or divorced, newly graduated from college or high school, pursuing sobriety, or like me, seeking relief from grief. Some were working through a midlife crisis or, most commonly, dealing with a more general existential angst. One hiker nervously confessed as we were approaching the end of the trail together, “I realized I’ve been obsessed with finishing this thing because I assumed that I’d have everything figured out once I reached the end. Now I’m not sure if the answer is there, and I don’t know what to do.”

I met thru-hikers who came from Australia, Germany, Norway, and Sweden. These foreign travelers hiked the AT because they believed it was the best way to see America.

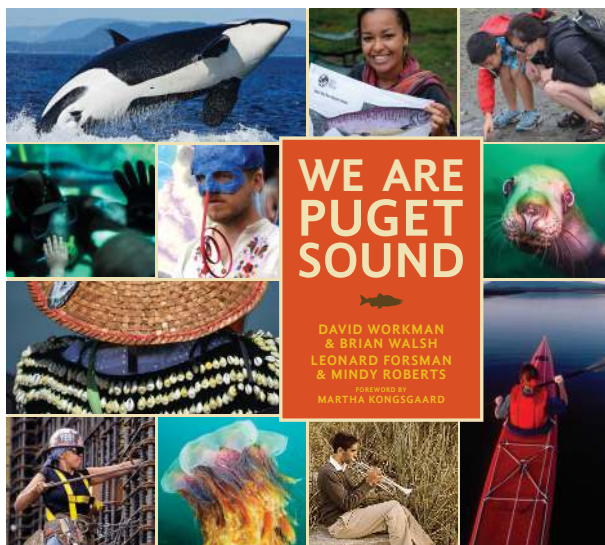
One hiker I met early on was a member of the Wounded Warrior Project, an organization serving “veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.” This hiker explained to me that he couldn’t sleep in the community shelters because he had night terrors so severe that he worried he would unintentionally attack someone in his sleep. Another veteran on the trail warned everyone at camp to announce themselves from a distance if they were hiking behind him, because he wasn’t yet able to control his reactions if startled.

I met hikers who came for the sense of adventure or simply as a way to embrace life.

I crossed paths with poets, photographers, writers, musicians, filmmakers, artists. I met a lot of software engineers.



SKIPSTONE



## WE ARE PUGET SOUND

DAVID WORKMAN, WITH LEONARD FORSMAN  
AND MINDY ROBERTS

PHOTOGRAPHY BY BRIAN WALSH AND  
OTHER CONTRIBUTORS

FOREWORD BY MARTHA KONGSGAARD

AVAILABLE IN OCTOBER

208 pages | 10 x 9 | \$29.95

Paperback with flaps | 125 color photos

ISBN 978-1-68051-258-8

NATURAL HISTORY/CONSERVATION | Rights: World

**The health of Puget Sound is in jeopardy and its future depends on the collaboration of dedicated individuals and organizations.**

- Part of a multi-year, multimedia campaign by the Washington Environmental Council to engage the whole region in saving Puget Sound
- A rich blend of history, natural history, and an earnest examination of the choices that must be made to protect this precious place on the planet

Puget Sound is a magnificent and intricate estuary, the very core of life in Western Washington. Yet it's also a place of broader significance: rivers rush from the Cascade and Olympic mountains and Canada's coastal ranges through varied watersheds to feed the Sound, which forms the southern portion of a complex, international ecosystem known as the Salish Sea.

A rich, life-sustaining home shared by two countries, as well as 50-plus Native American Tribes and First Nations, the Salish Sea is also a huge economic engine, with outdoor recreation and commercial shellfish harvesting alone worth \$10.2 billion. But this spectacular inland sea is suffering. Pollution and habitat loss, human population growth, ocean acidification, climate change, and toxins from wastewater and storm runoff present formidable challenges.

*We Are Puget Sound* amplifies the voices and ideas behind saving Puget Sound, and it will help engage and inspire citizens around the region to join together to preserve its ecosystem and the livelihoods that depend on it.

Journalist and editor **DAVID WORKMAN** has been a communications and education director for state agencies in Washington. He lives in Olympia.

Award-winning photographer **BRIAN WALSH** is an environmental planner who has served in a variety of state departments. He lives in Olympia.

**LEONARD FORSMAN** is the chairman of the Suquamish Tribe and has served on the tribal council for more than two decades.

**DR. MINDY ROBERTS** leads the Puget Sound program at the Washington Environmental Council, advocating for clean water, healthy habitat, and renewed leadership to recover and protect Puget Sound. She lives in Seattle.

### ONLINE:

[WeArePugetSound.org](http://WeArePugetSound.org)

### YOU MAY ALSO LIKE





## THE BIG THAW

*Ancient Carbon, Modern Science, and a Race to Save the World*

**ERIC SCIGLIANO, WITH DR. ROBERT MAX HOLMES, DR. SUSAN NATALI, AND DR. JOHN SCHADE**  
 PHOTOGRAPHY BY CHRIS LINDER  
 EPILOGUE BY THEODORE ROOSEVELT IV

**AVAILABLE IN OCTOBER**

176 pages | 10 x 9 | \$35 | hardcover

120 color photos | 1 map

ISBN 978-1-68051-247-2

NATURAL HISTORY | Rights: World

**A team of scientists is urgently working to understand the ticking carbon bomb locked in permafrost soils which are thawing at an alarming rate.**

- Explores a little-known yet critical aspect of climate change
- Features the Polaris Project, led by the prestigious Woods Hole Research Center
- Accessible science and inspiring photos bring the topic to life

Permafrost—dark, ice-flaked, permanently frozen ground that lies under tundra and boreal forests across our northern regions—covers more than 12 percent of the earth’s land mass. It exists in places that seem otherworldly and unimaginably remote to most of us, but the changes taking place in the permafrost layer may ultimately affect the lives of every person on Earth.

In *The Big Thaw*, readers meet a diverse team of scientists and students who have been studying the permafrost and what lies beneath: a vast store of ancient carbon, more than four times the quantity found in all of today’s forests, which is releasing carbon dioxide and methane as the permafrost melts. The release of all this carbon would alter Earth’s climate forever. Braving endless hordes of mosquitoes, quicksand, and extreme temperatures, the researchers are racing against the clock to educate us all about the changes we must make in order to preserve Earth’s carbon balance.

**ERIC SCIGLIANO** has written for *National Geographic*, *New Scientist*, *Discover*, *Harper’s*, *Technology Review*, *The New York Times*, and many other national publications. He lives in Seattle.

**DR. ROBERT MAX HOLMES** is deputy director and senior scientist at the Woods Hole Research Center in Massachusetts. He lives in Falmouth, Massachusetts.

**DR. SUSAN NATALI** is an associate scientist at the Woods Hole Research Center. She lives in Falmouth, Massachusetts.

**CHRIS LINDER** is a professional photographer, filmmaker, and lecturer, with a master’s degree from the Massachusetts Institute of Technology and the Woods Hole Oceanographic Institution. Chris lives in Potomac, Maryland.

**JOHN SCHADE** is a Distinguished Visiting Scientist at the Woods Hole Research Center and the Education Coordinator for the Polaris Project. He currently lives in East Falmouth, Massachusetts.

**ONLINE:**

ThePolarisProject.org

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📷 @maxholmes (Dr. Robert Max Holmes)

📷 @arcticpermafrost (Dr. Susan Natali)

ChrisLinder.com

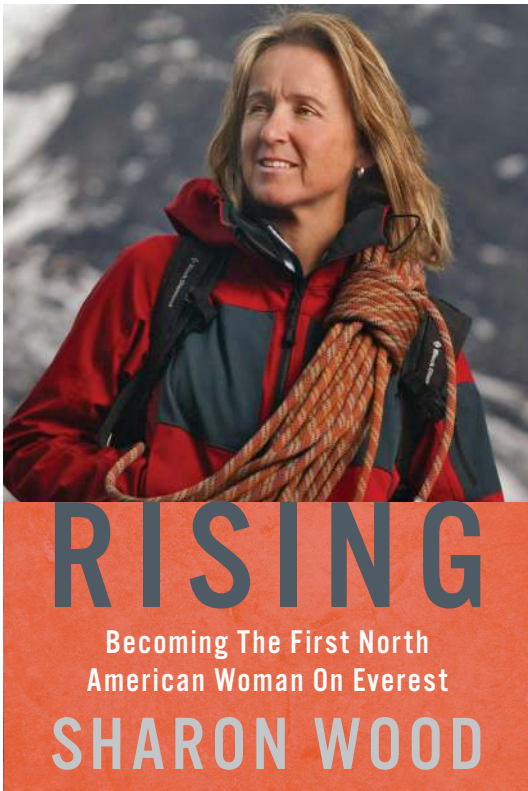
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BRAIDED RIVER



## RISING

*Becoming the First North American Woman on Everest*

SHARON WOOD

AVAILABLE IN OCTOBER

272 pages | 6 x 9 | \$24.95 | hardcover

25 b&w photos

ISBN 978-1-68051-262-5 | ebook 978-1-68051-263-2

MEMOIR/MOUNTAINEERING | Rights: US

Inspirational life story of personal growth and achievement by the first North American woman to reach the summit of Mount Everest

### LEGENDS & LORE SERIES

- Memoir of an elite alpinist
- Authentic story of rising above limitations to realize your potential

In 1986, Sharon Wood was part of a self-supported Canadian team with big ambitions: they were attempting to reach the summit of Everest via a variation on the dangerous West Ridge. And they intended that Wood would be the first North American woman to reach the summit. At the same time, however, there was an American team on the mountain with a plan to make Annie Whitehouse the first North American woman. The American climbers were attempting an easier route, but their team included, by coincidence, Wood's ex-boyfriend, acclaimed mountaineer Carlos Buhler, now dating Whitehouse—certainly the makings of an exciting adventure and high-altitude drama!

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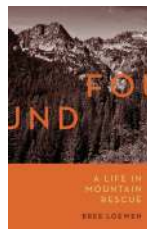


**SHARON WOOD** is an internationally certified alpine guide and was recognized with the "Mountaineer of the Year Award" in 1987 by the American Alpine Club. She is a writer, business owner, and sought-after professional speaker. Her writing has appeared in *The Vancouver Magazine* and in *Everest: The Best Writing and Pictures from Seventy Years of Human Endeavour*. Sharon lives in Canmore, Alberta, where she continues to teach and guide in the Canadian Rockies.

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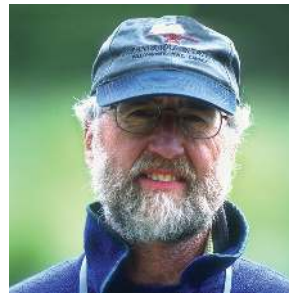
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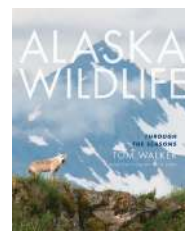
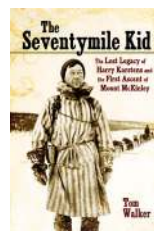


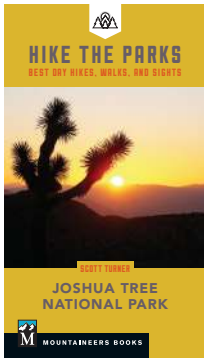
**TOM WALKER** has lived in Alaska for fifty years and is the author of more than a dozen books centered on his adopted home. A freelance photographer and writer, his work has been published in *Alaska Magazine*, *Field and Stream*, *Readers' Digest*, *Newsweek*, *Audubon*, *Sierra*, and many other regional and national publications. Tom lives in Denali Park.

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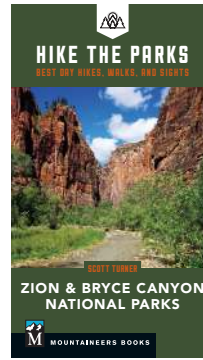
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**SCOTT TURNER** is an avid hiker, photographer, and author who has contributed more than 225 write-ups to ModernHiker.com. When not hiking or writing, he works with adults with chronic mental illnesses as a licensed marriage and family therapist. Scott lives with his wife and son in Carlsbad, California.

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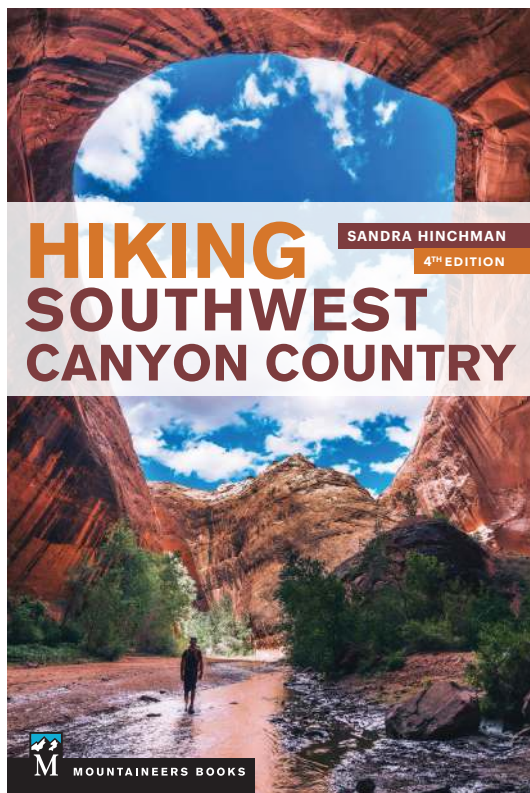
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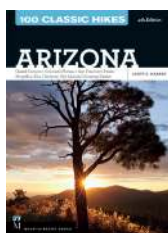
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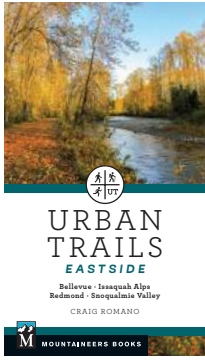
*Hiking Southwest Canyon Country* has been helping visitors and locals plan for nearly thirty years! Beyond details on hikes and sights, author Sandra Hinchman shares helpful background on geology, climate, flora and fauna, Native cultures, and much more. For many hikes, notable nearby destinations offer even more choices for expanding your itinerary.



**SANDRA HINCHMAN** lives in Moab, Utah, the heart of Canyon Country, where she retired after a long career as a professor of political science. There is no place on the planet she'd rather be than the Colorado Plateau.

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**CRAIG ROMANO** moved from New Hampshire to Washington in 1989 and has since hiked more than 20,000 miles in the Evergreen State. An avid runner, Craig also has run more than 25 marathons and ultra runs. He is an award-winning author and co-author of more than 20 books, as well as a regular contributor to numerous publications and tourism websites. When not hiking, running, and writing, he can be found napping with his wife, son, and cat at his home in Skagit County.

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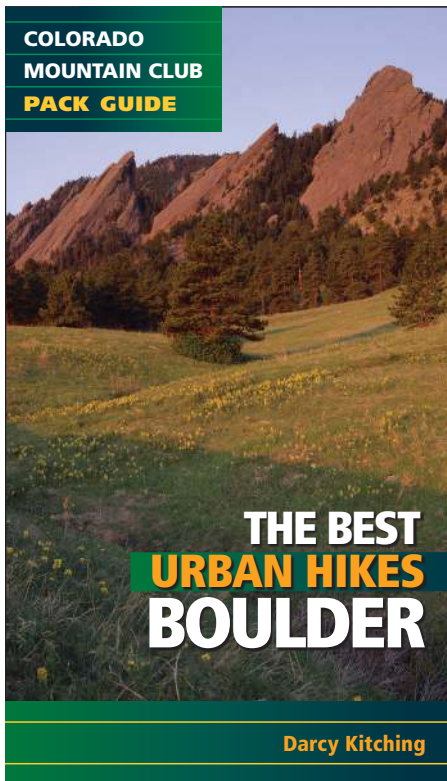
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**DARCY KITCHING** is the Boulder Coordinator for Walk2Connect Cooperative ([walk2connect.org](http://walk2connect.org)) who regularly leads hikes for the Boulder Walks program ([bouldercolorado.gov/goboulder/boulder-walks](http://bouldercolorado.gov/goboulder/boulder-walks)). By the time she graduated from high school, Darcy had walked in all 48 contiguous states and she has now hiked in ten countries around the world. Today she enjoys sharing her passion for “Life@3MPH” with whoever will join her.

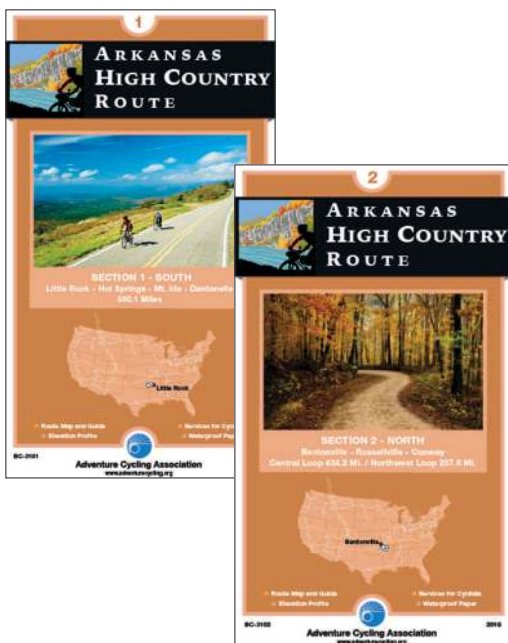
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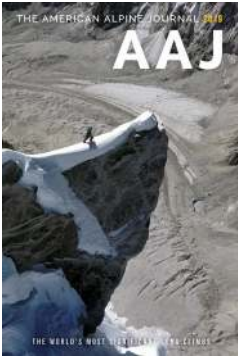
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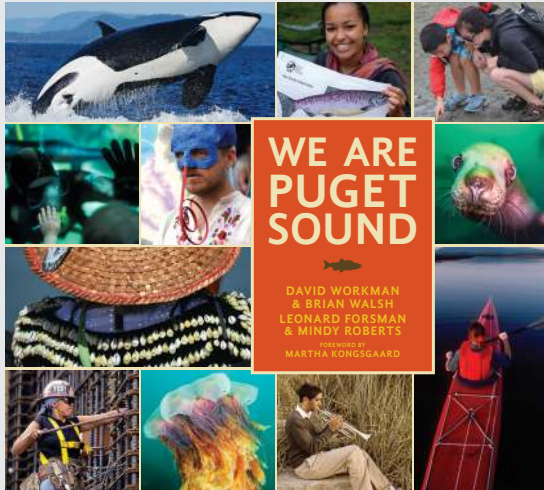




Photo by Chris Linder from *The Big Thaw*



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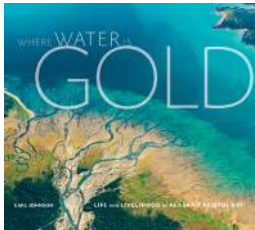


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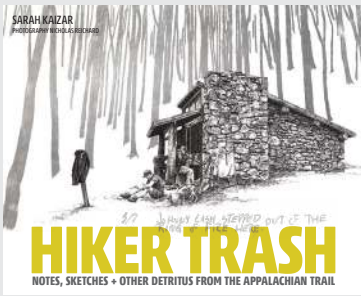
SKIPSTONE



Illustration by Sarah Kaizar, from *Hiker Trash*



# SKIPSTONE



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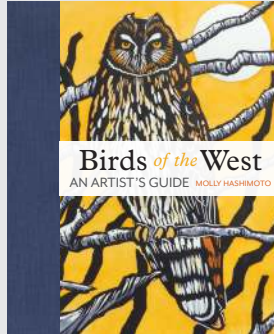
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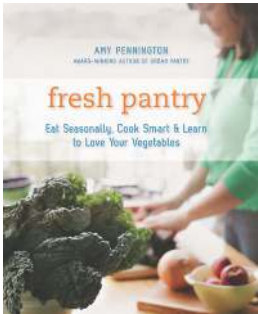
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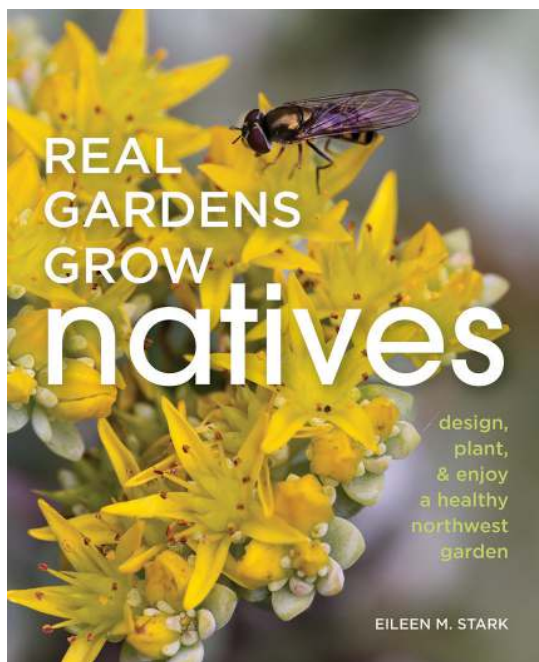
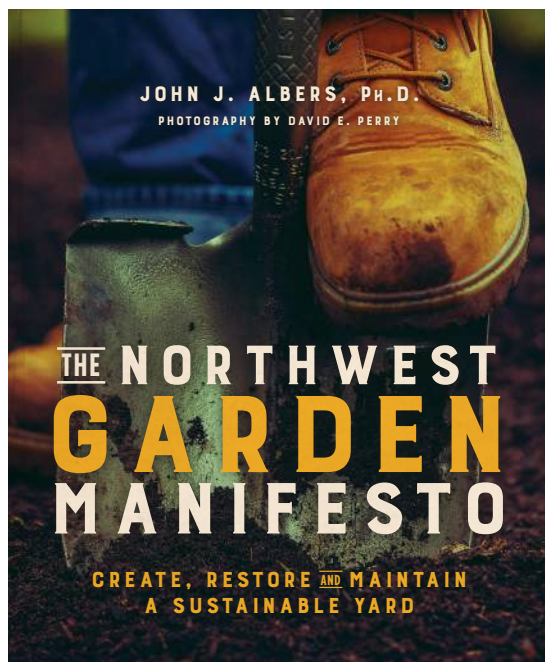
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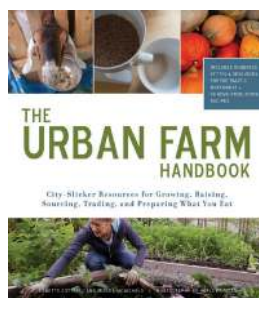
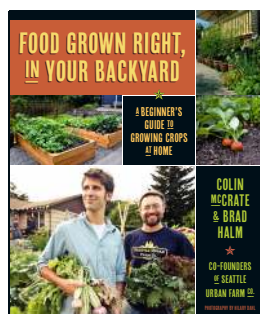
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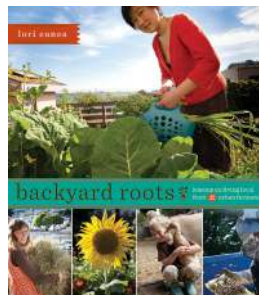
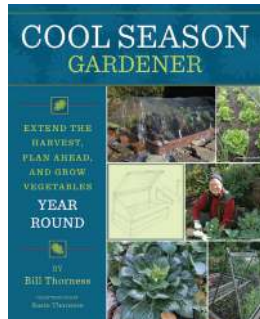
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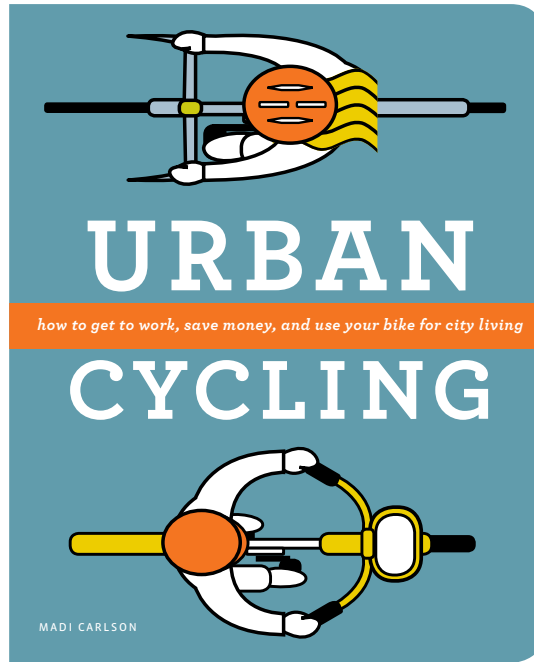
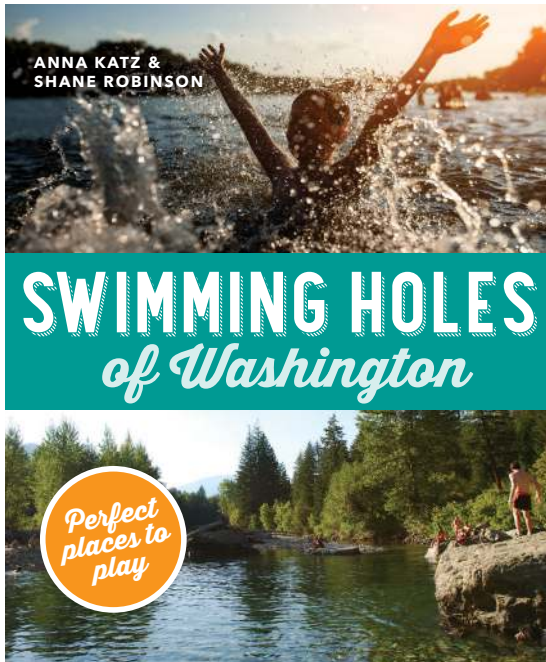
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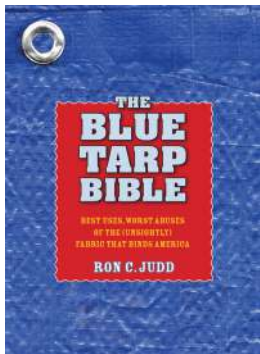
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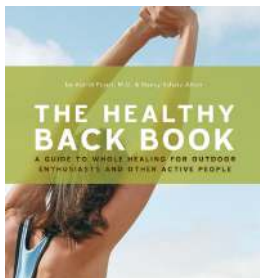
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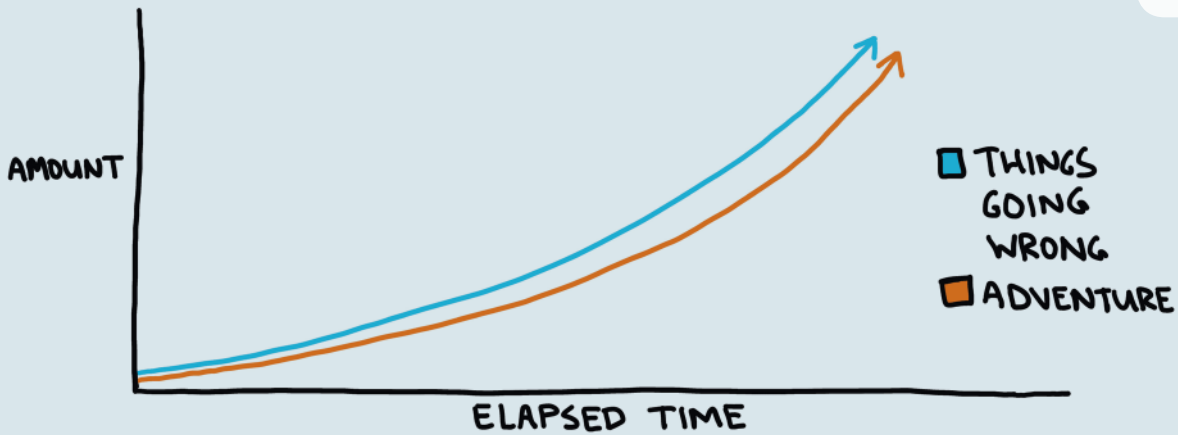
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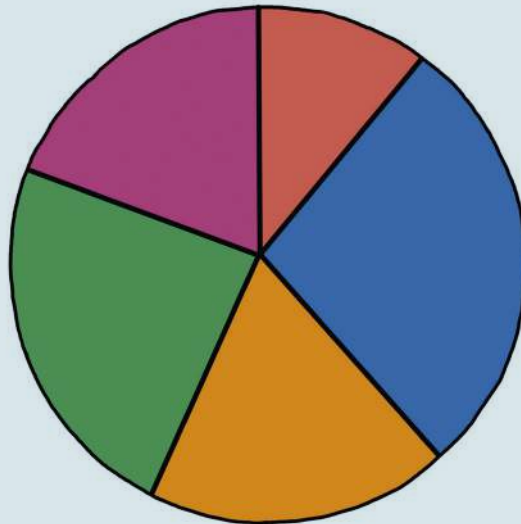
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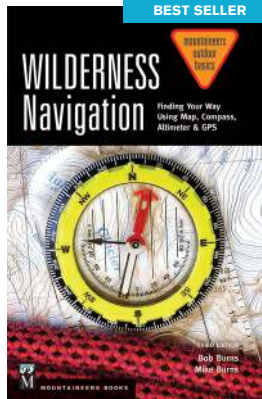


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- TELLING YOUR KIDS ABOUT IT
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- THAT DAY

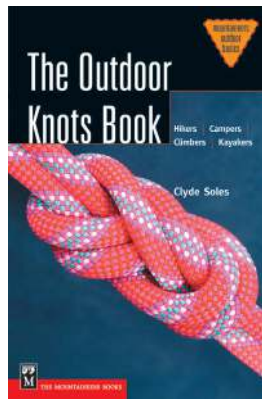
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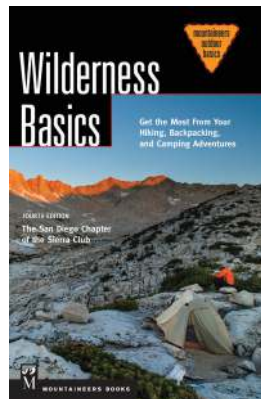
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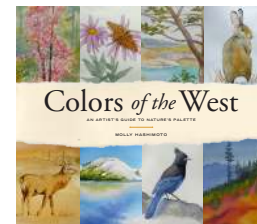
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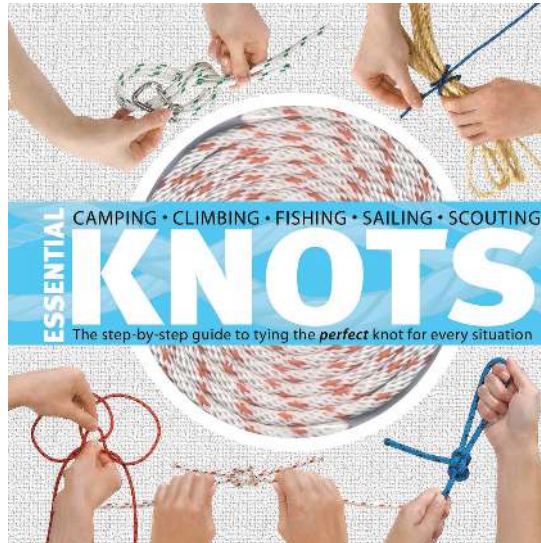
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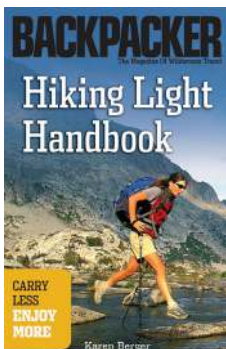
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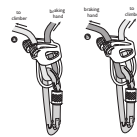


Fig. 10-4. Arresting body device. In a regular fit, the heel is in the center of the foot and the heel device is in the center of the heel.

**Adjusting body device.** The device is adjusted to fit the climber's foot. The heel device is in the center of the heel and the heel device is in the center of the heel. The heel device is in the center of the heel and the heel device is in the center of the heel.

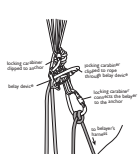


Fig. 10-7. Adjusting body device. The heel device is in the center of the heel and the heel device is in the center of the heel.

**Adjusting body device.** The device is adjusted to fit the climber's foot. The heel device is in the center of the heel and the heel device is in the center of the heel.

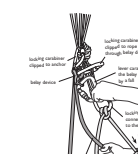


Fig. 10-8. Adjusting a heel device. The heel device is in the center of the heel and the heel device is in the center of the heel.

**Adjusting a heel device.** The device is adjusted to fit the climber's foot. The heel device is in the center of the heel and the heel device is in the center of the heel.

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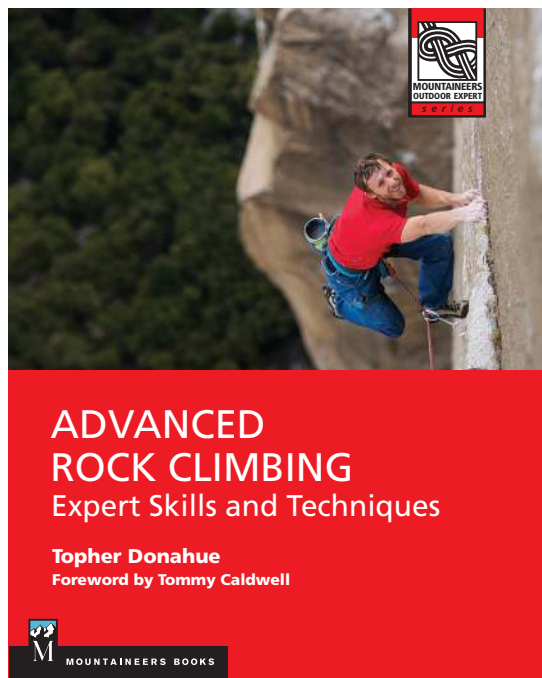
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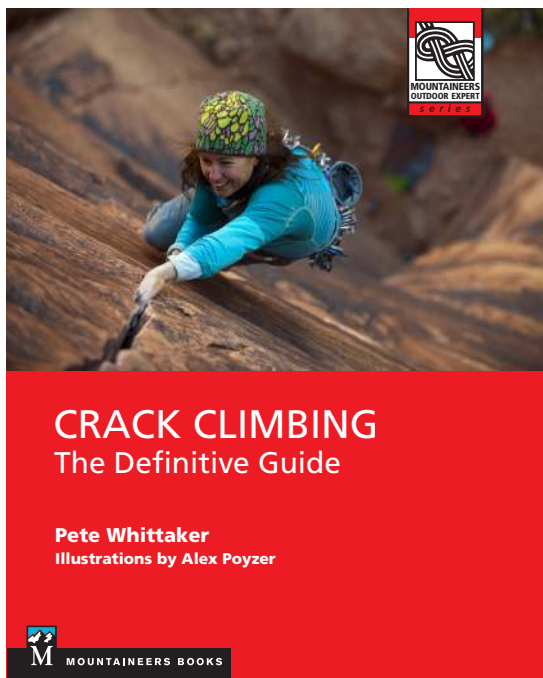


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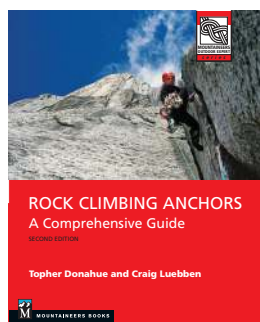
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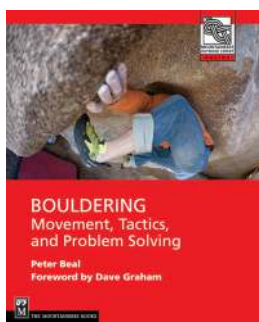


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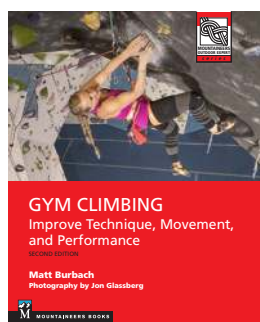
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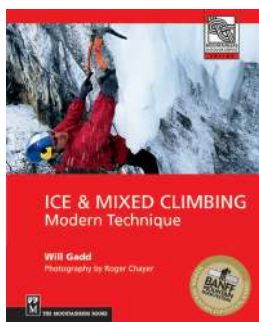


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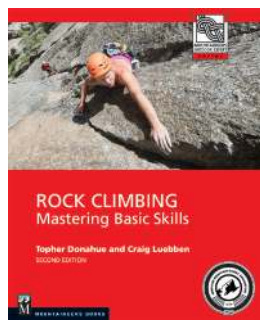


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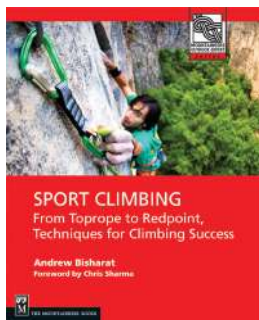


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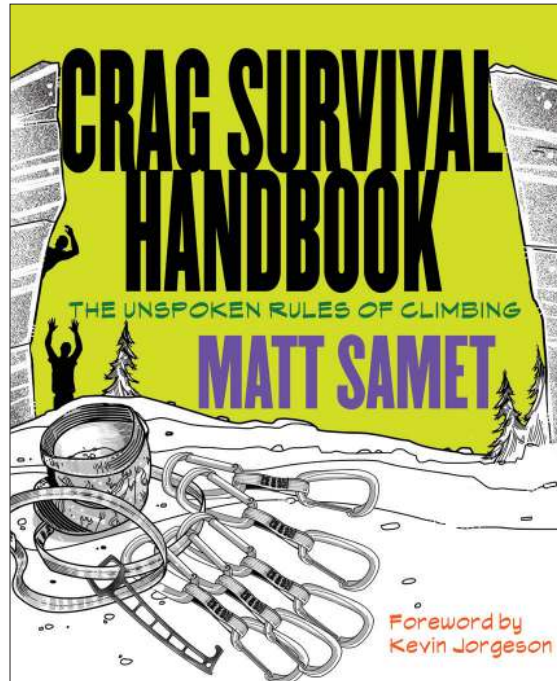


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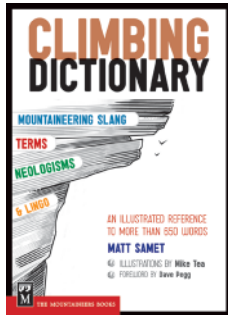
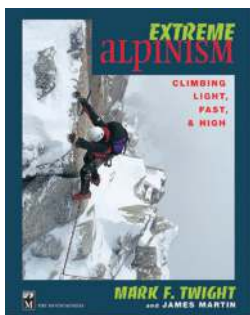




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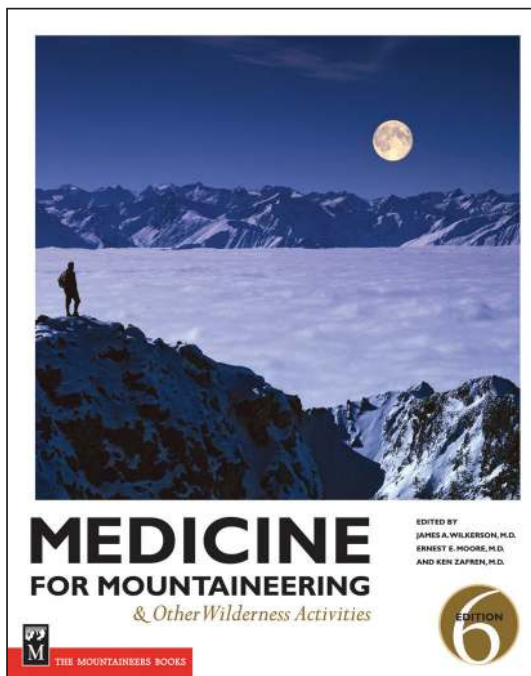
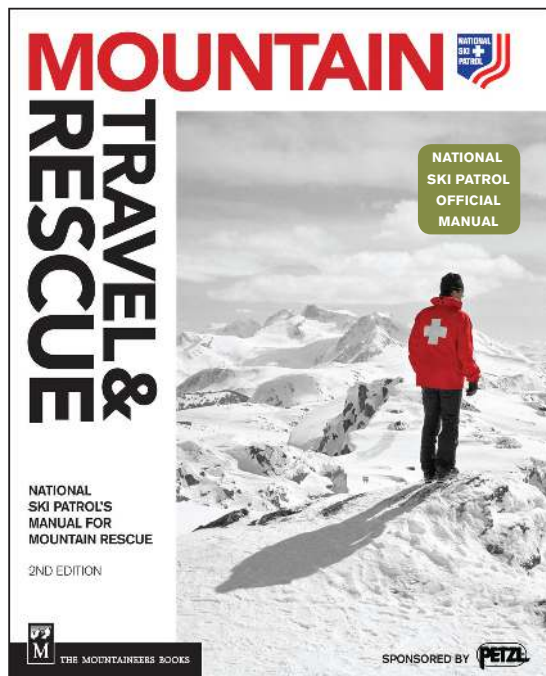


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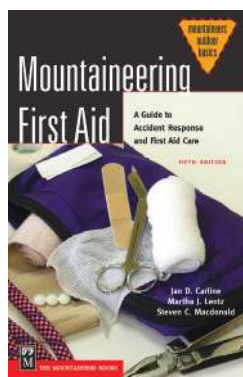
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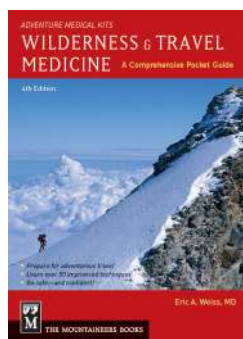
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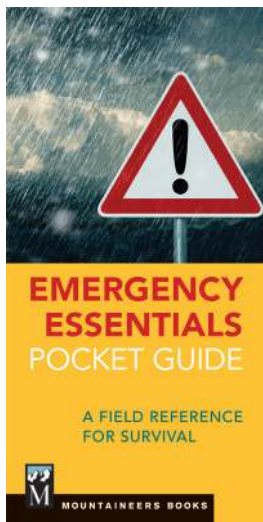
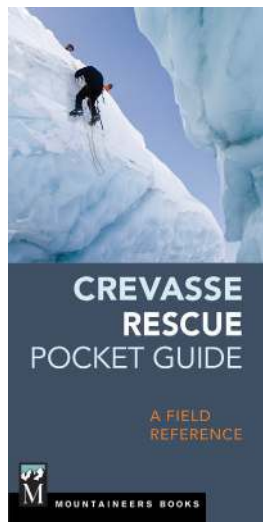
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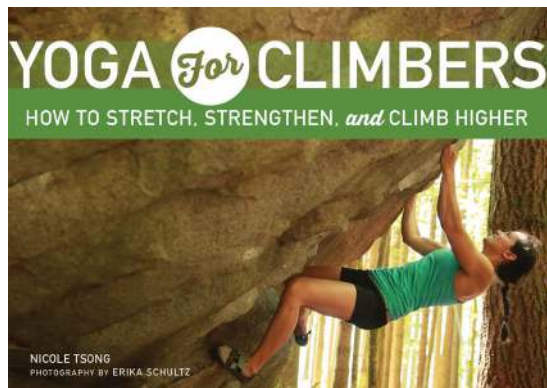
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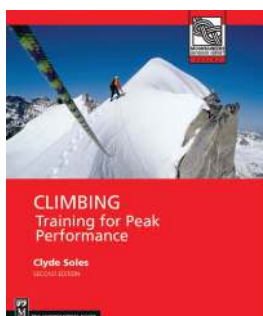
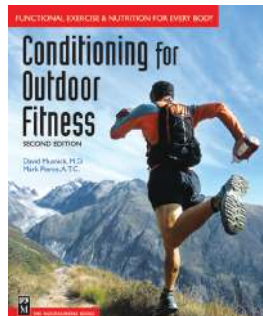
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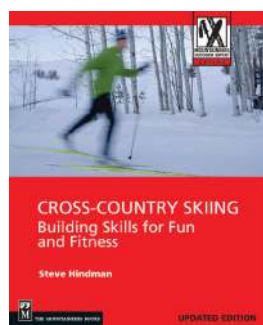
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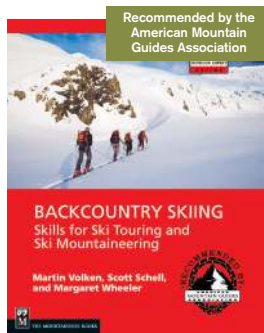
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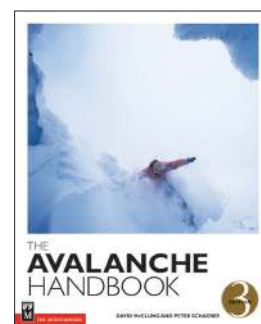
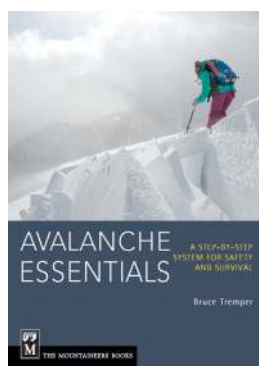
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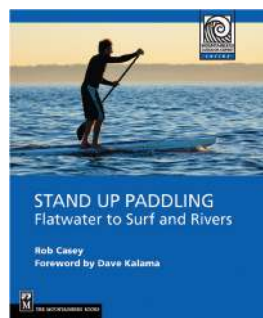
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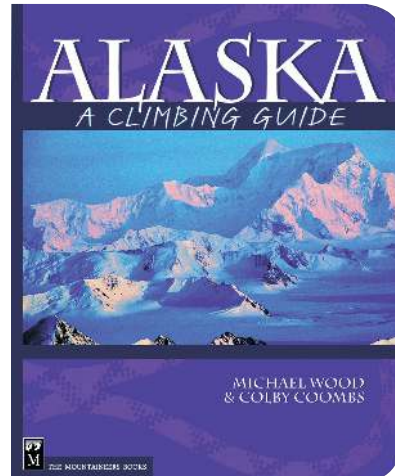
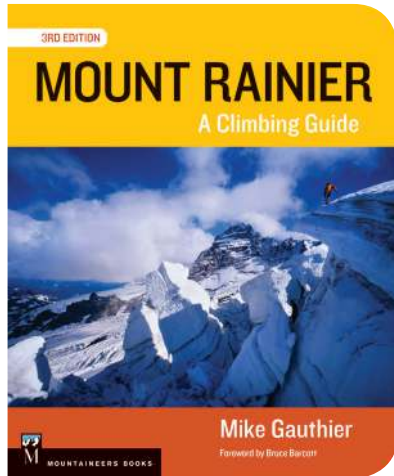
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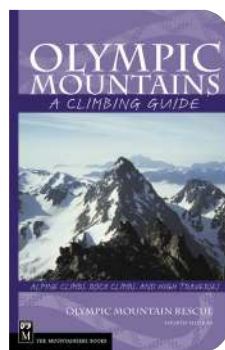
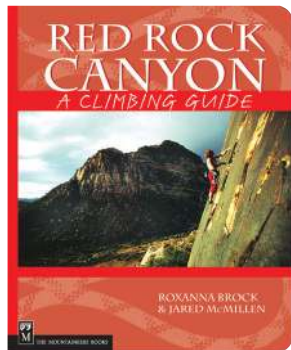
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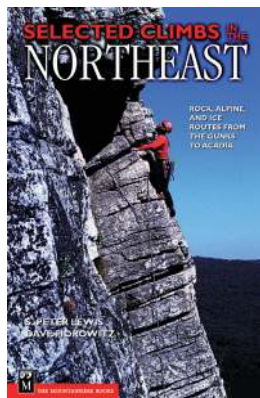
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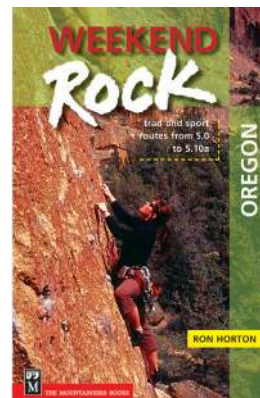
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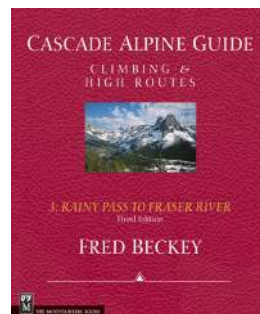
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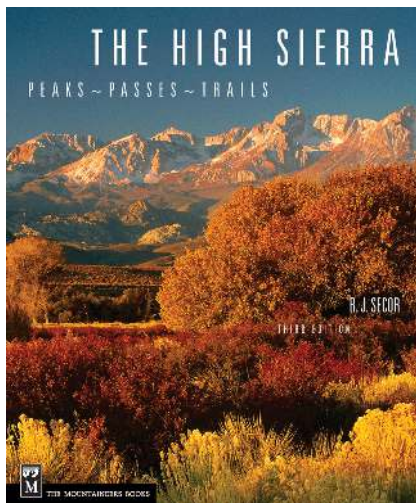
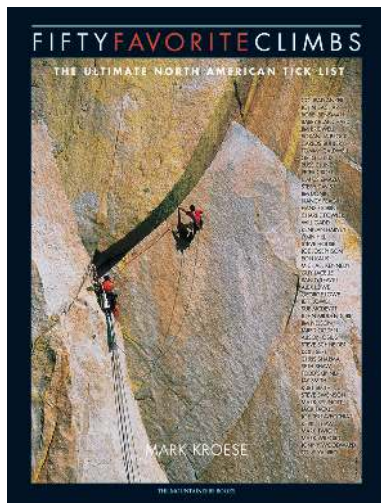
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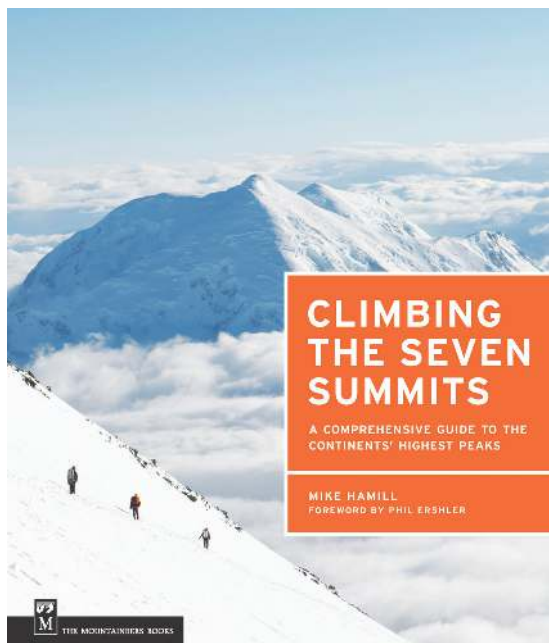
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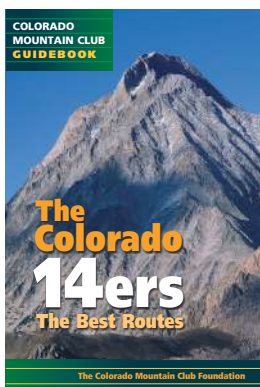
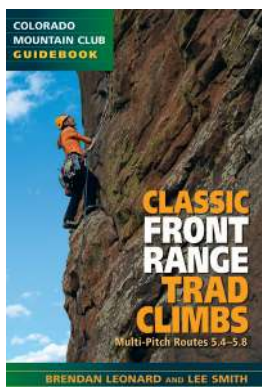
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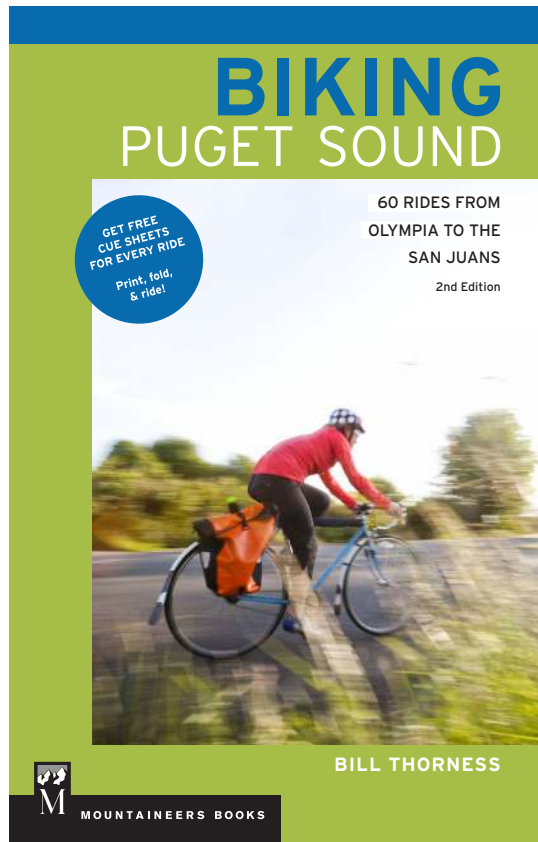
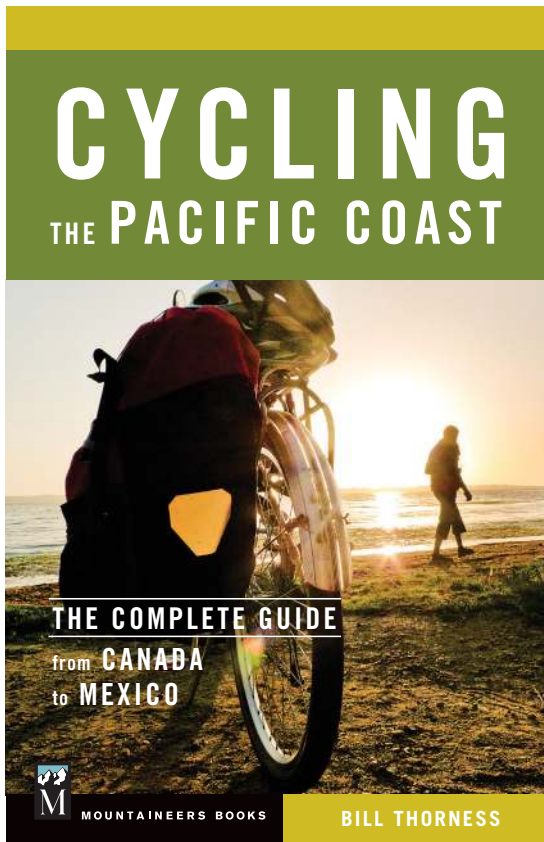
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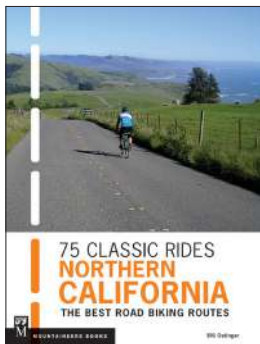
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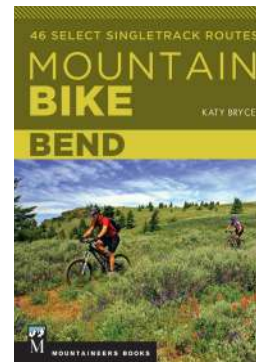
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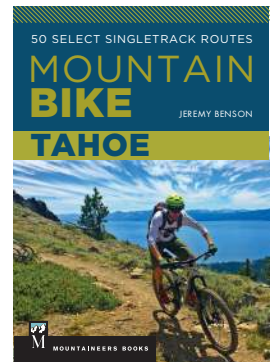
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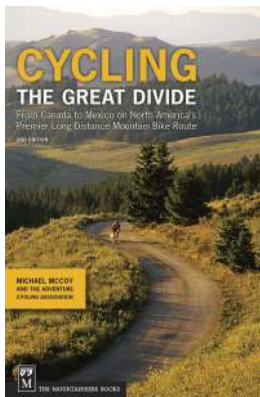
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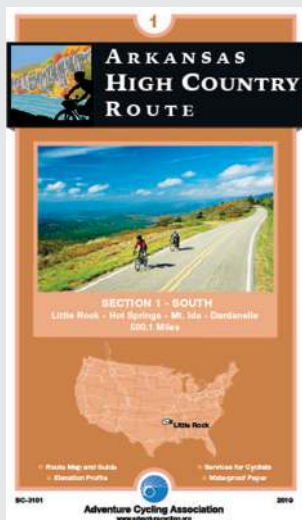


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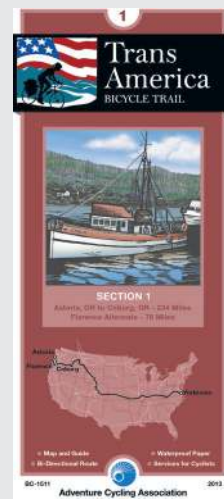
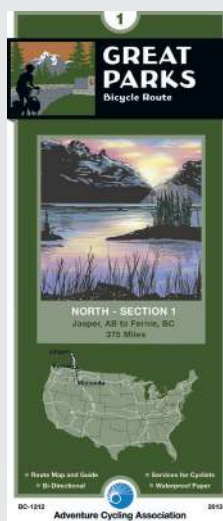
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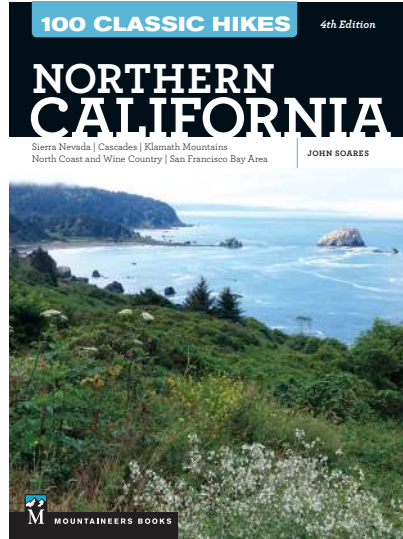
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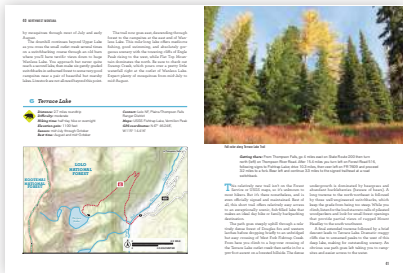
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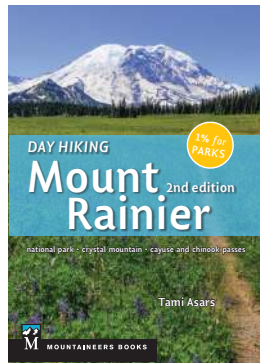
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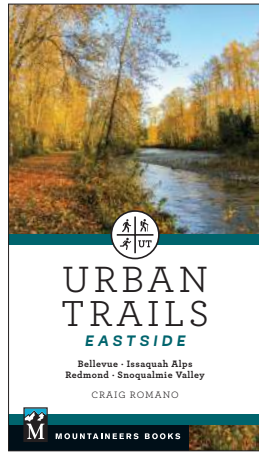
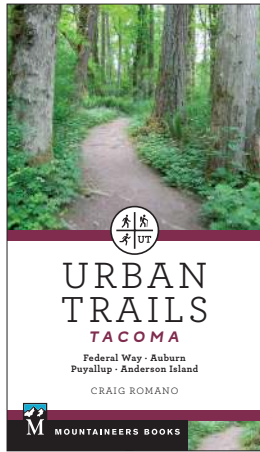
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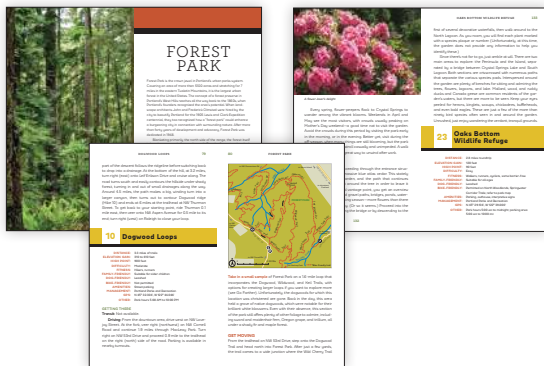
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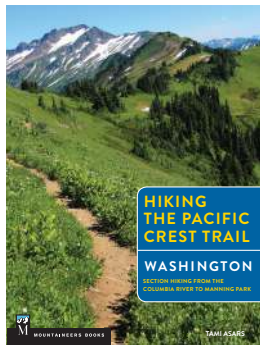
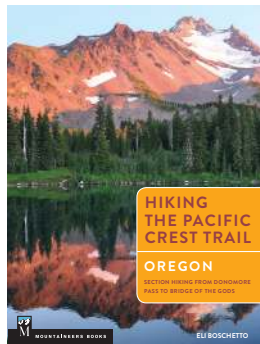
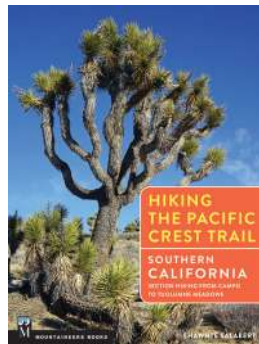
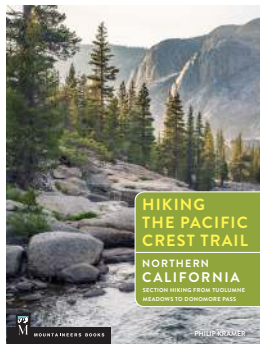


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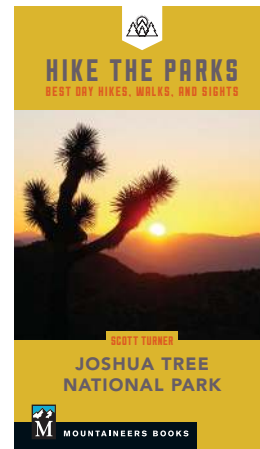
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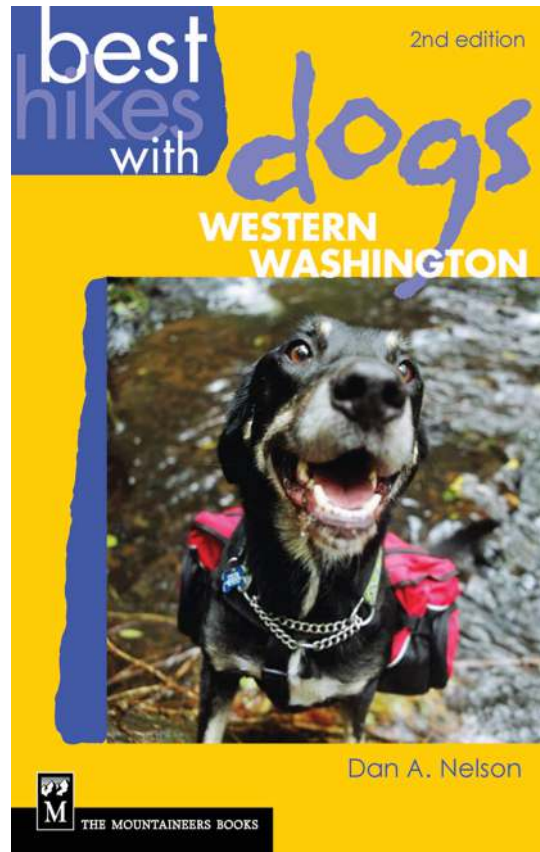
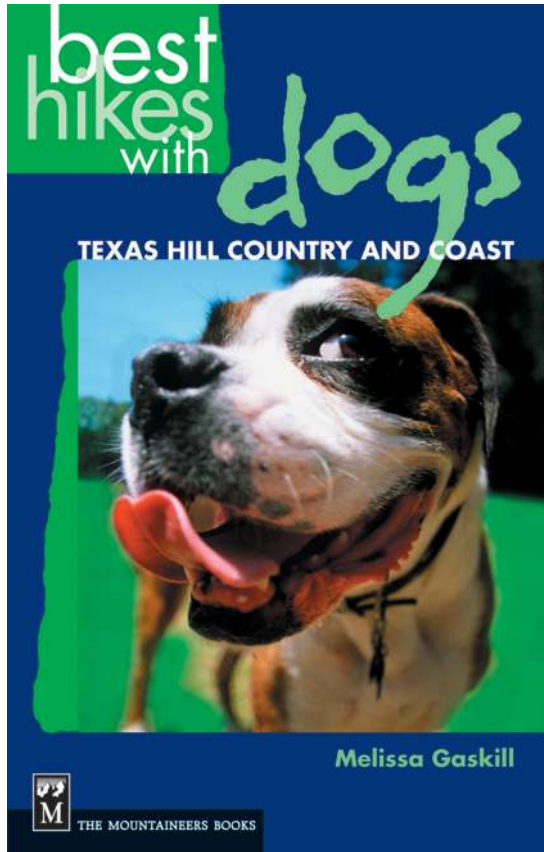
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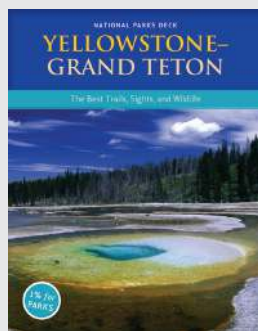
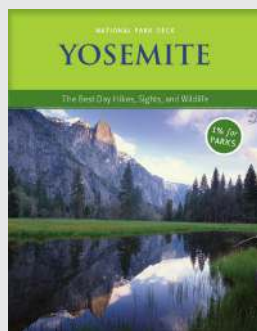
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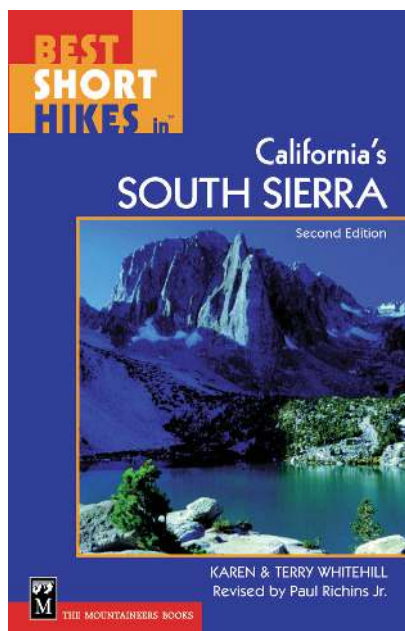


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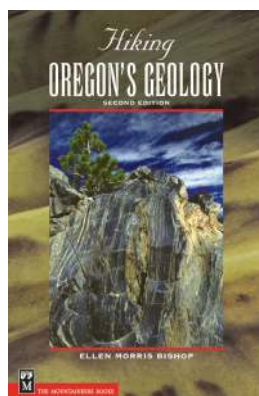
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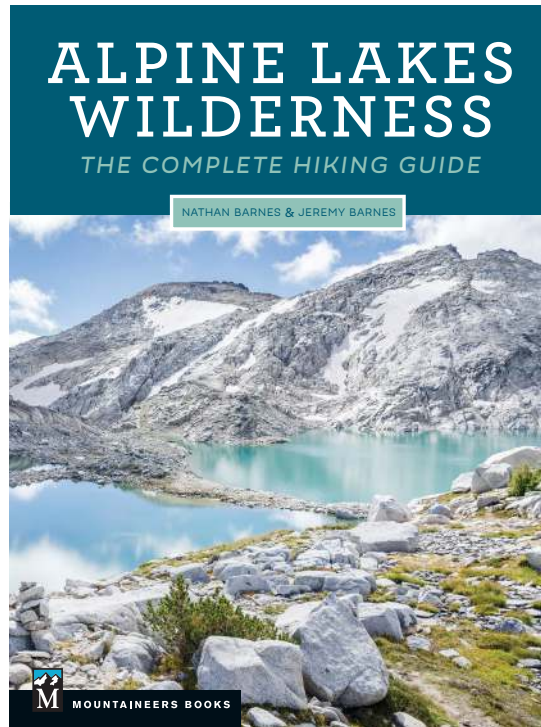
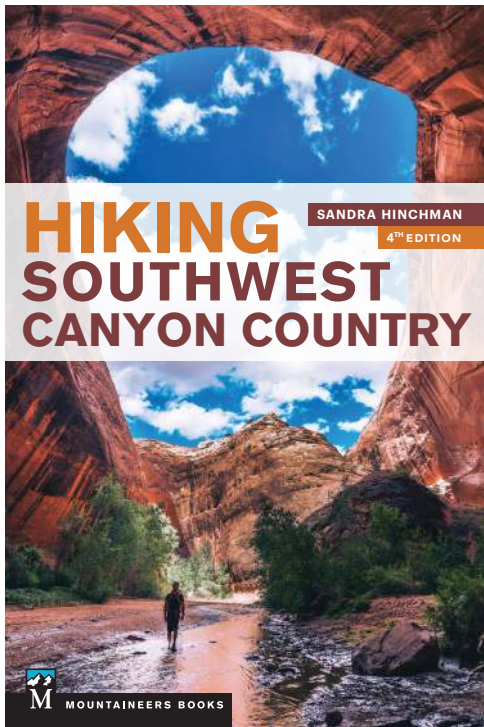
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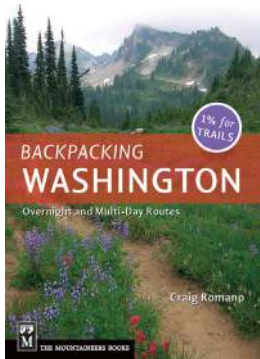
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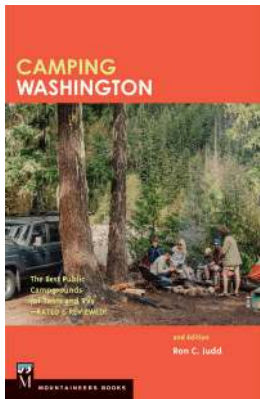
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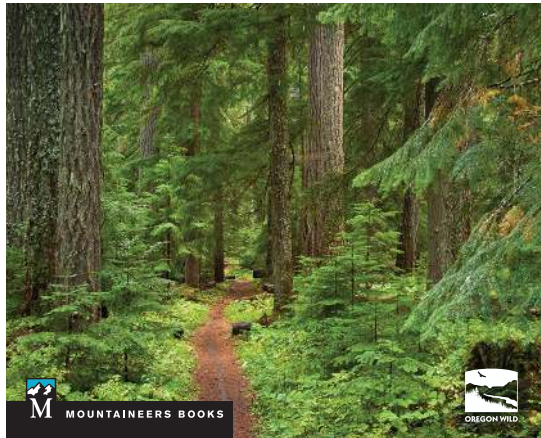
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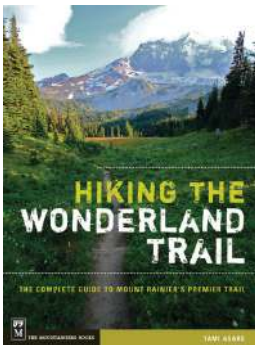
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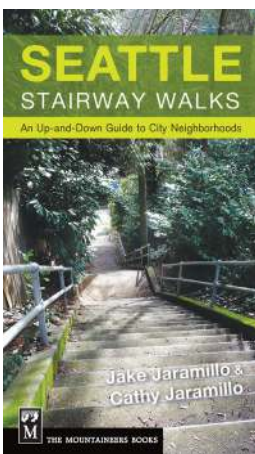
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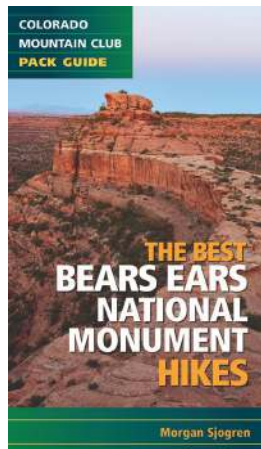
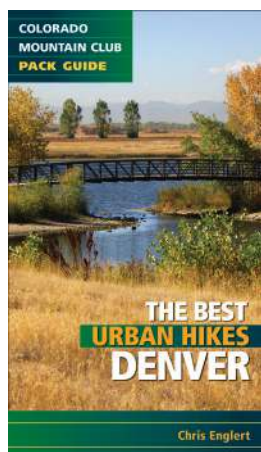
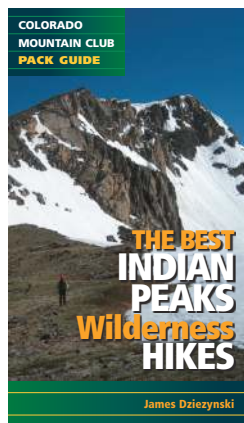
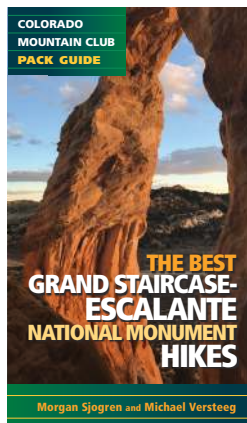
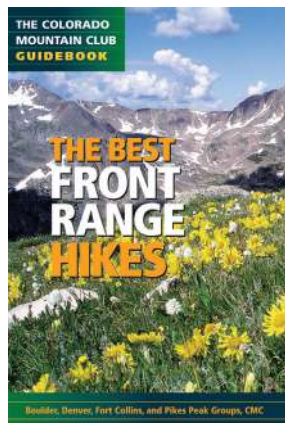
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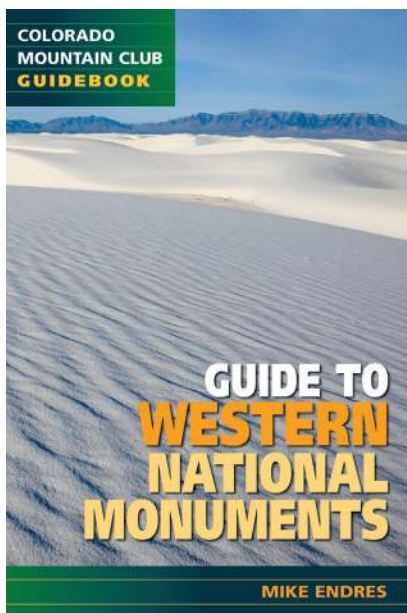
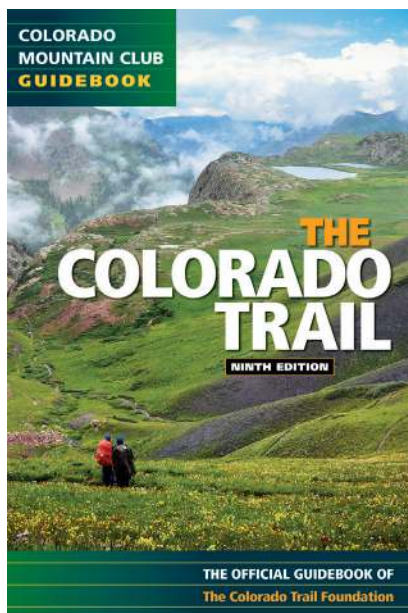
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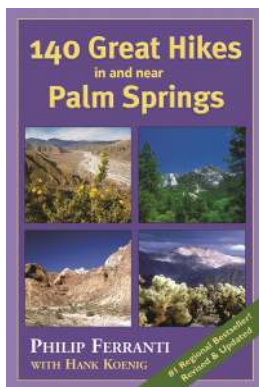
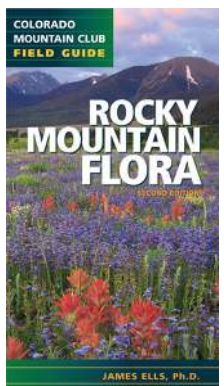
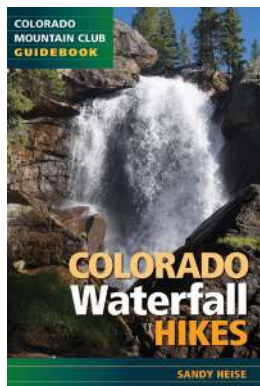
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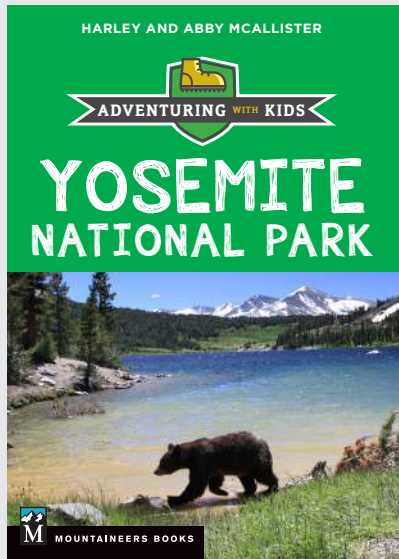
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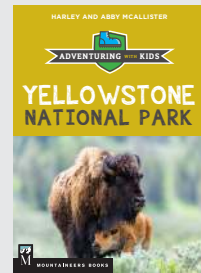
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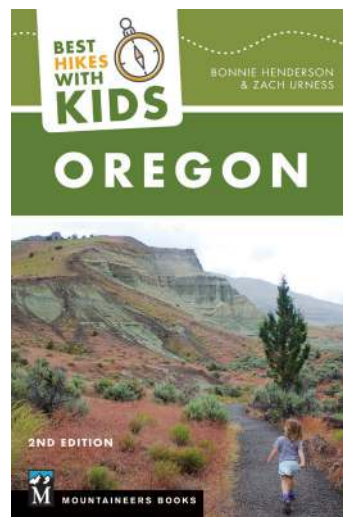
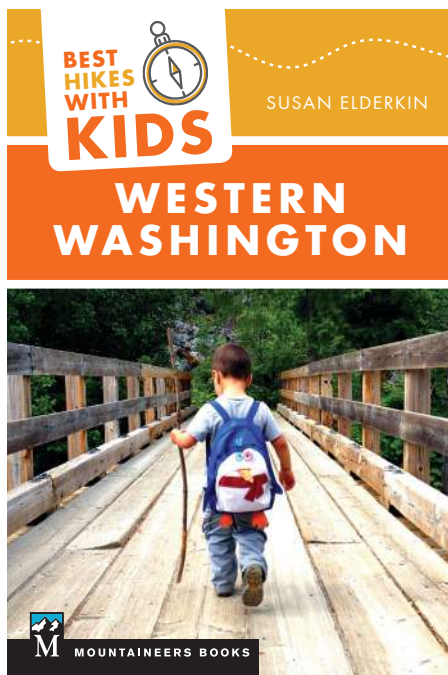
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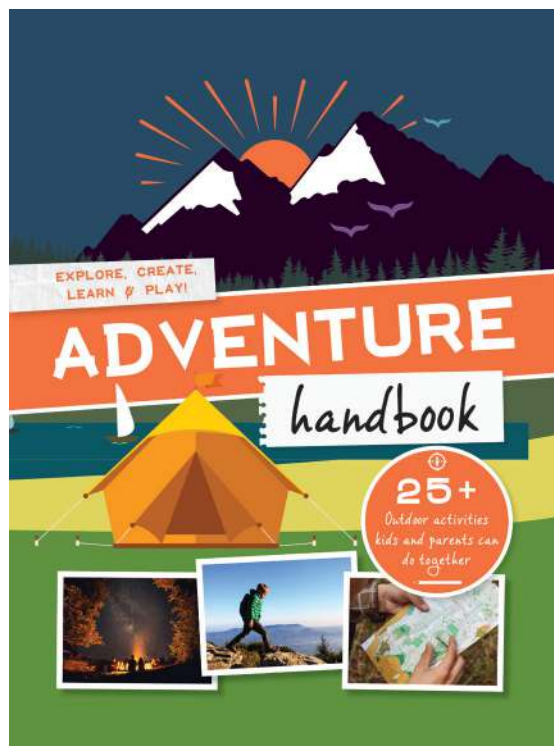
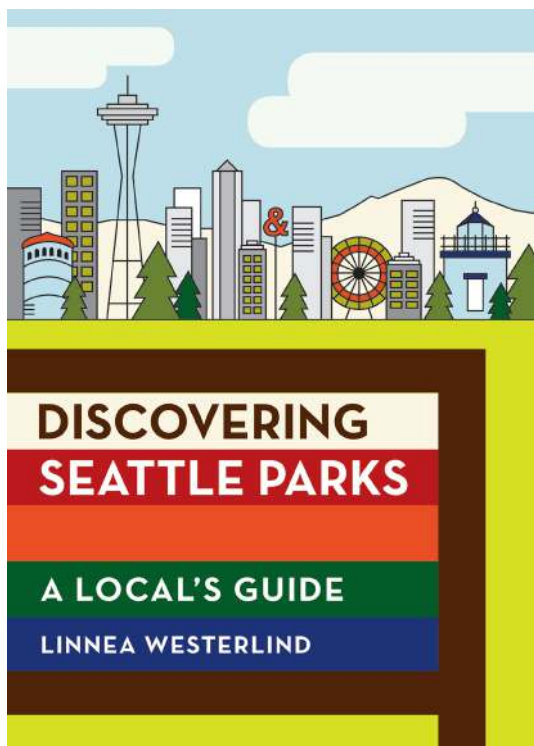
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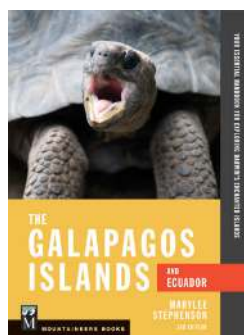
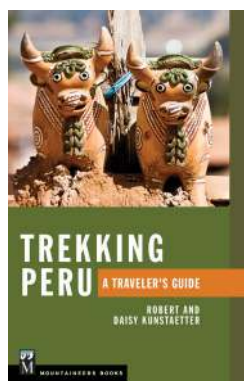
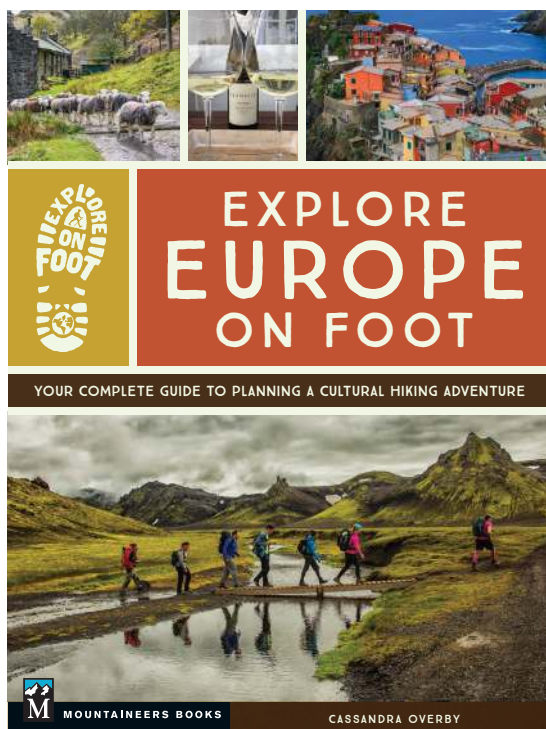
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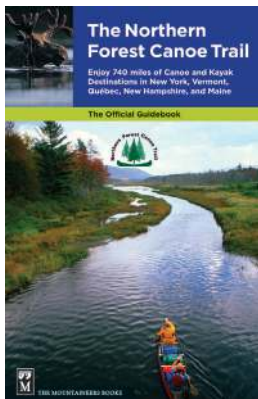
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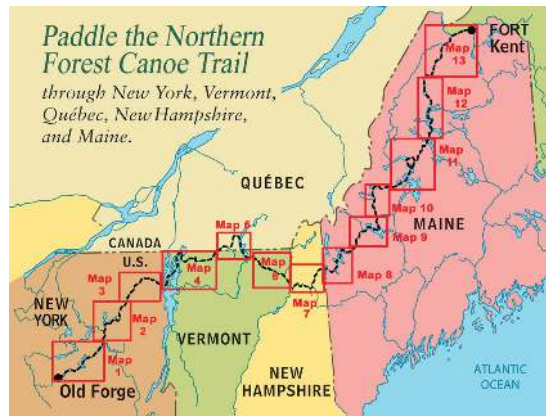
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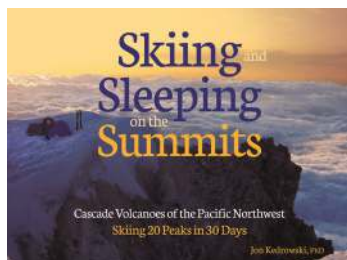
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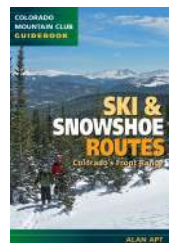
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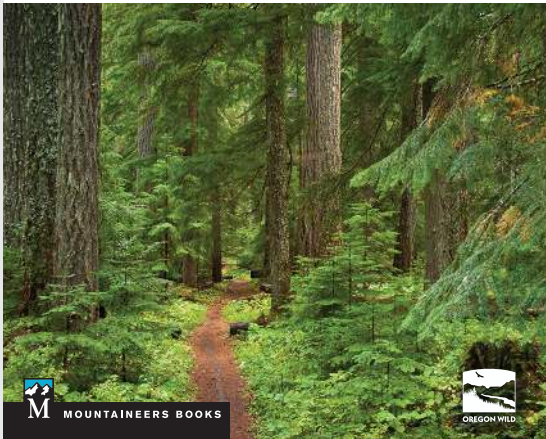
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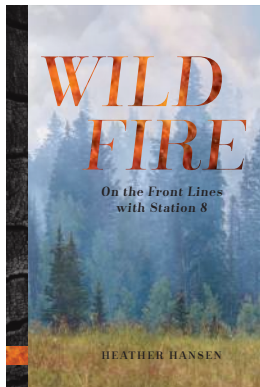
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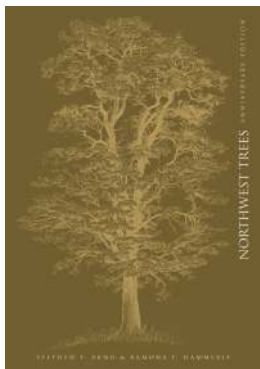
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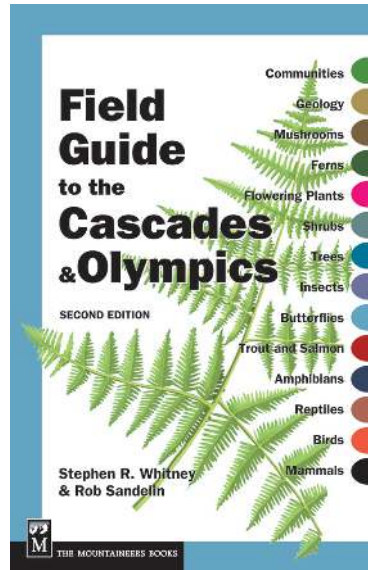
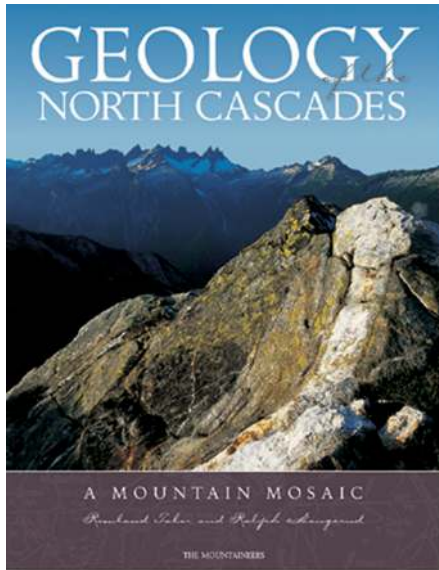
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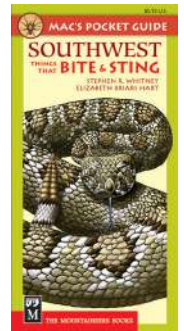
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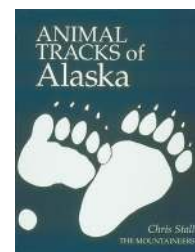
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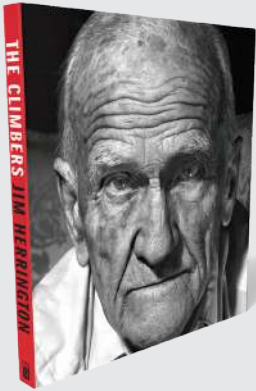


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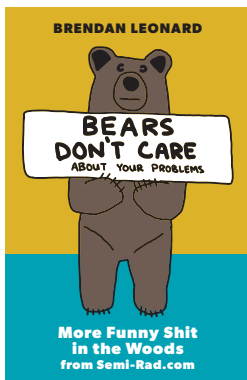
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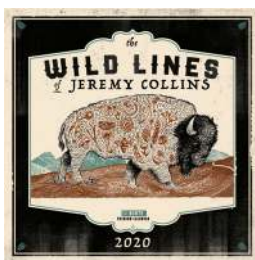
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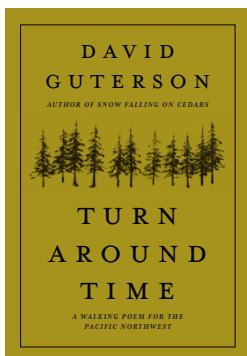
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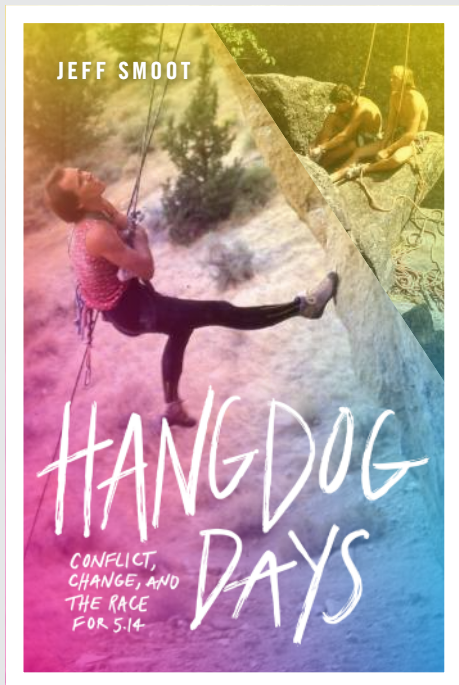
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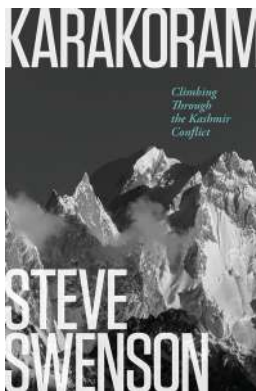
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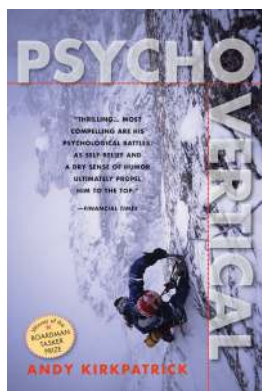
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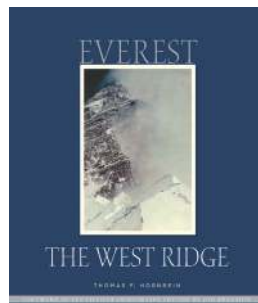
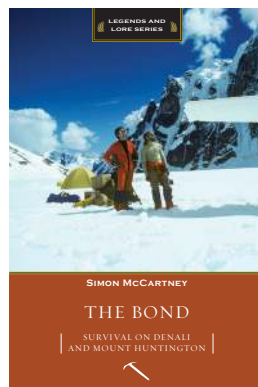
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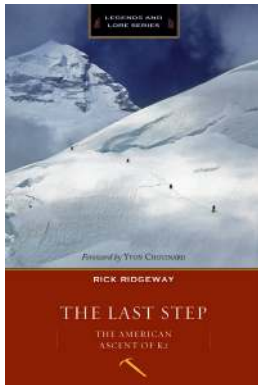
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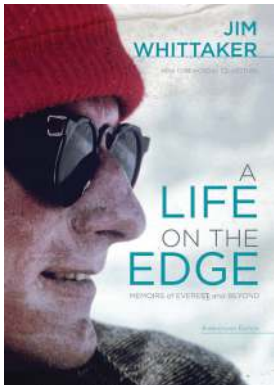


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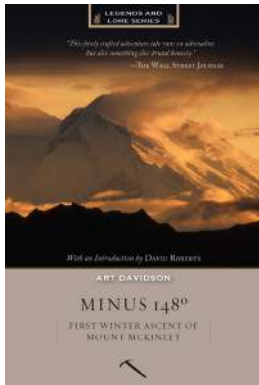


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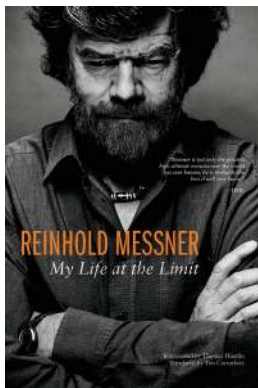
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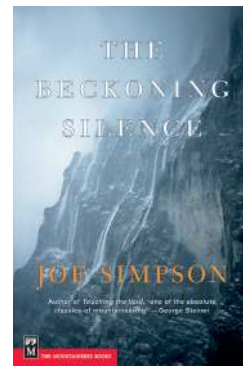
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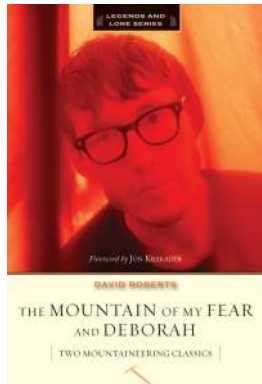
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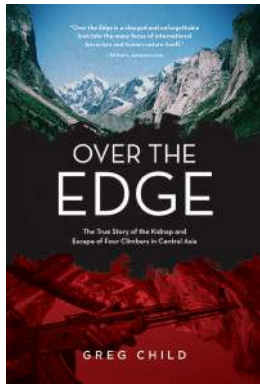
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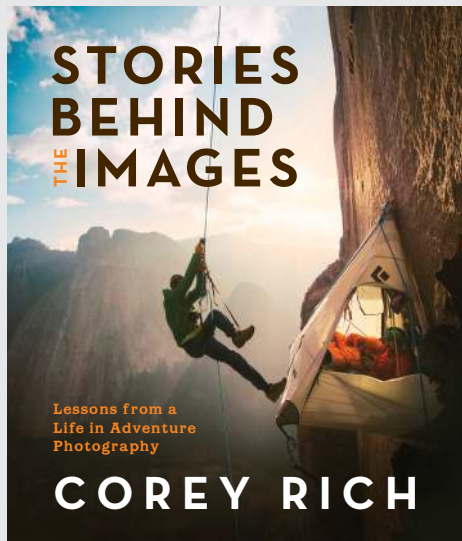
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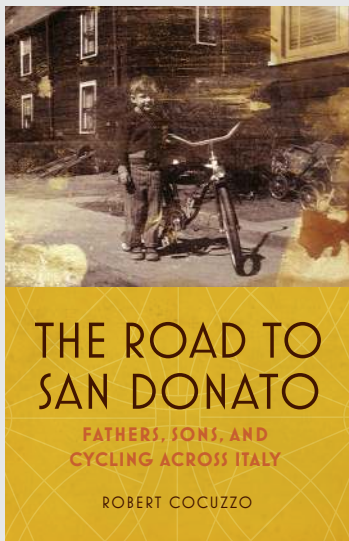
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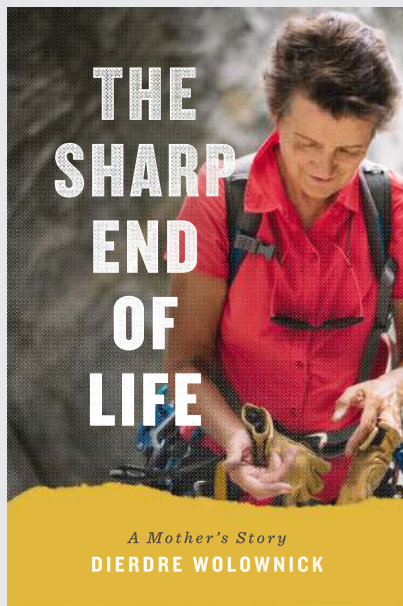
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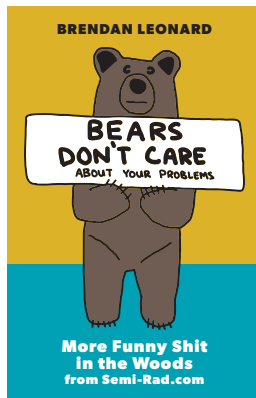
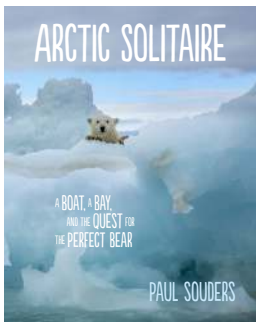
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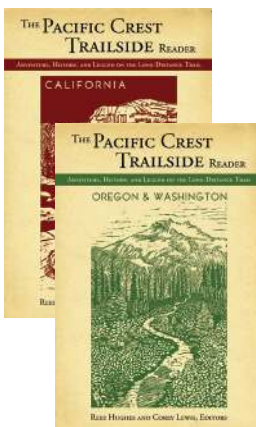
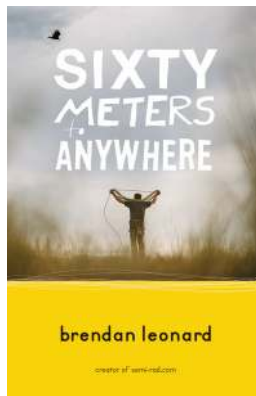
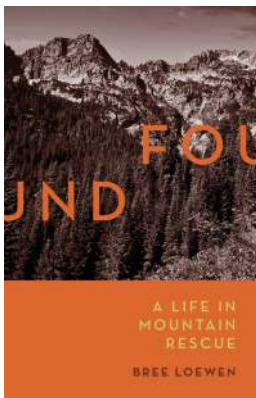
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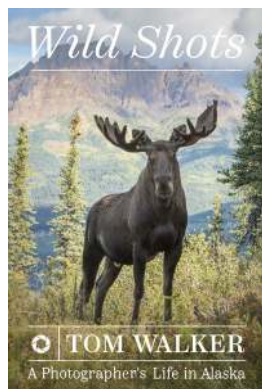
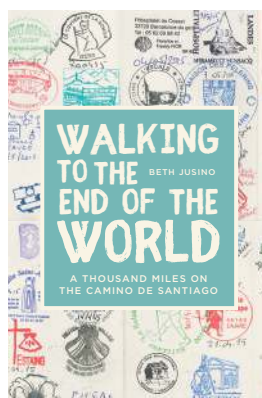
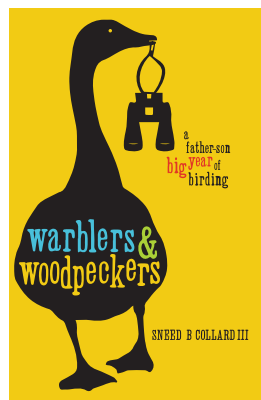
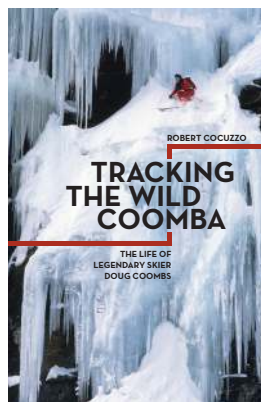
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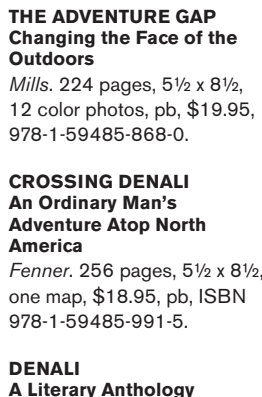
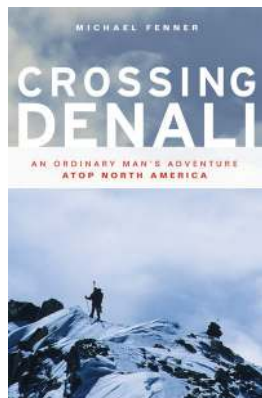
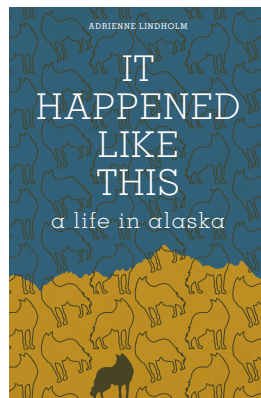
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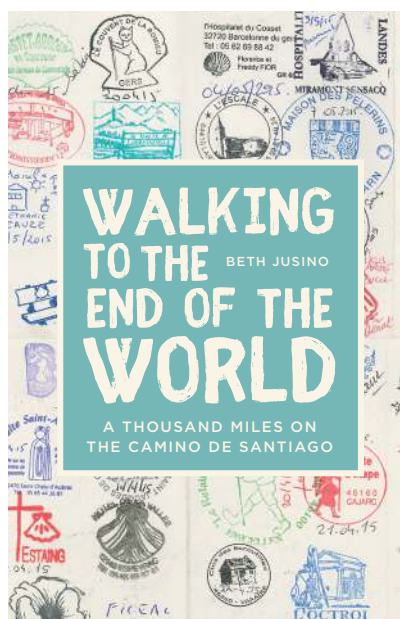
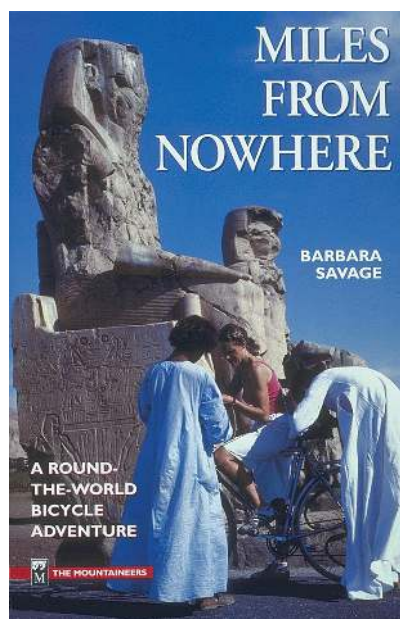
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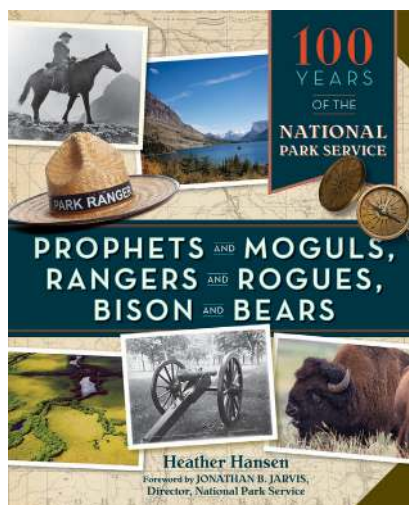
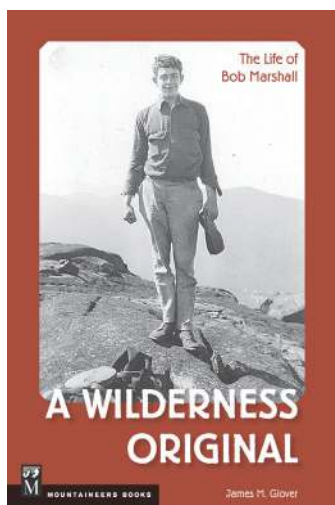
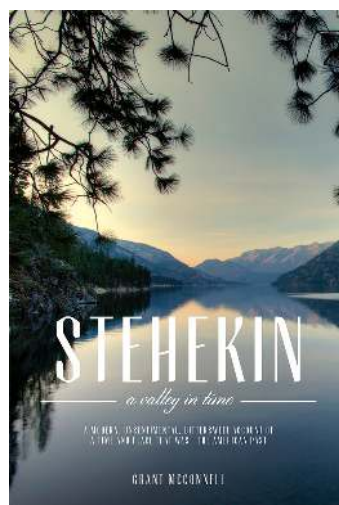
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# REGIONAL INDEX

Following is an index of titles sorted by region. We've indexed guidebooks here to make it easy to find the ones that are near you. Also included are some narrative adventures, because it's always fun to read stories that took place near where you live or in a faraway place you're interested in. A little more than half our catalog can be organized regionally. But don't forget about all those sports instructionals, general lifestyle topics, and wild, sweet, and romantic tales that aren't in this index. You need to browse through the pages here to find those treasures or, if you know the title, you can find them in the Title Index.

## NEW FALL/WINTER TITLES IN BOLD

### US - WEST

#### Alaska/Arctic

50 Hikes in Alaska's Chugach State Park, 45  
55 Ways to the Wilderness in Southcentral Alaska, 5th Ed., 47  
Alaska: A Climbing Guide, 37  
Alaska Range, 55, 57  
Alaska Wildlife, 57  
Alaska's Brooks Range, 55  
Arctic National Wildlife Refuge, 23  
Arctic Solitaires, 61  
Arctic Superstars, 61  
Arctic Wings, 23  
Beluga Days, 55  
Crossing Denali, 63  
**DAY HIKING SERIES**, 43  
Denali: A Literary Anthology, 63  
Denali National Park, 47  
Denali's West Buttress, 38  
Faith of Cranes, 63, 64  
High Alaska, 63  
It Happened Like This, 63  
Journey to the Arctic, 23  
**MAC'S FIELD GUIDES**, 56  
Midnight Wilderness, 23  
Minus 148°, 60  
Mount McKinley: Icy Crown of North America, 63  
Mt. McKinley: The Pioneer Climbs, 63  
Mudflats and Fish Camps, 63  
On Arctic Ground, 23  
Salmon in the Trees, 23  
Salmon Way, The, 23  
Seventymile Kid, The, 63  
Surviving Denali, 63  
Swallowed by the Great Land, 63  
To the Arctic, 23  
Where Water is Gold, 23  
Wild Promise, A, 23  
**Wild Shots, 15, 63**

#### California

50 Classic Backcountry Ski & Snowboard Summits in California, 54  
50 Trail Runs in Southern California, 47  
75 Classic Rides: Northern California, 39  
100 Classic Hikes in Northern California, 4th Ed., 43  
100 Classic Hikes in Southern California, 43  
100 Hikes in California's Central Sierra & Coast Range, 2nd Ed., 45  
100 Hikes in the San Francisco Bay Area, 45  
100 Hikes in Yosemite National Park, 45  
140 Great Hikes in and Near Palm Springs, 50  
**ADVENTURE CYCLING ASSOCIATION MAPS**, 40  
Adventure Cycling in Northern California, 39  
Adventure with Kids: Yosemite, 51  
Animal Tracks Southern California, 56  
Backcountry Ski & Snowboard Routes California, 54  
Best Hikes with Dogs Central California, 45  
Best Hikes with Dogs San Francisco Bay Area and Beyond, 2nd Ed., 45  
Best Hikes with Dogs Southern California, 45  
**BEST HIKES WITH KIDS SERIES**, 51  
Best Short Hikes in California's North Sierra 2nd Ed., 46  
Best Short Hikes in California's South Sierra 2nd Ed., 46  
Best Short Hikes in Redwood National and State Parks, 46  
Camp 4, 58  
Climbing California's Fourteeners, 38  
Cycling the Pacific Coast, 39  
**DAY HIKING SERIES**, 43  
High Sierra, The, 3rd Ed., 38  
**Hike the Parks: Joshua Tree National Park, 16, 44**  
Hike the Parks: Redwood N. & S. Parks, 44  
Hiking the Pacific Crest Trail: Northern California, 44  
Hiking the Pacific Crest Trail: Southern California, 44  
Lighting Out, 29  
Live! From Death Valley, 55  
**MAC'S FIELD GUIDES**, 56  
Mount Whitney, 2nd Ed., 48  
Mountain Bike: Tahoe, 39  
Outdoor Family Guide to Lake Tahoe, 2nd Ed., An, 51  
Pacific Crest Trailside Reader: California, 62  
Sierra, 57  
Sierra High Route, 2nd Ed., 48  
Snowshoe Routes Northern California, 54  
Trad Guide to Joshua Tree, The, 38  
Trekking California, 48  
Urban Trails: San Francisco, 44  
Walking San Diego, 2nd Ed., 48  
Waterfall Lover's Guide to Northern California, 48  
Yosemite National Park Deck, 46

#### Oregon

75 Classic Rides: Oregon, 39  
75 Hikes in Oregon's Coast Range & Siskiyou, 2nd Ed., 45  
75 Scrambles in Oregon, 47  
100 Classic Hikes in Oregon, 2nd Ed., 43  
**ADVENTURE CYCLING ASSOCIATION MAPS**, 40  
Backcountry Ski & Snowboard Routes Oregon, 54  
Best Groomed Cross-Country Ski Trails in Oregon, 54  
Best Hikes with Dogs Oregon, 2nd Ed., 45  
**BEST HIKES WITH KIDS SERIES**, 51  
Best Short Hikes in Northwest Oregon, 46  
Biking Portland, 39  
Cycling the Pacific Coast, 39  
**DAY HIKING SERIES**, 43  
Hiking Oregon's Geology, 2nd Ed., 46  
Hiking the Pacific Crest Trail: Oregon, 44  
**MAC'S FIELD GUIDES**, 56  
Mountain Bike: Bend, 39  
Pacific Crest Trailside Reader: Oregon & Washington, 62  
Oregon Desert Guide, 48  
Oregon's Ancient Forests, 48, 55

Snowshoe Routes Oregon, 54  
Soggy Sneakers, 5th Ed., 53  
Urban Trails: Portland, 44  
Weekend Rock Oregon, 37

#### Utah

100 Classic Hikes: Utah, 43  
Adventure with Kids: Utah's Big Five, 61  
Backcountry Ski & Snowboard Routes Utah, 54  
Best Bears Ears National Monument Hikes, The, 49  
Best Canyonlands National Park Hikes, The, 49  
Best Grand Staircase-Escalante National Monument Hikes, The, 49  
Best Hikes with Dogs Utah, 45  
Best Utah Children's Hikes, The, 49

#### Washington

50 Trail Runs in Washington, 47  
75 Classic Rides: Washington, 39  
100 Best Cross-Country Ski Trails in Washington, 3rd Ed., 54  
100 Classic Backcountry Ski and Snowboard Routes Washington, 54  
100 Classic Hikes: Washington, 3rd Ed., 43  
151 Dives in the Protected Waters of Washington State and British Columbia, 53  
Across the Olympic Mountains, 64  
**ADVENTURE CYCLING ASSOCIATION MAPS**, 40  
Afoot & Afloat: North Puget Sound & the Strait of Juan de Fuca, 3rd Ed., 53  
Afoot & Afloat: South Puget Sound and Hood Canal, 4th Ed., 53  
Afoot & Afloat: The San Juan Islands, 4th Ed., 53  
Alpine Lakes Wilderness, 47  
Backcountry Ski & Snowboard Routes Washington, 54  
Backpacking Washington, 47  
Best Desert Hikes: Washington, 47  
Best Hikes with Dogs Inland Northwest, 45  
Best Hikes with Dogs Western Washington, 2nd Ed., 45  
**BEST HIKES WITH KIDS SERIES**, 51  
Best Wildflower Hikes Washington, 47  
Best Winter Walks & Hikes, Puget Sound, 2nd Ed., 47  
Biking Puget Sound, 2nd Ed., 39  
Camping Washington, 2nd Ed., 47  
Canoe and Kayak Routes of NW Oregon & SW Washington, 3rd Ed., 53  
Cascade Alpine Guide Vol. 1, Columbia River to Stevens Pass, 3rd Ed., 37  
Cascade Alpine Guide Vol. 2, Stevens Pass to Rainy Pass, 3rd Ed., 37  
Cascade Alpine Guide Vol. 3, Rainy Pass to Fraser River, 3rd Ed., 37  
Challenge of Rainier, The, 4th Ed., 58  
Challenge of the North Cascades, 58  
Complete Guide to Mount St. Helens National Volcanic Monument, A, 47  
Cycling the Pacific Coast, 39  
**DAY HIKING SERIES**, 43  
Defending Wild Washington, 55  
Discovering Seattle Parks, 52  
Elwha, 55  
Exploring Washington's Wild Areas, 2nd Ed., 47  
Field Guide to the Cascades & Olympics, 2nd Ed., 56  
Geology of the North Cascades, 56  
Guide to 100 Peaks in Mount Rainier National Park, 6th Ed., 47  
Hiking the Great Northwest, 2nd Ed., 47  
Hiking the Pacific Crest Trail: Washington, 44  
Hiking the Wonderland Trail, 48  
Hiking Washington's Fire Lookouts, 48  
Kayaking Puget Sound & the San Juan Islands, 3rd Ed., 53  
Lookouts 2nd Ed., 64  
**MAC'S FIELD GUIDES**, 56  
Monte Cristo, 64  
Mount Rainier, 57  
Mount Rainier: A Climbing Guide, 3rd Ed., 37  
Nature in the City: Seattle, 48  
North Cascades, The, 23  
North Cascades Crest, 57  
Olympic Battleground, 2nd Ed., 64  
Olympic Mountains: A Climbing Guide, 4th Ed., 37  
Olympic Mountains Trail Guide, 3rd Ed., 48  
Outdoor Family Guide to Washington's National Parks and Monuments, An, 51  
Pacific Crest Trailside Reader: Oregon & Washington, 62  
Paddling Washington, 53  
Roads to Trails Northwest Washington, 48  
Seattle Stairway Walks, 48  
Selected Climbs in the Cascades Vol I, 2nd Ed., 37  
Selected Climbs in the Cascades Vol II, 37  
Snoqualmie Pass, 64  
Snowshoe Routes Washington, 3rd Ed., 54  
Stehkin, 64  
Swimming Holes of Washington, 27, 53  
Urban Trails: Bellingham, 44  
**Urban Trails: Eastside, 18, 44**  
Urban Trails: Everett, 44  
Urban Trails: Kitsap, 44  
Urban Trails: Olympia, 44  
Urban Trails: Seattle, 44  
**Urban Trails: Tacoma, 18, 44**  
Washington Ice: A Climbing Guide, 37  
Washington Scrambles, 2nd Ed., 48  
Washington's Channeled Scablands Guide, 48  
Washington's Pacific Coast, 48  
**We Are Puget Sound, 12, 23**  
Weekend Rock Washington, 37  
Wild Plants of the San Juan Islands, 2nd Ed., 56  
Winter Hikes of Western Washington Deck, 46  
Year in Paradise, A, 64

#### West - Other

100 Hikes in the Inland Northwest, 2nd Ed., 45  
**ADVENTURE CYCLING ASSOCIATION MAPS**, 40  
Best Hikes with Dogs Las Vegas and Beyond, 45  
Birds of the West, 25, 29, 57  
Birdsongs of the Pacific Northwest, 55

# REGIONAL INDEX

Idaho: A Climbing Guide, 37  
John Muir: The Eight Wilderness  
Discovery Books, 55  
Long Trek Home, A, 63  
Northwest Foraging, 25  
Northwest Garden Manifesto, The, 26  
Northwest Trees, 2nd Ed., 55  
Pacific Coast Foraging Guide, 25  
Pacific Feast, 25  
Pacific Northwest Nature, 25, 29, 57  
Paddle Routes of the Inland Northwest, 53  
Paddling the Columbia, 53  
Rain Gardens for the Pacific Northwest, 26  
Real Gardens Grow Natives, 26  
Red Rock Canyon: A Climbing Guide, 37  
Skiing and Sleeping on the Summits:  
Cascade Volcanoes of the Pacific  
Northwest, 54  
Waterfall Lover's Guide to the Pacific  
Northwest, 5th Ed., 48

## SOUTHWEST

100 Classic Hikes: Arizona, 4th Ed., 43  
100 Classic Hikes in Texas, 43  
100 Hikes in New Mexico, 3rd Ed., 45  
*ADVENTURE CYCLING ASSOCIATION MAPS*, 40  
Best Hikes with Children in New Mexico,  
2nd Ed., 51  
Best Hikes with Dogs Arizona, 45  
Best Hikes with Dogs Texas Hill Country  
& Coast, 45  
Best Loop Hikes Arizona, 47  
Best Short Hikes in Arizona, 46  
Exploring Arizona's Wild Areas, 2nd  
Ed., 47  
Field Guide to the Grand Canyon, A, 2nd  
Ed., 56  
**Hike the Parks: Zion and Bryce  
Canyon National Parks, 16, 44**  
Hiking Arizona's Geology, 46  
**Hiking Southwest Canyon Country,  
4th Ed., 17, 47**  
Hiking the Grand Canyon's Geology, 46  
Hiking the Southwest's Geology, 46  
*MAC'S FIELD GUIDES*, 56  
*MAC'S POCKET GUIDES*, 56  
Pages of Stone, 2nd Ed., 56  
Sandstone Spine, 61  
Selected Climbs in the Desert  
Southwest, 37  
Tecate Journals, The, 63  
Weekend Rock Arizona, 37

## MOUNTAIN

### Colorado

75 Classic Rides: Colorado, 39  
100 Classic Hikes in Colorado, 3rd  
Ed., 43  
*ADVENTURE CYCLING ASSOCIATION  
MAPS*, 40  
Backcountry Ski & Snowboard Routes  
Colorado, 54  
Best Flatiron Scrambles, The, 50  
Best Front Range Trail Runs, The, 50  
**BEST HIKES SERIES - COLORADO  
MOUNTAIN CLUB**, 49  
Best Hikes with Dogs Colorado, 45  
**BEST HIKES WITH KIDS SERIES**, 51  
Best Loop Hikes Colorado, 47  
Classic Colorado Ski Descents, 54  
Classic Front Range Trad Climbs, 38  
Colorado 14er Disasters, 58  
Colorado 14ers, The, 38  
Colorado Lake Hikes, 50  
Colorado's Quiet Winter Trails, 54  
Colorado Scrambles, 2nd Ed., 50  
Colorado Snow Climbs, 54  
Colorado Summit Hikes, 2nd Ed., 50

Colorado Trail, The, 9th Ed., 50  
Colorado Trail Databook, 7th Ed., The, 50  
Colorado Waterfall Hikes, 50  
Colorado Year Round Outdoor Guide,  
The, 50  
Coloring Colorado, 57  
Comanche Peak Wilderness Area, 50  
Essential Guide to Black Canyon of the  
Gunnison National Park, The, 50  
Exploring Colorado's Wild Areas, 2nd  
Ed., 47  
Flatiron Classics, 2nd Ed., 38  
Guide to the Colorado Mountains, 10th  
Ed., 38  
Hiking Colorado's Geology, 46  
Hiking Colorado's Roadless Trails, 50  
Ski & Snowshoe Routes, Colorado's  
Front Range, 54  
Snowshoe Routes: Colorado's Front  
Range, 2nd Ed., 54  
Special Colorado Mountain Hikes, 50

### Mountain - Other

100 Classic Hikes in Montana, 43  
*ADVENTURE CYCLING ASSOCIATION MAPS*, 40  
Adventuring with Kids: Glacier, 51  
Adventuring with Kids: Yellowstone, 51  
Caribou Rainforest, 23  
Crown of the Continent, 23  
Cycling the Great Divide, 2nd Ed., 39  
Climber's Guide to the Teton Range, 3rd  
Ed., A, 38  
Day Hiking Glacier National Park, 43  
Glacier-Waterton International Peace  
Park 2nd Ed., 47  
*MAC'S POCKET GUIDES*, 56  
Outdoor Family Guide to Yellowstone  
and the Tetons National Parks, 2nd  
Ed., 51  
Rocky Mountain Alpine Flowers, 50  
Rocky Mountain Flora, 2nd Ed., 50  
Rocky Mountain Wildflowers, 2nd Ed., 50  
Sleeping on the Summits, 50  
Wilderness Original, A, 64  
Yellowstone Migrations, 23  
Yellowstone & Grand Teton National  
Parks Deck, 46  
Yellowstone to Yukon, 23

## MIDWEST

*ADVENTURE CYCLING ASSOCIATION MAPS*, 40  
**BEST HIKES WITH KIDS SERIES**, 51  
*MAC'S FIELD GUIDES*, 56  
*MAC'S POCKET GUIDES*, 56

## NORTHEAST/ATLANTIC

100 Classic Hikes in New England, 43  
*ADVENTURE CYCLING ASSOCIATION  
MAPS*, 40  
Animal Tracks Mid-Atlantic, 56  
Best Hikes with Children in New Jersey,  
2nd Ed., 51  
Best Hikes with Children in the Catskills  
and Hudson River Valley, 2nd Ed., 51  
Best Hikes with Dogs Boston and  
Beyond, 45  
Best Hikes with Dogs New Hampshire  
and Vermont, 45  
Best Hikes with Dogs New Jersey, 45  
Best Hikes with Dogs New York City &  
Beyond, 45  
**BEST HIKES WITH KIDS SERIES**, 51  
Best Loop Hikes New Hampshire's White  
Mountains to the Maine Coast, 47  
Day Hiking New England, 43  
*MAC'S FIELD GUIDES*, 56  
Northern Forest Canoe Trail Official  
Guidebook, 53

*NORTHERN FOREST CANOE TRAIL  
MAPS*, 53  
Outdoor Family Guide to Acadia National  
Park, An, 51  
Paddling Southern Maine, 53  
Selected Climbs in the Northeast, 37  
Snowshoe Routes Adirondacks &  
Catskills, 54  
Snowshoe Routes New England, 54

## SOUTHEAST

40 Hikes in Tennessee's South  
Cumberland, 3rd Ed., 45  
75 Hikes in Virginia's Shenandoah  
National Park, 2nd Ed., 45  
100 Classic Hikes in North Carolina, 43  
100 Hikes in the Great Smoky Mountains  
National Park, 2nd Ed., 45  
100 Trails of the Big South Fork, 4th  
Ed., 45  
*ADVENTURE CYCLING  
ASSOCIATION MAPS*, 40  
Animal Tracks Southeast, 56  
Best Hikes with Dogs Georgia & South  
Carolina, 45  
Best Hikes with Dogs North Carolina, 45  
Florida State Parks, 47  
*MAC'S FIELD GUIDES*, 56

## CANADA

151 Dives in the Protected Waters  
of Washington State and British  
Columbia, 53  
*ADVENTURE CYCLING  
ASSOCIATION MAPS*, 40  
Bugaboo Rock: A Climbing Guide, 2nd  
Ed., 37  
**Rising, 14, 59**

## INTERNATIONAL

### Africa

Kilimanjaro & E. Africa: A Climbing and  
Trekking Guide, 2nd Ed., 37  
Kissing Kilimanjaro, 62

### Asia

All 14 Eight-Thousanders, 60  
**Big Thaw, The, 13, 23**  
Boys of Everest, The, 58  
Conquistadors of the Useless, 59  
Crystal Horizon, The, 60  
Everest, 58  
Everest (Mountaineers Anthology series),  
58  
Everest 1953, 59  
Everest: Expedition to the Ultimate, 60  
Everest: The West Ridge, 59  
Fearless on Everest, 58  
Himalaya by the Numbers, The, 58  
Himalayan Database, The, 58  
Himalayan Passage, 62, 64  
K2: The Price of Conquest, 58  
K2: The Tragedy, 58  
Karakoram, 58  
Kyrgystan: A Climber's Map, 38  
Last Step, The, 59  
Nanga Parbat Pilgrimage, 60  
Sherpa, 60  
Thailand: A Climbing Guide, 37  
Trekking in Nepal, 8th Ed., 52  
Trekking in Tibet, 3rd Ed., 52  
Where the Pavement Ends, 63, 64  
Wildest Dream, 59

### Europe

Anderl Heckmair, 58  
Extreme Eiger, 59  
Explore Europe on Foot, 52  
Fall of Heaven, 59, 60

Fiva, 58  
Fontainebleau Climbs, 38  
Mont Blanc Range, The, 38  
Walking to the End of the World, 63, 64

### Latin America

Aconcagua, A Climber's Guide, 2nd  
Ed., 38  
Ecuador: A Climbing Guide, 38  
Costa Rica's National Parks and  
Preserves, 3rd Ed., 52  
Galapagos Islands and Ecuador, The,  
3rd Ed., 52  
Trekking in Bolivia, 52  
Trekking in Ecuador, 52  
Trekking Peru, 52

### Antarctica

Antarctica, 60  
Mountaineering in Antarctica, 38

# TITLE INDEX

## NEW FALL/WINTER TITLES IN BOLD>

9th Grade, The, 58  
40 Hikes in Tennessee's South Cumberland, 3rd Ed., 45  
50 Classic Backcountry Ski & Snowboard Summits in California, 54  
50 Hikes in Alaska's Chugach State Park, 45  
50 Trail Runs in Southern California, 47  
50 Trail Runs in Washington, 47  
55 Ways to the Wilderness in Southcentral Alaska, 5th Ed., 47  
75 Classic Rides: Colorado, 39  
75 Classic Rides: Northern California, 39  
75 Classic Rides: Oregon, 39  
75 Classic Rides: Washington, 39  
75 Hikes in Oregon's Coast Range & Siskiyou, 2nd Ed., 45  
75 Hikes in Virginia's Shenandoah National Park, 2nd Ed., 45  
75 Scrambles in Oregon, 47  
100 Best Cross-Country Ski Trails in Washington, 3rd Ed., 54  
100 Classic Backcountry Ski and Snowboard Routes Washington, 54  
100 Classic Hikes: Arizona, 4th Ed., 43  
100 Classic Hikes in Colorado, 3rd Ed., 43  
100 Classic Hikes in Montana, 43  
100 Classic Hikes in New England, 43  
100 Classic Hikes in North Carolina, 43  
100 Classic Hikes in Northern California, 4th Ed., 43  
100 Classic Hikes in Oregon, 2nd Ed., 43  
100 Classic Hikes in Southern California, 43  
100 Classic Hikes in Texas, 43  
100 Classic Hikes: Utah, 43  
100 Classic Hikes: Washington, 3rd Ed., 43  
100 Hikes in California's Central Sierra & Coast Range, 2nd Ed., 45  
100 Hikes in the Great Smoky Mountains National Park, 2nd Ed., 45  
100 Hikes in the Inland Northwest, 2nd Ed., 45  
100 Hikes in New Mexico, 3rd Ed., 45  
100 Hikes in the San Francisco Bay Area, 45  
100 Hikes in Yosemite National Park, 45  
100 Trails of the Big South Fork, 4th Ed., 45  
140 Great Hikes in and Near Palm Springs, 50  
151 Dives in the Protected Waters of Washington State and British Columbia, 53  
1001 Climbing Tips, 33

## A

ABCs of Avalanche Safety, The, 3rd Ed., 36  
**Accidents in North American Climbing, 21, 33**  
Aconcagua, A Climber's Guide, 2nd Ed., 38  
Across the Olympic Mountains, 64  
Advanced Rock Climbing, 32  
**ADVENTURE CYCLING ASSOCIATION MAPS, 40**  
**Arkansas High Country Route, 20, 40**  
**1. Section 1 South (500 miles)**

## 2. Section 2 North (434- & 248-mile loops)

Atlantic Coast Bicycle Route, 40  
1. Bar Harbor, Maine - Windsor Locks, Connecticut (439 miles)  
2. Windsor Locks, Connecticut - Conshohocken, Pennsylvania (295 miles)  
3. Conshohocken, Pennsylvania - Richmond, Virginia (389 miles)  
4. Richmond, Virginia - Wilmington, North Carolina (383 miles)  
5. Wilmington, North Carolina - Statesboro, Georgia (349 miles)  
6. Statesboro, Georgia - St. Augustine, Florida (259 miles)  
7. St. Augustine, Florida - Key West, Florida (522 miles)  
Chicago to New York City Bicycle Route, 40  
1. Chicago, Illinois - Indianapolis, Indiana (231 miles)  
2. Indianapolis, Indiana - Zanesville, Ohio (275 miles)  
3. Zanesville, Ohio - Clearfield, Pennsylvania (275 miles)  
4. Clearfield, Pennsylvania - New York City, New York (359 miles)  
5. Alt. 1, Pittsburgh, Pennsylvania - Lancaster, Pennsylvania (339 miles)  
6. Alt. 2, Lancaster, Pennsylvania - New York City, New York (180 miles)  
Florida Connector Bicycle Route: St. Augustine, Florida - Key West, Florida (530 miles), 40  
Grand Canyon Connector Bicycle Route: Cedar City, Utah - Tempe, Arizona (565 miles), 40  
Great Divide Mountain Bike Route, 40  
1. Canada, Jasper, Alberta - Roosville, Montana (635 miles)  
2. Roosville, Montana - Helena, Montana (372 miles)  
3. Helena, Montana - Colter Bay, Wyoming (452 miles)  
4. Colter Bay, Wyoming - Rawlins, Wyoming (367 miles)  
5. Rawlins, Wyoming - Salida, Colorado (379 miles)  
6. Salida, Colorado - Grants, New Mexico (545 miles)  
7. Grants, New Mexico - Antelope Wells, New Mexico (369 miles)  
Great Parks North Bicycle Route, 40  
1. Jasper, Alberta - Fernie, British Columbia (373 miles)  
2. Fernie, British Columbia - Missoula, Montana (379 miles)  
Great Parks South Bicycle Route, 40  
1. Steamboat Springs, Colorado - Poncha Springs, Colorado (389 miles)  
2. Poncha Springs, Colorado - Durango, Colorado (306 miles)  
Great Rivers South Bicycle Route, 40  
1. Muscatine, Iowa - Cape Girardeau, Missouri (501 miles)  
2. Cape Girardeau, Missouri - Tupelo, Mississippi (456 miles)  
3. Tupelo, Mississippi - Baton Rouge, Louisiana (370 miles)  
Idaho Hot Springs Mountain Bike Route, 41  
Main Route Map  
Singletrack Options Map  
Lake Erie Connector Bicycle Route: Wolf Lake, Michigan - Fort Erie, Ontario (505 miles), 41  
Lewis & Clark Bicycle Trail, 41  
1. Hartford, Illinois - Council Bluffs, Iowa (558 miles)  
2. Council Bluffs, Iowa - Pierre, South Dakota (489 miles)  
3. Pierre, South Dakota -

Dickinson, North Dakota (414 miles)  
4. Dickinson, North Dakota - Great Falls, Montana (499 miles)  
5. Great Falls, Montana - Missoula, Montana (477 miles)  
6. Missoula, Montana - Clarkston, Washington (243 miles)  
7. Clarkston, Washington - Seaside, Oregon (474 miles)  
8. Three Forks, Montana - Williston, North Dakota (514 miles)  
North Lakes Bicycle Route, 41  
1. Osceola, Wisconsin - Escanaba, Michigan (392 miles)  
2. Sandpoint, Idaho - Mackinaw City, Michigan (151 miles)  
3. Mackinaw City, Michigan - Monroeville, Indiana (545 miles)  
Northern Tier Bicycle Route, 41  
1. Anacortes, Washington - Sandpoint, Idaho (462 miles)  
2. Sandpoint, Idaho - Cut Bank, Montana (447 miles)  
3. Cut Bank, Montana - Dickinson, North Dakota (544 miles)  
4. Dickinson, North Dakota - Fargo, North Dakota (351 miles)  
5. Fargo, North Dakota - Walker, Minnesota (175 miles)  
6. Walker, Minnesota - Stillwater, Minnesota (262 miles)  
7. Stillwater, Minnesota - Muscatine, Iowa (391 miles)  
8. Muscatine, Iowa - Monroeville, Indiana (402 miles)  
9. Monroeville, Indiana - Orchard Park, New York (409 miles)  
10. Orchard Park, New York - Ticonderoga, New York (421 miles)  
11. Ticonderoga, New York - Bar Harbor, Maine (402 miles)  
Pacific Coast Bicycle Route, 41  
1. Vancouver, British Columbia - Astoria, Oregon (402 miles)  
2. Astoria, Oregon - Crescent City, California (408 miles)  
3. Crescent City, California - San Francisco, California (412 miles)  
4. San Francisco, California - Santa Barbara, California (384 miles)  
5. Santa Barbara, California - Imperial Beach, California (249 miles)  
Route 66 Bicycle Route, 41  
1. Chicago, Illinois - St. Louis, Missouri (329 miles)  
2. St. Louis, Missouri - Joplin, Missouri (327 miles)  
3. Joplin, Missouri - Adrian, Texas (567 miles)  
4. Adrian, Texas - Gallup, New Mexico (500 miles)  
5. Gallup, New Mexico - Oatman, Arizona (404 miles)  
6. Oatman, Arizona - Santa Monica, California (360 miles)  
Sierra Cascades Bicycle Route, 41  
1. Sumas, Washington - Mt. Rainier National Park, Washington (447 miles)  
2. Mt. Rainier NP, Washington - Crater Lake NP, Oregon (446 miles)  
3. Crater Lake NP, Oregon - Truckee, California (459 miles)  
4. Truckee, California - Lake Isabella, California (558 miles)  
5. Lake Isabella, California - Tecate, California (486 miles)  
Southern Tier Bicycle Route, 41  
1. San Diego, California - Tempe, Arizona (413 miles)  
2. Tempe, Arizona - El Paso, Texas (524 miles)  
3. El Paso, Texas - Del Rio, Texas (522 miles)

4. Del Rio, Texas - Navasota, Texas (432 miles)  
5. Navasota, Texas - New Roads, Louisiana (385 miles)  
6. New Roads, Louisiana - DeFuniak Springs, Florida (442 miles)  
7. DeFuniak Springs, Florida - St. Augustine, Florida (425 miles)  
Texas Hill Country Loop, 41  
Tidewater Potomac Heritage Bicycle Route: Washington D.C. (378 miles), 41  
Transamerica Bicycle Trail, 42  
1. Astoria to Coburg, Oregon (234 mi.)  
2. Coburg to Baker City, Oregon (333 mi.)  
3. Baker City, Oregon - Missoula, Montana (419 miles)  
4. Missoula, Montana - West Yellowstone, Montana (329 miles)  
5. West Yellowstone, Montana - Rawlins, Wyoming (351 miles)  
6. Rawlins, Wyoming - Pueblo, Colorado (387 miles)  
7. Pueblo, Colorado - Alexander, Kansas (289 miles)  
8. Alexander, Kansas - Girard, Kansas (331 miles)  
9. Girard, Kansas - Murphysboro, Illinois (409 miles)  
10. Murphysboro, Illinois - Berea, Kentucky (405 miles)  
11. Berea, Kentucky - Christiansburg, Virginia (376 miles)  
12. Christiansburg, Virginia - Yorktown, Virginia (368 miles)  
Underground Railroad Bicycle Route, 42  
1. Mobile, Alabama - Fulton, Mississippi (401 miles)  
2. Fulton, Mississippi - Owensboro, Kentucky (435 miles)  
3. Owensboro, Kentucky - Milford, Ohio (374 miles)  
4. Milford, Ohio - Erie, Pennsylvania (419 miles)  
5. Erie, Pennsylvania - Owen Sound, Ontario (378 miles)  
Underground Railroad Bicycle Route Detroit Alternative, 42  
1. Detroit Alternate, Oberlin, Ohio - Sombra, Ontario (281 miles)  
2. Detroit Alternate, Sombra, Ontario - Owen Sound, Ontario (239 miles)  
Washington Parks Bicycle Route, 42  
1. Sedro-Woolley, Washington - Elma, Washington (311 miles)  
2. Elma, Washington - Sedro-Woolley, Washington (555 miles)  
Western Express Bicycle Route, 42  
1. San Francisco, California - Fallon, Nevada (312 miles)  
2. Fallon, Nevada - Cedar City, Utah (464 miles)  
3. Cedar City, Utah - Dolores, Colorado (447 miles)  
4. Dolores, Colorado - Pueblo, Colorado (361 miles)  
Adventure Cycling in Northern California, 39  
Adventure Gap, The, 63  
Adventure Handbook, 52  
Adventure Journal, 30  
Adventuring with Kids: Glacier, 51  
Adventuring with Kids: Utah's Big Five, 51  
Adventuring with Kids: Yellowstone, 51  
Adventuring with Kids: Yosemite, 51  
Afoot & Afloat: North Puget Sound & the Strait of Juan de Fuca, 3rd Ed., 53  
Afoot & Afloat: South Puget Sound and Hood Canal, 4th Ed., 53

Afoot & Afloat: The San Juan Islands, 4th Ed., 53  
Alaska: A Climbing Guide, 37  
Alaska Range, 55, 57  
Alaska Wildlife, 57  
Alaska's Brooks Range, 55  
All 14 Eight-Thousanders, 60  
Alpine Climbing, 32  
Alpine Lakes Wilderness, 47  
Altitude Illness & Treatment, 2nd Ed., 32, 34  
**American Alpine Journal, The, 21, 33**  
Anderl Heckmair, 58  
Animal Tracks Mid-Atlantic, 56  
Animal Tracks Southeast, 56  
Animal Tracks Southern California, 56  
Antarctica, 60  
Arctic National Wildlife Refuge, 23  
Arctic Solitaire, 61  
Arctic Superstars, 61  
Arctic Wings, 23  
Art of Rough Travel, The, 61  
Ascent, 58  
Avalanche Essentials, 36  
Avalanche Handbook, The, 3rd Ed., 36  
Avalanche Pocket Guide, 36

## B

Babes in the Woods, 30  
Backcountry Bear Basics, 29  
Backcountry Betty Crafting with Style, 27  
Backcountry Cooking Deck, The, 30  
Backcountry Ski & Snowboard Routes California, 54  
Backcountry Ski & Snowboard Routes Colorado, 54  
Backcountry Ski & Snowboard Routes Oregon, 54  
Backcountry Ski & Snowboard Routes Utah, 54  
Backcountry Ski & Snowboard Routes Washington, 54  
Backcountry Skiing, 36  
Backpacking Washington, 47  
Backyard Roots, 26  
Bar Mitzvah and the Beast, The, 61  
Barking Buddha, 27  
Bear Country, 57  
**Bears Don't Care About Your Problems, 8, 57, 61**  
Beckoning Silence, The, 60  
Being Caribou, 61  
Beluga Days, 55  
Best Desert Hikes: Washington, 47  
Best Flatiron Scrambles, The, 50  
Best Front Range Trail Runs, The, 50  
Best Groomed Cross-Country Ski Trails in Oregon, 54

## BEST HIKES SERIES - COLORADO MOUNTAIN CLUB, 49

Best Aspen Hikes, The  
Best Bears Ears National Monument Hikes, The  
Best Boulder Hikes, The  
Best Canyonlands National Park Hikes, The  
Best Colorado Fall Color Hikes, The  
Best Colorado Springs Hikes, The  
Best Crested Butte Hikes, The  
Best Denver Hikes, The  
Best Durango and Silverton Hikes, The  
Best Estes Park Hikes, The  
Best Fort Collins Hikes, The  
Best Front Range Hikes, The  
Best Front Range Hikes for Children, The

# TITLE INDEX

- Best Front Range Wildflower Hikes, The  
 Best Grand Junction Hikes, The  
 Best Grand Staircase-Escalante National Monument Hikes, The  
 Best Hikes on the Continental Divide Trail: Colorado, The  
 Best Indian Peaks Wilderness Hikes, The  
 Best Jefferson County Hikes, The  
 Best Lost Creek Wilderness Hikes, The  
 Best Moab and Arches National Park Hikes, The  
 Best Rocky Mountain National Park Hikes, The  
 Best Southern Front Range Hikes, The  
 Best Steamboat Hikes, The  
 Best Summit County Hikes, The  
 Best Telluride Hikes, The  
**Best Urban Hikes: Boulder, The, 19**  
 Best Urban Hikes: Denver, The  
 Best Utah Children's Hikes, The  
 Best Vail Valley Hikes, The  
 Best Hikes with Children in New Jersey, 2nd Ed., 51  
 Best Hikes with Children in New Mexico, 2nd Ed., 51  
 Best Hikes with Children in the Catskills and Hudson River Valley, 2nd Ed., 51  
**BEST HIKES WITH DOGS SERIES, 45**  
 Best Hikes with Dogs Arizona  
 Best Hikes with Dogs Boston and Beyond  
 Best Hikes with Dogs Central California  
 Best Hikes with Dogs Colorado  
 Best Hikes with Dogs Georgia & South Carolina  
 Best Hikes with Dogs Inland Northwest  
 Best Hikes with Dogs Las Vegas and Beyond  
 Best Hikes with Dogs New Hampshire and Vermont  
 Best Hikes with Dogs New Jersey  
 Best Hikes with Dogs New York City & Beyond  
 Best Hikes with Dogs North Carolina  
 Best Hikes with Dogs Oregon, 2nd Ed.  
 Best Hikes with Dogs San Francisco Bay Area and Beyond, 2nd Ed.  
 Best Hikes with Dogs Southern California  
 Best Hikes with Dogs Texas Hill Country & Coast  
 Best Hikes with Dogs Utah  
 Best Hikes with Dogs Western Washington, 2nd Ed.
- BEST HIKES WITH KIDS SERIES, 51**  
 Colorado  
 Connecticut & Rhode Island Oregon, 2nd Ed.  
 St. Louis and Beyond  
 San Francisco Bay Area  
 Vermont, New Hampshire & Maine  
 Washington DC, the Beltway & Beyond  
 Western Washington, 2nd Ed.
- Best Loop Hikes Arizona, 47  
 Best Loop Hikes Colorado, 47  
 Best Loop Hikes New Hampshire's White Mountains to the Maine Coast, 47  
 Best Short Hikes in Arizona, 46  
 Best Short Hikes in California's North Sierra 2nd Ed., 46  
 Best Short Hikes in California's South Sierra 2nd Ed., 46  
 Best Short Hikes in Northwest Oregon, 46
- Best Short Hikes in Redwood National and State Parks, 46  
 Best Wildflower Hikes Washington, 47  
 Best Winter Walks & Hikes, Puget Sound, 2nd Ed., 47  
 Beyond Gorp, 30  
 Big Wall Climbing, 32  
**Big Thaw, The, 13, 23**  
 Biking Portland, 39  
 Biking Puget Sound, 2nd Ed., 39  
 Birds of the West, 25, 29, 57  
 Birdsongs of the Pacific Northwest, 55  
 Blistered Kind of Love, A, 64  
 Blue Tarp Bible, The, 27  
 Boardman Tasker Omnibus, The, 58  
 Bond, The, 59  
 Bouldering, 32  
 Boys of Everest, The, 58  
 Bringing Back the Birds, 23  
 Brotherhood of the Rope, 59  
 Bugaboo Rock: A Climbing Guide, 2nd Ed., 37
- C**  
 Cairns, 55  
 Call of the Ice, The, 58  
 Camp 4, 58  
 Campfire Stories, 61  
 Camping Washington, 2nd Ed., 47  
 Canine Field Medicine, 34  
 Canoe and Kayak Routes of NW Oregon & SW Washington, 3rd Ed., 53  
 Caribou Rainforest, 23  
 Cascade Alpine Guide Vol. 1, Columbia River to Stevens Pass, 3rd Ed., 37  
 Cascade Alpine Guide Vol. 2, Stevens Pass to Rainy Pass, 3rd Ed., 37  
 Cascade Alpine Guide Vol. 3, Rainy Pass to Frasier River, 3rd Ed., 37  
 Challenge of Rainier, The, 4th Ed., 58  
 Challenge of the North Cascades, 58  
 Chasing Waves, 61  
 Chefs on the Farm, 25  
 Chomolungma Sings the Blues, 58  
 City Goats, 25  
 Classic Colorado Ski Descents, 54  
 Classic Front Range Trad Climbs, 38  
 Climbers, The, 57  
 Climber's Guide to the Teton Range, 3rd Ed., A, 38  
 Climbing California's Fourteeners, 38  
 Climbing Dictionary, The, 33, 57  
 Climbing: Expedition Planning, 32  
 Climbing: From Gym to Crag, 32  
 Climbing Self Rescue, 32, 34  
 Climbing the Seven Summits, 38  
 Climbing: Training for Peak Performance, 2nd Ed., 32, 35  
 Cloud Dancers, 58  
 Cold Wars, 58  
 Colorado 14er Disasters, 58  
 Colorado 14ers, The, 38  
 Colorado Lake Hikes, 50  
 Colorado's Quiet Winter Trails, 54  
 Colorado Scrambles, 2nd Ed., 50  
 Colorado Snow Climbs, 54  
 Colorado Summit Hikes, 2nd Ed., 50  
 Colorado Trail, The, 9th Ed., 50  
 Colorado Trail Databook, 7th Ed., The, 50  
 Colorado Waterfall Hikes, 50  
 Colorado Year Round Outdoor Guide, The, 50  
 Coloring Colorado, 57  
 Colors of the West, 25, 29, 57  
 Comanche Peak Wilderness Area, 50  
 Complete Guide to Cross-Country Ski Preparation, The, 36
- Complete Guide to Mount S. Helens National Volcanic Monument, A, 47  
 Conditioning for Outdoor Fitness, 2nd Ed., 35  
 Conquistadors of the Useless, 59  
 Cool Season Gardener, 26  
 Costa Rica's National Parks and Preserves, 3rd Ed., 52  
 Courage and Misfortune (Mountaineers Anthology Series), 58  
**Crack Climbing, 9, 32**  
 Crag Survival Handbook, The, 33  
 Craggs, Eddies & Riprap, 61  
 Crevasse Rescue Pocket Guide, 35  
 Cross-Country Skiing, 36  
 Crossing Denali, 63  
 Crown of the Continent, 23  
 Crystal Horizon, The, 60  
 Cycling the Great Divide, 2nd Ed., 39  
 Cycling the Pacific Coast, 39
- D**  
 Dark Shadows Falling, 60  
**DAY HIKING SERIES, 43**  
 Day Hiking Bend & Central Oregon  
 Day Hiking Central Cascades  
 Day Hiking Columbia River Gorge  
 Day Hiking Eastern Washington  
 Day Hiking Glacier National Park  
 Day Hiking Los Angeles  
 Day Hiking Mount Adams and Goat Rocks  
 Day Hiking Mount Rainier, 2nd Ed.  
 Day Hiking Mount Shasta, Lassen & Trinity  
 Day Hiking Mount St. Helens  
 Day Hiking New England  
 Day Hiking North Cascades  
 Day Hiking Olympic Peninsula, 2nd Ed.  
 Day Hiking Oregon Coast, 2nd Ed.  
 Day Hiking the San Juans and Gulf Islands  
 Day Hiking Snoqualmie Region, 2nd Ed.  
 Day Hiking South Cascades  
 Day Hiking Southcentral Alaska  
 Deborah: A Wilderness Narrative (& Mountain of My Fear), 60, 61  
 Defending Wild Washington, 55  
 Denali: A Literary Anthology, 63  
 Denali National Park, 47  
 Denali's West Buttress, 38  
 Desert Sense, 30  
 Discovering Seattle Parks, 52  
 Dirty Gourmet, 25, 30  
 Dishonorable Dr. Cook, The, 63  
 Dog Park Wisdom, 27  
 Don't Die Out There! Deck, 29  
 Don't Drown Out There! Deck, 29, 36  
 Don't Forget the Duct Tape, 29  
 Don't Freeze Out There! Deck, 29  
 Don't Get Eaten, 29  
 Don't Get Lost Out There! Deck, 29  
 Don't Get Poisoned, 29  
 Don't Get Sick, 29  
 Don't Get Sunburned, 29  
 Drawn, 57, 58  
 Duke of the Abruzzi, The, 59
- E**  
 Eco-Chic Home, 27  
 Ecuador: A Climbing Guide, 38  
 Edible Heirlooms, 26  
 Elwha, 55  
 Emergency Essentials Pocket Guide, 35  
 Emergency Survival, 34  
 Escape Routes, 61  
 Essential Guide to Black Canyon of the Gunnison National Park, The, 50
- Essential Knots, 27, 30  
 Everest, 58  
 Everest (Mountaineers Anthology series), 58  
 Everest 1953, 59  
 Everest Expedition to the Ultimate, 60  
 Everest: The West Ridge, 59  
 Everyday Wisdom, 30  
 Explore Europe on Foot, 52  
 Exploring Arizona's Wild Areas, 2nd Ed., 47  
 Exploring Colorado's Wild Areas, 2nd Ed., 47  
 Exploring Washington's Wild Areas, 2nd Ed., 47  
 Extreme Alpinism, 33  
 Extreme Eiger, 59
- F**  
 Faith of Cranes, 63, 64  
 Fall of Heaven, 59, 60  
 Falling Season, The, 58  
 Fat of the Land, 25  
 Fearless on Everest, 58  
 Field Guide to the Cascades & Olympics, 2nd Ed., 56  
 Field Guide to the Grand Canyon, A, 2nd Ed., 56  
 Fifty Favorite Climbs, 38  
 Fine Kind of Madness, A, 62  
 Fit By Nature, 35  
 Fiva, 58  
 Flatiron Classics, 2nd Ed., 38  
 Florida State Parks, 47  
 Food Grown Right, In Your Own Backyard, 26  
 Fontainebleau Climbs, 38  
 Forget Me Not, 62  
 Found, 62  
 Fragile Edge, 58  
 Free Spirit, 59, 60  
 Freedom Climbers, 59  
 Freedom of the Hills Deck, 31  
 Free-Heel Skiing, 36  
 Fresh Pantry, 25  
 From Tree to Table, 26  
 Front Yard Forager, 25
- G**  
 Galapagos Islands and Ecuador, The, 3rd Ed., 52  
 Geology of the North Cascades, 56  
 Glacier Travel & Crevasse Rescue, 2nd Ed., 32, 34  
 Glacier-Waterton International Peace Park 2nd Ed., 47  
 Glorious Failures (Mountaineers Anthology series), 58  
 Going Higher, 5th Ed., 34  
 GPS Made Easy, 5th Ed., 30  
 Grand Controversy, The, 58  
 Guide to the Colorado Mountains, 10th Ed., 38  
 Guide to 100 Peaks in Mount Rainier National Park, 6th Ed., 47  
 Gym Climbing, 2nd Ed., 32
- H**  
 Hangdog Days, 58  
 Healthy Back Book, The, 27, 35  
 Healthy Knees Book, The, 27, 35  
 Hermann Buhl, 60  
 High Alaska, 63  
 High Infatuation, 62  
 High Sierra, The, 3rd Ed., 38  
**Hike the Parks: Joshua Tree National Park, 16, 44**  
 Hike the Parks: Redwood N. & S. Parks, 44  
**Hike the Parks: Zion and Bryce Canyon National Parks, 16, 44**  
 Hiker Trash, 10, 25, 57  
 Hiking Arizona's Geology, 46  
 Hiking Colorado's Geology, 46  
 Hiking Colorado's Roadless Trails, 50  
 Hiking Light Handbook, 30
- Hiking Oregon's Geology, 2nd Ed., 46  
 Hiking the Grand Canyon's Geology, 46  
 Hiking the Great Northwest, 2nd Ed., 47  
 Hiking the Pacific Crest Trail: Oregon, 44  
 Hiking the Pacific Crest Trail: Washington, 44  
 Hiking the Pacific Crest Trail: Northern California, 44  
 Hiking the Pacific Crest Trail: Southern California, 44  
**Hiking Southwest Canyon Country, 4th Ed., 17, 47**  
 Hiking the Southwest's Geology, 46  
 Hiking the Wonderland Trail, 48  
 Hiking Washington's Fire Lookouts, 48  
 Himalaya by the Numbers, The, 58  
 Himalayan Database, The, 58  
 Himalayan Passage, 62, 64  
 Hypothermia, Frostbite, and Other Cold Injuries, 2nd Ed., 34
- I**  
 I Promise Not to Suffer, 62, 64  
 Ice and Mixed Climbing, 32  
 Ice Axe, a Camera, and a Jar of Peanut Butter, An, 62  
 Ice Bear, 57  
 Idaho: A Climbing Guide, 37  
 Illusion Dweller, 59  
 In the Zone, 58  
 It Happened Like This, 63
- J**  
 John Muir: The Eight Wilderness Discovery Books, 55  
 Journey on the Crest, 62  
 Journey to the Arctic, 23  
 Joyride, 62
- K**  
 K2: The Price of Conquest, 58  
 K2: The Tragedy, 58  
 Karakoram, 58  
 Kayaking Puget Sound & the San Juan Islands, 3rd Ed., 53  
 Kilimanjaro & E. Africa: A Climbing and Trekking Guide, 2nd Ed., 37  
 Kiss or Kill, 58  
 Kissing Kilimanjaro, 62  
 Kyrgyzstan: A Climber's Map, 38
- L**  
 Last Hero: Bill Tilman, The, 60  
 Last Step, The, 59  
 Last Voyageur, The, 62  
 Leadership the Outward Bound Way, 30  
 Leave No Trace, 2nd Ed., 30  
 Life on the Edge, A, 60  
 Lighting Out, 62  
 Lightly on the Land, 2nd Ed., 55  
 Lightning Strikes, 29  
 Live! From Death Valley, 55  
 Living Bird, The, 55, 57  
 Long Trek Home, A, 63  
 Lookouts 2nd Ed., 64  
 Lou Whitaker: Memoirs of a Mountain Guide, 58
- M**  
**MAC'S FIELD GUIDES, 56**  
 Acadia National Park  
 California Coastal Birds  
 California Coastal Invertebrates  
 California Garden Bugs  
 Denali National Park  
 Great Smoky NP Animals  
 Great Smoky NP Trees & Wildflowers  
 Gulf & San Juan Islands  
 Midwest Garden Bugs  
 Mt. Rainier NP Flowers & Trees  
 Mt. Rainier NP Mammals & Birds

# TITLE INDEX

- North American Birds of Prey  
North American Dinosaurs  
North American Freshwater Fish  
North American Land Mammals  
North America Marine Mammals  
North American Reptiles  
North American Salmon & Trout  
Northeast Coastal Water Birds  
Northeast Coastal Fish  
Northeast Coastal Invertebrates  
Northeast Garden Bugs  
Northeast Park/Backyard Birds  
Northern California Park/Garden Birds  
Northern California Wildflowers  
Northwest Coast Water Birds  
Northwest Coastal Fish  
Northwest Coastal Invertebrates  
Northwest Garden Bugs  
Northwest Park/Backyard Birds  
Northwest Trees  
Northwest Wildflowers  
Olympic National Park  
Rocky Mountain Wildflowers  
San Juan & Gulf Islands  
Southeast Garden Bugs  
Southwest Cacti, Trees  
Southwest Park/Garden Birds  
Yellowstone Birds & Mammals  
Yellowstone Trees & Wildflowers  
Yosemite Birds & Mammals  
Yosemite Trees & Wildflowers
- MAC'S POCKET GUIDES, 56**  
Grand Canyon National Park  
Birds & Mammals  
Grand Canyon National Park  
Flowers, Trees, & Cacti  
Grand Canyon National Park  
Geology  
Isle Royale National Park  
Southwest Park & Garden Birds  
Southwest Cacti, Trees, & Shrubs  
Southwest Things that Bite & Sting  
Glacier Nat. Park Birds & Mammals  
Glacier Nat. Park Trees & Flowers
- Marine Medicine, 2nd Ed., 34, 36  
Marine Weather Pocket Guide, 35, 36  
Making Camp, 30  
Mason Bee Revolution, 26  
Medicine for Mountaineering, 6th Ed., 34  
Mexico's Volcanoes, 3rd Ed., 38  
Midnight Wilderness, 23  
Miles from Nowhere, 62, 64  
Minus 148°, 60  
Mixed Emotions, 61  
Moments of Doubt, 61  
Mont Blanc Range, The, 38  
Monte Cristo, 64  
More Backcountry Cooking, 30  
Mount McKinley: Icy Crown of North America, 63  
Mount Rainier, 57  
Mount Rainier: A Climbing Guide, 3rd Ed., 37  
Mount Whitney, 2nd Ed., 48  
Mountain Bike: Bend, 39  
Mountain Bike: Tahoe, 39  
Mountain of My Fear, The (& Deborah), 60, 61  
Mountain Sickness, 34  
Mountain Travel & Rescue, 34  
Mountain Weather, 29  
Mountain Weather Pocket Guide, 35  
Mountaineering First Aid, 5th Ed., 29, 34  
Mountaineering in Antarctica, 38  
Mountaineering: The Freedom of the Hills, 9th Ed., 31  
Mountaineers, The, 64  
Mountains Don't Care, But We Do, 64  
Mountains in My Heart, 58  
Mt. McKinley: The Pioneer Climbs, 63  
Mudflats and Fish Camps, 63
- My Father Frank, 60  
My Old Man and the Mountain, 62
- N**  
Naked Mountain, The, 60  
Nanga Parbat Pilgrimage, 60  
Nature in the City: Seattle, 48  
Night Naked, 60  
North Cascades, The, 23  
North Cascades Crest, 57  
Northern Forest Canoe Trail  
Official Guidebook, 53  
**NORTHERN FOREST CANOE TRAIL MAPS, 53**  
#1 - Adirondack North Country, Fulton Chain of Lakes to Long Lake  
#2 - Adirondack North Country, Long Lake to Saranac River  
#3 - Adirondack North Country, Saranac River to Lake Complain  
#4 - Islands and Farms: Vermont  
#5 - Upper Missisquoi Valley: Vermont/Quebec  
#6 - Northeast Kingdom: Vermont/Quebec  
#7 - Great North Woods: New Hampshire  
#8 - Rangeley Lakes Region: Maine  
#9 - Flagstaff Lake Region: Maine  
#10 - Greater Jackman: Maine  
#11 - Moosehead/Penobscot Region: Maine  
#12 - Allagash Region, Umbagogus Stream to Umsaskis Lake  
#13 - Allagash Region, Umsaskis Lake to St. John River  
Northwest Foraging, 25  
Northwest Garden Manifesto, The, 26  
Northwest Trees, 2nd Ed., 55
- O**  
Olympic Battleground, 2nd Ed., 64  
Olympic Mountains: A Climbing Guide, 4th Ed., 37  
Olympic Mountains Trail Guide, 3rd Ed., 48  
On Arctic Ground, 23  
On Belay, 60  
On Top of the World, 60  
Oregon Desert Guide, 48  
Oregon's Ancient Forests, 48, 55  
Outdoor Family Guide to Acadia National Park, An, 51  
Outdoor Family Guide to Lake Tahoe, 2nd Ed., An, 51  
Outdoor Family Guide to Rocky Mountain National Park, An, 3rd Ed., 51  
Outdoor Family Guide to Washington's National Parks and Monuments, An, 51  
Outdoor Family Guide to Yellowstone and the Tetons National Parks, An, 2nd Ed., 51  
Outdoor Knots Book, The, 29  
Outdoor Leadership, 30  
Over the Edge, 61  
Over the Top (Mountaineers Anthology series), 58  
Owl, 23  
Owl & the Woodpecker, The, 57
- P**  
Pacific Coast Foraging Guide, 25  
Pacific Crest Trailside Reader: California, 62  
Pacific Crest Trailside Reader: Oregon & Washington, 62  
Pacific Feast, 25  
Pacific Northwest Nature, 25, 29, 57  
Paddle Routes of the Inland Northwest, 53  
Paddling Southern Maine, 53  
Paddling the Columbia, 53  
Paddling Washington, 53  
Pages of Stone, 2nd Ed., 56  
Photography: Night Sky, 29, 57  
Photography: Outdoors, 3rd Ed., 29, 57  
Pickets and Dead Men, 62  
Planet Ice, 23  
Playing for Real, 59  
Pocket Doctor, 3rd Ed., 34  
Postcards from the Ledge, 61  
Prophets and Moguls, Rangers and Rogues, Bison and Bears, 64  
Psychovertical, 59
- R**  
Rain Gardens for the Pacific Northwest, 26  
Rare Bird, 55  
Real Gardens Grow Natives, 26  
Red Rock Canyon: A Climbing Guide, 37  
Reinhold Messner: My Life at the Limit, 60  
Richard Bangs: Adventure Without End, 62  
**Rising, 14, 59**  
**Road to San Donato, The, 7, 61**  
Road Trip Pilgrim's Guide, The, 27  
Roads to Trails Northwest  
Washington, 48  
Rock Climbing, 2nd Ed., 32  
Rock Climbing Anchors, 2nd Ed., 32  
Rocks Above the Clouds, 50  
Rocky Mountain Alpine Flowers, 50  
Rocky Mountain Flora, 2nd Ed., 50  
Rocky Mountain Wildflowers, 2nd Ed., 50  
Roskelley Collection, The, 60  
Rowing into the Sun, 62
- S**  
Sage Spirit, 23  
Salmon in the Trees, 23  
Salmon Way, The, 23  
Salvage Studio, The, 27  
Sandstone Spine, 61  
Sasquatch Seeker's Field Manual, The, 55  
Scraping Heaven, 62  
Scraps, Peels, and Stems, 25  
Sea Kayaking, 36  
Seattle Stairway Walks, 48  
Selected Climbs in the Cascades Vol I, 2nd Ed., 37  
Selected Climbs in the Cascades Vol II, 37  
Selected Climbs in the Desert Southwest, 37  
Selected Climbs in the Northeast, 37  
Seventymile Kid, The, 63  
Sharp End of Life, The, 62  
Sherman Exposed, 59  
Sherpa, 60  
Sideways Look at Clouds, A, 55  
Sierra, 57  
Sierra High Route, 2nd Ed., 48  
Sixty Meters to Anywhere, 63  
Ski & Snowshoe Routes, Colorado's Front Range, 54  
Skiing and Sleeping on the Summits: Cascade Volcanoes of the Pacific Northwest, 54  
Sled Book, The, 27  
Sleeping on the Summits, 50  
Small Feet, Big Land, 63  
Snoqualmie Pass, 64  
Snow Travel, 30, 32  
Snowboarding, 36  
Snowshoe Routes Adirondacks & Catskills, 54  
Snowshoe Routes: Colorado's Front Range, 2nd Ed., 54  
Snowshoe Routes New England, 54  
Snowshoe Routes Northern California, 54
- Snowshoe Routes Oregon, 54  
Snowshoe Routes Washington, 3rd Ed., 54  
Snowshoeing, 5th Ed., 36  
Soggy Sneakers, 5th Ed., 53  
Special Colorado Mountain Hikes, 50  
Spirited Waters, 63  
Sport Climbing, 32  
Stand Up Paddling, 36  
Staying Alive in Avalanche Terrain, 3rd Ed., 36  
Staying Found, 3rd Ed., 30  
Stehakin, 64  
Steller's Island, 55  
Stettner Way, The, 59  
Stone Palaces, 59  
**Stories Behind the Images, 4, 61**  
Strange and Dangerous Dreams, 63  
Surfing, 36  
Surviving Denali, 63  
Swallowed by the Great Land, 63  
Swimming Holes of Washington, 27, 53
- T**  
Tecate Journals, The, 63  
Tent and Car Camper's Handbook, 30  
Thailand: A Climbing Guide, 37  
That Untraveled World, 60  
Thin Air, 61  
Thirst, 62  
Through a Land of Extremes, 60  
Tilman: The Eight Sailing/Mountain-Exploration Books, H.W., 60  
Tilman: The Seven Mountain-Travel Books, H.W., 60  
Tilting at Mountains, 59  
Timberline, 56  
To the Arctic, 23  
Totem Pole, The, 59  
Tracking the Wild Coomba, 63  
Trad Guide to Joshua Tree, The, 38  
Travels to the Edge, 57  
Trekker's Handbook, 30  
Trekking California, 48  
Trekking in Bolivia, 52  
Trekking in Ecuador, 52  
Trekking in Nepal, 8th Ed., 52  
Trekking Peru, 52  
Trekking in Tibet, 3rd Ed., 52  
Triathlon Revolution, 35  
**Turn Around Time, 6, 57**  
Turning Homeward, 55
- U**  
Ueli Steck, 59  
Uncle Dave's Cow, 25  
Unleashed, 27  
Urban Cycling, 27  
Urban Farm Handbook, The, 26  
Urban Pantry, 25  
Urban Trails: Bellingham, 44  
**Urban Trails: Eastside, 18, 44**  
Urban Trails: Everett, 44  
Urban Trails: Kitsap, 44  
Urban Trails: Olympia, 44  
Urban Trails: Portland, 44  
Urban Trails: San Francisco, 44  
Urban Trails: Seattle, 44  
**Urban Trails: Tacoma, 18, 44**
- V**  
Villain, The, 59
- W**  
Wake Up and Smell the Planet, 27  
Walking San Diego, 2nd Ed., 48  
Walking the Big Wild, 63  
Walking the Gobi, 63  
Walking to the End of the World, 63, 64  
Warblers & Woodpeckers, 63  
Washington Ice: A Climbing Guide, 37  
Washington Scrambles, 2nd Ed., 48  
Washington's Channeled Scablands Guide, 48  
Washington's Pacific Coast, 48  
Waterfall Lover's Guide to Northern California, 48  
Waterfall Lover's Guide to the Pacific Northwest, 5th Ed., 48  
Way Out There, 63  
Ways to the Sky, 59  
**We Are Puget Sound, 12, 23**  
Weekend Rock Arizona, 37  
Weekend Rock Oregon, 37  
Weekend Rock Washington, 37  
Where the Pavement Ends, 63, 64  
Where Water is Gold, 23  
Wild Lines of Jeremy Collins, The, 57  
Wild Plants of the San Juan Islands, 2nd Ed., 56  
Wild Promise, A, 23  
**Wild Shots, 15, 63**  
Wilderness & Travel Medicine, 4th Ed., 34  
Wilderness Original, A, 64  
Wildest Dream, 59  
Wilderness Basics, 4th Ed., 29  
Wilderness GPS, 29  
Wilderness Navigation, 3rd Ed., 29  
Wildfire, 55  
Winter Hiking and Camping, 30, 36  
Winter Hikes of Western Washington Deck, 46
- Y**  
Year in Paradise, A, 64  
Yellowstone Migrations, 23  
Yellowstone & Grand Teton National Parks Deck, 46  
Yellowstone to Yukon, 23  
Yoga for Climbers, 35  
Yoga for Hikers, 35  
Yosemite National Park Deck, 46  
Your Green Abode, 27
- Z**  
Zen of Mountains and Climbing, 27  
Zen of Oceans and Surfing, 27  
Zen of Snowy Trails, 27  
Zen of Watching Birds, 27

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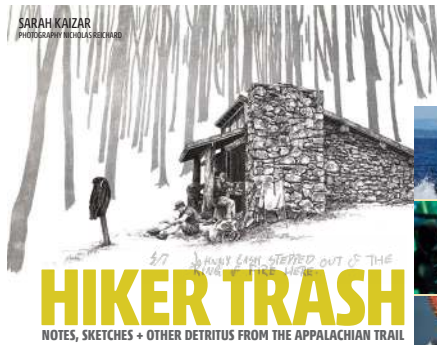
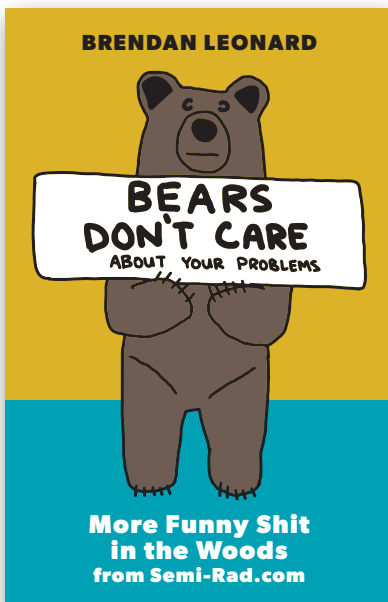


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