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HELEN CHERULLO Publisher
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 ART FREEMAN Chief Financial Officer



RECREATION. LIFESTYLE. ADVOCACY.

It's all about the outdoors.



MOUNTAINEERS BOOKS



SKIPSTONE



BRAIDED RIVER



START SMART: A PRECONDITIONING PROGRAM

For the next twelve weeks, you'll embark upon a fitness program that might just change the way your body looks and feels. Even more important, you'll start a journey that could change the way you think about fitness and health. Sometimes you'll complete everything that is prescribed for a given day; sometimes you won't. Everyone gets tired, and we all need a break at times. The two most important words in fitness are moderation and consistency. The key is to keep moving, adapt the program to your own energy level, and remember that all movement counts. If you can't do ten repetitions of an exercise, do five. If you can't run, walk. If you need to stop and sit, do so. Practicing self-care is important and moderation and consistency will lead to long-term success.

If you haven't been active for a while, the first few weeks of this program may seem strenuous. In that case, you may wish to try a preconditioning phase before beginning the first twelve-week program. If you've had prior injuries, you might also want to work with an athletic trainer or a physical therapist who can instruct you on proper exercise technique before delving into this program.

A preconditioning program would include performing some general cardiovascular activity for 30 minutes, two to three times a week. Listen to your body. If you feel out of shape, a 30- to 45-minute walk is a good place to start; build in increments from there. On the other days of the week, perform gentle calisthenics to get your body accustomed to strength exercises. Try the Daily Dozen, but if the exercises feel too strenuous, perform gentle movements such as leg swings, sit-ups, and crabs. You could also look into pool-based

Try the following 1 how you feel before five days out of seven your schedule) in ad

PHASE	PRES
Day 1	Daily 1
Day 2	Daily 1
Day 3	Rest
Day 4	Daily 1
Day 5	Daily 1
Day 6	Rest
Day 7	Daily 1

tracking fitness milestones

a great source of inspiration, as well. Your le like to track: nutrition, moods, sleep patterns the weeks about how you're feeling and per keep going.

PAGE 63 | SECTION 2 GET SET |

week 1

WEEK 1: OPENING DAY

Our first training week: a little lighter, a little shorter, just enough to whet your appetite for what's to come.

WEEK 1: FIRST NOTES

The first week of your outdoor fitness program is a big deal. You might think of it as the first day of the rest of your life as an athlete—or you might struggle with the idea of calling yourself an athlete at all. Wherever you are, embrace it and go forward. This process can only fall in two circumstances: If you quit, or if you hurt yourself. Taking things at a slower pace until you're used to the increased exertion of the workouts will help you to stay healthy.

As you move through your first week, focus on the following:

- **Good Posture:** Stand tall and strong, lengthening your body from your center. This provides stability and insurance against mishap and injury.
- **Natural movement:** Move through your fullest range of motion.
- **Movement in various directions:** Pay attention as you move forward, backward, and sideways in each of these workouts, increasing your awareness of your body's natural flow and movement.

PAGE 64 | FIT BY NATURE

Day	Time	Activity	Duration	Notes
Day 1	12	Swimming, Tai Chi, or a combination		In or out
Day 2	12	Daily Dozen/Rest	12	In or out
Day 3	45-75	Daily Dozen	12	In or out
		Optional walk	30-60	Preferably out
		Or Optional yoga	30-60	In
Day 4	50	Daily Dozen (12 minutes) Cross Train: Daily Dozen plus 2 minutes of cardio exercise between each routine (running, jumping rope, jumping jacks, fast walking, or a run/walk)	35	Preferably out
Day 5	45-75	Daily Dozen	12	In or out
		Optional walk	30-60	Preferably out
		Or Optional yoga	30-60	In
Day 6	12	Daily Dozen/Rest	0	
Day 7	120	Cornerstone Workout	120	Out

PAGE 65 | SECTION 2 GET SET | 12 WEEKS WEEK 1

JOHN COLVER, WITH M. NICOLE NAZZARO

FIT BY NATURETHE ADVENTX™ TWELVE-WEEK
OUTDOOR FITNESS PROGRAM

No matter where you live, you can get fit and healthy in the great outdoors

- > Detailed 12-week program applicable for all levels of fitness
- > No gym or equipment needed to participate—just access to the outdoors
- > Measurable milestones and easy-to-follow fitness routines to keep you on track
- > Written by award-winning fitness coach and mountain guide John Colver



Forget the gym. Go outside, and not only will you get in the best shape of your life, but you might even enjoy the experience.

When most people think of getting in shape, they think of gym memberships—treadmills, Stairmaster machines, rooms crammed full with equipment and sweaty people. Wouldn't it be nice to have a workout that was a breath of fresh air instead?

That's exactly what John Colver, the award-winning founder of Seattle-based training company AdventX, has been teaching for nearly a decade. In *Fit by Nature*, he lays out his flagship 12-week outdoor training program—a regimen that requires nothing more than outdoor space and a little inspiration.

Starting with seasonal advice, the “Daily Dozen,” his “Challenge by Choice” philosophy, and details on how to utilize the outdoors, John leads you into his exercise and lifestyle program. He also covers fitness basics such as nutrition, injury prevention, goal-setting, and gear lists. With weekly charts and day-by-day descriptions, this book will push you to a new fitness level, whether you run up your neighborhood stairs, jump over logs on a nearby trail, swim laps at your local aquatic park, or simply do stretches in your own backyard. Featured sections include a compendium of all core exercises, sport-specific circuit training, and an AdventX On-Target Fitness Evaluation.

John Colver is an athletic coach, mountain guide, and former competitive cyclist. A recipient of *Seattle Magazine's* Best Outdoor Fitness Program, and a King-5 TV Best of Washington Personal Trainer Top 5 Award, he founded AdventX, an outdoor fitness training company, in 2003. Since that time he has personally trained more than 600 clients using the principles in *Fit by Nature*. Among his students are athletes who run anywhere from 5-kilometer to 100-mile races, compete in cycling and triathlon events, and summit major peaks, including Mount Everest.

M. Nicole Nazzaro is a widely published sports and fitness writer who has written for *Sports Illustrated*, *American Track and Field* magazine, the *San Francisco Chronicle*, and others.

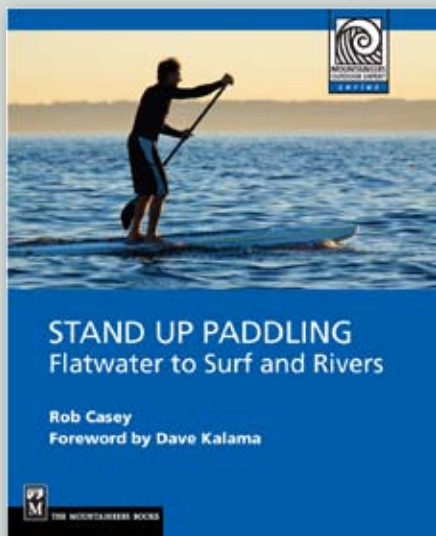
AVAILABLE IN
APRIL

256 pages, 7 x 8½, 150 color photos, 10 charts, paperbound, \$24.95, ISBN 978-1-59485-353-1. SPORTS/OUTDOORS/FITNESS. Rights: NA.

ROB CASEY, FOREWORD BY DAVE KALAMA

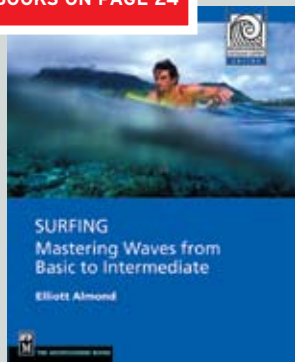
STAND UP PADDLING

FLATWATER TO SURF AND RIVERS



224 pages, 7 x 8½, 120 b&w photos,
7 illustrations, paperbound, \$21.95,
ISBN 978-1-59485-253-4.
SPORTS/STAND UP PADDLING. Rights: W.

SEE MORE
WATER SPORTS
BOOKS ON PAGE 24



The first and *only* guide to one of the country's hottest sports

- > Stand Up Paddling (SUP) is the fastest growing outdoor sport
- > The first comprehensive guidebook to how to SUP at all levels
- > SUP appeals to everyone, from fitness enthusiasts to paddlers looking for a new challenge

Hawaiians were stand up paddle surfing (known as SUP) in the '50s and '60s, but the sport was first seen on the U.S. mainland in the early 2000s, when surfers Laird Hamilton and Rick Thomas brought it to California. Now you see SUP popping up everywhere—it's ranked as the fastest growing sport in the U.S. by the Outdoor Industry Association.

Longtime stand up paddler and instructor Rob Casey has authored the first and only comprehensive guide to the sport. From choosing the right gear to stroke techniques (j-stroke, Tahitian, sculling brace) and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you exactly what you need to take your SUP skills and knowledge to a specific environment. Whether you want to learn about fitness or expedition planning in flat water, how to forecast waves and current for surfing, or how to use river eddies to your advantage—it's all here in this easy-to-reference guidebook from a SUP expert.

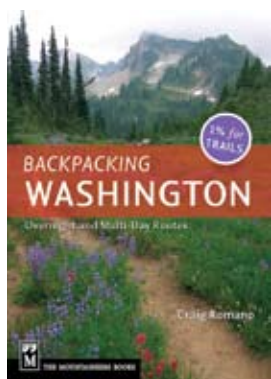
Pacific Northwest photographer **Rob Casey's** photographs have been published in a variety of media, including *National Geographic Adventure*, *Men's Journal*, and *Seattle Magazine*, among others. Rob is also the founder of the Northwest's only surf kayak festival, the Hobuck Hoedown, and he owns Salmon Bay Paddle, a stand up paddling and sea kayaking instruction and guide business. He lives in Seattle with his partner Christy and their dog.

AVAILABLE IN
APRIL

CRAIG ROMANO

BACKPACKING WASHINGTON

OVERNIGHT AND MULTIDAY ROUTES



288 pages, 5 x 7, 100 b&w photos, 16 color photos, 70 trail maps, paperbound, \$18.95, ISBN 978-1-59485-110-0. GUIDEBOOK/WASHINGTON. Rights: W.

The most comprehensive backpacking guide to Washington State!

- > Proceeds will support trail maintenance in Washington
- > Features weekend trips, with info on how to extend most routes
- > Covers the entire state of Washington

Veteran guidebook author Craig Romano hits the trail again—this time to uncover amazing backpacking opportunities all over Washington's wilderness. *Backpacking Washington* details 70 routes, from the lush Hoh River Glacier Meadows to the open ridges of the Columbia Highlands and beyond. With an emphasis on weekend trips, routes range from overnight to weeklong treks and often include options for extending trips or choosing camp spots.

Features:

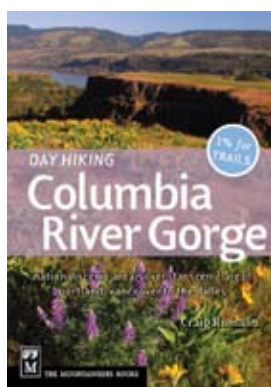
- detailed route descriptions and trail maps
- mileage logs with campgrounds, water, and other trail elements
- icons for choosing family- and dog-friendly trips
- recommended nearby day hikes
- info on the state's three long-distance trails: Pacific Crest Trail, Pacific Northwest Trail, and Wonderland Trail

AVAILABLE IN
JUNE

CRAIG ROMANO

DAY HIKING COLUMBIA RIVER GORGE

NATIONAL SCENIC AREA • SILVER STAR SCENIC AREA • PORTLAND-VANCOUVER TO THE DALLES



256 pages, 5 x 7, 120 b&w photos, 20 color photos, 100 trail maps, paperbound, \$18.95, ISBN 978-1-59485-368-5. GUIDEBOOK/NORTHWEST. Rights: W.

The most expansive and up-to-date hiking coverage of the Columbia River Gorge region

- > 2011 marks the 25th anniversary of the Columbia River Gorge National Scenic Area—the single biggest visitor destination in Oregon
- > 25 of these hikes have never before been published in a guidebook
- > Caters to the greater Portland, Oregon-Vancouver, Washington metro area

The Columbia River Gorge forms much of the long border between Washington and Oregon, offering hikers a multitude of beautiful trails. Famous for its cascading waterfalls, the region offers spectacular views of the mighty river and its windswept bluffs, as well as stunning panoramas of the surrounding landscape and peaks including Mount Hood, Mount St. Helens, Mount Adams, and the Sisters.

Day Hiking Columbia River Gorge, by well-known hiking author Craig Romano, features:

- 100 day hikes on both sides of the river
- extensive year-round hiking options
- trails in the National Scenic Area, Silver Star Scenic Area, Trapper Creek, Clark County, and beyond
- easy-to-read icons for waterfalls, views, dog-friendly trails, and more
- detailed driving directions and trail maps
- info on flora and fauna, the unusual Gorge winds, and its abundance of waterfalls

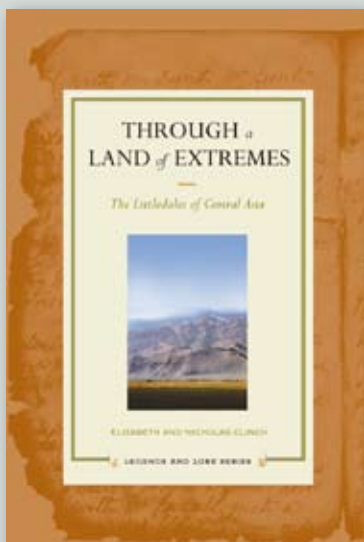
AVAILABLE IN
MAY

Craig Romano is an avid hiker, runner, kayaker, and cyclist. He is the author of *Best Hikes with Dogs Inland Northwest*, *Columbia Highlands: Exploring Washington's Last Frontier*, as well as *Day Hiking Olympic Peninsula*, *Day Hiking: North Cascades*, *Day Hiking Central Cascades*, and *Winter Hikes of Western Washington Deck*. Craig lives in Mount Vernon, Washington.

ELIZABETH AND NICHOLAS CLINCH

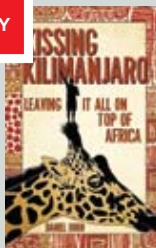
THROUGH A LAND OF EXTREMES

THE LITTLEDALES OF CENTRAL ASIA



324 pages, 6 x 9, 24 b&w photos, 6 maps,
\$19.95, ISBN 978-1-59485-514-6.
HISTORY/ASIA EXPLORATION. Rights: W.

YOU MAY
ALSO ENJOY



**KISSING
KILIMANJARO**
page 31



**BROTHERHOOD
OF THE ROPE**
page 31



**TREKKING
TIBET**
page 23

The Littledales' adventures in primitive Central Asia made them the most famous British explorers of their day

- > The Littledales' amazing travels—famous in the late 1800s—were nearly forgotten until extensively researched and recounted here
- > Their explorations included places that were off-limits to Westerners
- > Medals were awarded to St. George Littledale and Tanny, the Littledales' dog, but Teresa was overlooked

For thirty years, St. George Littledale and his wife Teresa mounted expeditions in North America and Asia. *Through a Land of Extremes* gives a taste for a by gone time of travel into uncharted, unknown territory, when adventurers lived by a combination of wit, charm, and luck. Of independent means, the Littledales began exploring the American Rockies, Yellowstone, and Alaska. These trips were followed by expeditions in the late 1880s in the Caucasus, the Pamirs, Russian Central Asia, and Mongolia.

Their greatest exploit was a 14-month journey to Tibet in 1895. They were attempting to reach the forbidden city of Lhasa, the great unmet goal of Central Asian explorers. In order to secure their best chances of reaching this forbidden city, St. George had selected a route based on avoiding Tibetans and remaining unseen until they reached Lhasa. Eventually the party encountered 150 armed Tibetans at a 19,000-foot pass. They were allowed to continue over the pass to a suitable stopping place. They came within 49 miles of Lhasa, closer than any other foreigners since 1846.

Nicholas Clinch is a mountaineering bibliophile, the former executive director of the Sierra Club Foundation, and past president of the American Alpine Club. He has led Himalayan expeditions, including 1958 expedition to Gasherbrum I that culminated in America's only first ascent of an 8000-meter peak. He also led teams making the first ascents of Masherbrum in 1960 and Mount Vinson in Antarctica in 1967.

Elizabeth Clinch worked as a researcher for Encyclopedia Britannica and for National Geographic in Washington, D.C. The Clinches live in Palo Alto, California.

AVAILABLE IN
MAY

DEBBIE S. MILLER

MIDNIGHT WILDERNESS

JOURNEYS IN ALASKA'S ARCTIC NATIONAL WILDLIFE REFUGE

A classic of Alaska literature—and one of the first contemporary books about the Arctic National Wildlife Refuge—is now back in print

- > Presents the original foreword by Margaret E. Murie
- > Features a new afterword by the author, providing context for the Refuge today
- > Includes a new map and an updated bibliography

Originally published more than twenty years ago, *Midnight Wilderness* is a passionate and vivid account of one of Alaska's greatest natural treasures, the Arctic National Wildlife Refuge. Author Debbie Miller draws on her years of exploring this unique, magical, and expansive territory, weaving chilling adventure, personal anecdote, wildlife observation, and Native American life into a beautiful and compelling memoir of place.

Proceeds from sales of this book will benefit the Alaska Conservation Foundation in its ongoing efforts to protect the Arctic National Wildlife Refuge.

Praise for *Midnight Wilderness*:

"Debbie Miller's book *Midnight Wilderness* describes this large, isolated wilderness with lyric precision. It is an intimate, knowledgeable work..."

—*San Francisco Examiner*

"Miller, a freelance writer and photographer, presents a timely plea for the preservation of the largest wilderness area in the U.S., now threatened by oil and gas development...She describes vividly the wonders of this magnificent 19-million acre preserve in Alaska's northeastern corner."

—*Publishers Weekly*

"There can be few people who know this troubled and lovely land as well as Debbie Miller, and it is that gift of knowledge she brings with a seeing eye and feeling heart."

—*Wilderness Magazine*

Debbie S. Miller has lived in northern Alaska for nearly forty years. Her writings and photography have been published in a variety of newspapers and magazines, including *Alaska magazine* and *Alaska Geographic*. She is the author of several award-winning books for children, including *Arctic Lights*, *Arctic Nights* (illustrated by Jon Van Zyle). She lives in Fairbanks.

256 pages, 5½ x 8½, 15 photographs, 1 map, paperbound, \$16.95, ISBN 978-1-59485-633-4. ALASKA/CONSERVATION. Rights: NA



Author Debbie Miller (left) with former president and first lady, Rosalynn and Jimmy Carter

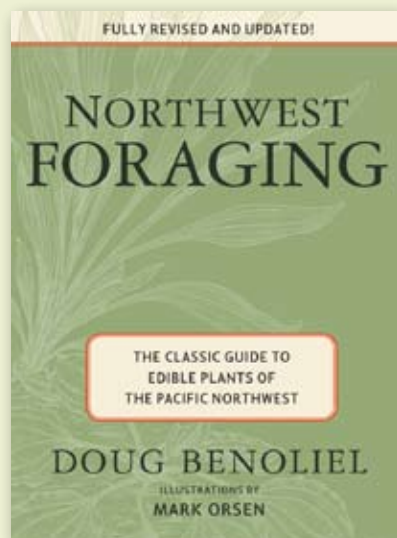
"One of the highlights of my life was a visit to the Arctic National Wildlife Refuge, one of the most extraordinary wilderness and wildlife areas left on earth. Midnight Wilderness captures the essence of its beauty, vastness, and wildlife heritage, but more importantly, it addresses the significance of protecting this national treasure for future generations."

—President Jimmy Carter



AVAILABLE IN
MAY

DOUG BENOLIEL, ILLUSTRATIONS BY MARK ORSEN

NORTHWEST FORAGINGTHE CLASSIC GUIDE TO EDIBLE PLANTS OF
THE PACIFIC NORTHWEST

192 pages, 5½ x 7½, 80 b&w plant illustrations, recipes, paperbound, \$16.95, ISBN 978-1-59485-366-1. PLANTS/PACIFIC NORTHWEST. Rights: W.

The classic guide to Northwest wild foods is back in print!

- > Suitable for novice foragers and seasoned botanists alike
- > More than 65 of the most common edible plants in the Pacific Northwest are thoroughly described
- > Poisonous plants commonly encountered are also included

Originally published in 1974, *Northwest Foraging* quickly became a wild food classic. Now fully updated and expanded by the original author, this elegant new edition is sure to become a modern staple in backpacks, kitchens, and personal libraries.

A noted wild edibles authority, Doug Benoiel provides more than 65 thorough descriptions of the most common edible plants of the Pacific Northwest region, from asparagus to watercress, junberries to cattails, and many, many more! He also includes a description of which poisonous “look-alike” plants to avoid—a must-read for the foraging novice. Features include detailed illustrations of each plant, an illustrated guide to general plant identification principles, seasonality charts for prime harvesting, a selection of simple foraging recipes, and a glossary of botanical terms.

Beginning with his botany studies at the University of Washington, **Doug Benoiel** has been dedicated to native plants. He has owned a landscaping, design, and nursery business, and done his extensive work with the National Outdoor Leadership School (NOLS). Doug lives on Lopez Island, Washington.

Praise for the original edition:

“This book is the rare combination of practical knowledge, wisdom, simplicity, and artistry.”

—*Pacific Search* magazine

“Doug Benoiel’s excellent *Northwest Foraging* offers thorough experience in edible Northwest flora, including interesting local folklore and directions for preparing wild foods.”

—*Seattle Post-Intelligencer*



AVAILABLE IN
MARCH

YOU MAY
ALSO LIKE



PACIFIC FEAST
A Cook's Guide to
West Coast Foraging
and Cuisine

page 14

SAN JUAN GROUP, CMC, WITH JEFF EISELE

THE BEST DURANGO HIKESSEE THE PACK GUIDE
SERIES TITLES ON PAGE 18

96 pages, 4 x 7, 45 color photos, 21 color maps, paperbound, rounded corners, \$12.95, ISBN 978-0-9842213-5-6. GUIDEBOOK/COLORADO, Rights W.

The only guidebook you'll need to hike one of Colorado's great mountain towns

- > A wide variety of hikes from easy to difficult
- > Color photos and maps of all the routes
- > Includes comments on the hike, directions to the trailhead, and trail route descriptions

Surrounded by mountains in southwestern Colorado, Durango is the perfect High Country town with a ski area up the road, the Indian mesa country an hour away, and a gold-medal trout stream running right through town. But that doesn't say anything about the fabulous hiking around Durango that includes the widest variety of hiking terrain to be found anywhere in Colorado—from high desert loops to easy town hikes, or peak bagging in the San Juan Mountains.

The difficulty levels of the hikes range from easy walks—including the wheelchair-accessible Big Al Trail—to challenging ascents of such notable summits as Engineer and Hesperus mountains. *The Best Durango Hikes* is all you need (plus the 10 Essentials) to hike around one of the great mountain towns of Colorado.

Members of the **San Juan Group of the Colorado Mountain Club** have selected the twenty best hikes within an hour or so of Durango and then hiked, described, photographed, and mapped the routes.

AVAILABLE IN
JUNE

GORE RANGE GROUP, CMC

THE BEST VAIL VALLEY HIKES AND SNOWSHOE ROUTES

104 pages, 4 x 7, 45 color photos, 21 color maps, paperbound, rounded corners, \$12.95, ISBN 978-0-9842213-6-3. GUIDEBOOK/COLORADO, Rights W.

Year-round guide to the best Vail Valley hikes and snowshoe routes

- > Trails for all ability levels, each offering something special for the visitor and local alike
- > Detailed directions and full-color maps to help you find your way
- > A guidebook that easily fits in your pack or back pocket

As part of the Colorado Mountain Club Pack Guide series, *The Best Vail Valley Hikes and Snowshoe Routes* explores the more popular and some of the lesser-known hiking and snowshoe routes in the valley. Most routes are within an easy hour drive of Vail Valley and its namesake ski area. From the mysteriously enchanting Gore Range to the spiritually inspiring Holy Cross Ridge and beyond, these hikes represent the best of what the Vail Valley has to offer the hiker and snowshoer.

Each of the routes includes trailhead and route descriptions, waypoints, color maps, and color photography plus commentary on local items of interest.

The authors from the **Gore Range Group of the Colorado Mountain Club** are environmentalists, guides, and volunteer hike leaders with over 400 years of combined outdoor experience. They have hiked and snowshoed all the routes and wrote, photographed and mapped *The Best Vail Valley Hikes and Snowshoe Routes*.

AVAILABLE IN
JULY

JAMES ELLS, PH.D.

ROCKY MOUNTAIN FLORA, 2ND ED.

Completely revised second edition of a comprehensive, accurate, full-color field guide for anyone who loves Rocky Mountain wildflowers

- > More than 100 new wildflowers and plants were added to this second edition
- > Complete, concise, and easy to use with a new design
- > Authoritative authorship that sets a new standard for flora field guides

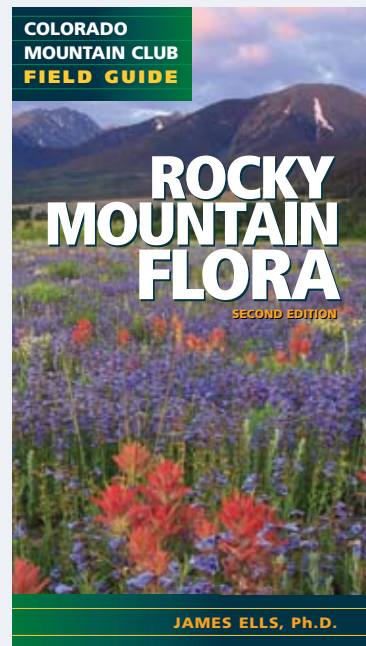
Most wildflower enthusiasts have several or more books on wildflowers in their libraries, but if you can only have one wildflower book in your pack, make it *Rocky Mountain Flora*.

Wildflower identification is a difficult endeavor. A common name in one region of the Rockies can be called something totally different someplace else. And scientific names have been jostled a bit over the years by the U.S. Department of Agriculture. The only answer to the problem is to have a horticulturist, who has spent his life hiking the foothills and mountains of Colorado with camera and notebook in hand, write a field guide.

Jim Ells spent 25 years working on his first edition of *Rocky Mountain Flora*. One of the many new features of this second edition is it now includes photographs of both the flower and plant to aid in identification. An additional feature of the second edition is that some of the photos from the first edition have been upgraded with the help of volunteer wildflower photographers.

Organized by color and then alphabetically by family name and genus, *Rocky Mountain Flora* has images of each flower and the entire plant, and detailed descriptions of stems, leaves, and flowers and includes the specific location, elevation, and time of the year the flower was found. A special feature called "LOOK FOR" helps with quick plant identification.

Jim Ells retired as an associate professor of horticulture from Colorado State University. He continues to search for new flowers to add to his book. He and his wife, Marleigh Ann, live in Fort Collins, Colorado.



304 pages, 6 x 9, 1,320 color photos, paperbound, rounded corners, \$24.95, ISBN 978-0-9842213-4-9 (first edition: 978-0-9760525-4-8). NATURE/FLOWERS. Rights: W.

YOU MAY ALSO LIKE THESE TITLES FROM CMC PRESS



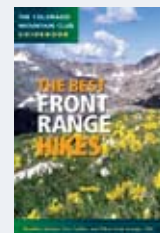
COLORADO WILDFLOWERS



THE COLORADO TRAIL



COLORADO LAKE HIKES



THE BEST FRONT RANGE HIKES

AVAILABLE IN MAY

SEE MORE COLORADO MOUNTAIN CLUB PRESS TITLES ON PAGE 18

DOUGLAS LORAIN

100 CLASSIC HIKES IN OREGON, 2ND ED.

OREGON COAST, COLUMBIA GORGE, CASCADES, EASTERN OREGON, WALLOWAS



256 pages, 6³/₄ x 9, 110 color photos, 100 trail maps, paperbound, \$21.95, ISBN 978-1-59485-492-7 (first edition: 978-0-89886-963-7). GUIDEBOOK/OREGON. Rights: W.

Completely revised and updated edition of the regional bestseller

- > Full-color guide to the state's best 100 hikes
- > Features nine new hikes
- > Author Douglas Lorain is a beloved guidebook writer in the Northwest

What makes a trail a classic hike? "Outstanding scenery," says Doug Lorain, "especially good views." Add in mountain lakes and waterfalls. Sprinkle with wildflowers, old-growth forests, wildlife sightings, and interesting geologic features. All of the hikes Lorain has selected boast at least two of these attributes, and often more. These are simply the best hikes the state of Oregon has to offer. Lorain should know; he's logged more than 16,000 Oregon hiking miles in his boots.

In the new edition of *100 Classic Hikes in Oregon* Lorain presents a mix of the most popular trails and lesser-known gems throughout the entire state, including nine new hikes. These well-established trails range from short, easy strolls suitable for children and grandparents to longer backpacking trips for experienced hikers.

A native of the Northwest, **Douglas Lorain** spends more than 150 days each year hiking Oregon's trails. He is the author of several outdoor guidebooks to the region.

AVAILABLE IN
APRIL

ELLEN MORRIS BISHOP

BEST HIKES WITH DOGS OREGON, 2ND ED.

288 pages, 5¹/₂ x 8¹/₂, 85 b&w photos, 85 trail maps, paperbound, \$18.95, ISBN 978-1-59485-490-3 (first edition: 978-0-89886-944-6). GUIDEBOOK/OREGON. Rights: W.

Fully revised and updated with 15 new hikes, this is the bestselling guide to hiking in Oregon with your pup!

- > First edition sold more than 15,000 copies!
- > Great companion to *100 Classic Hikes in Oregon, 2nd Ed.*

For this fully revised and updated second edition, Ellen Bishop and her dogs, Meesha (border collie mix), Dundee (Australian shepherd), and Kyla (also a border collie mix) covered mile after fun-filled, slobbery mile to find Oregon's best rolling hills and open meadows for pups and their hiking companions. These trails do not require leashes (except in parks as designated) and host few hikers and even fewer children. They are free of cliffs, paw-damaging terrain, poison oak, nearby roads, off-road vehicle traffic, and other hazards of particular danger for dogs. All of them offer shade and lakes or streams for Fido to play in or enjoy a drink.

Features:

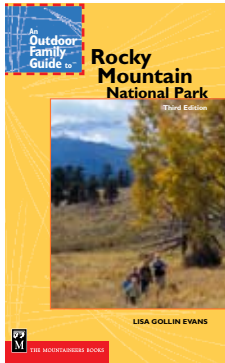
- 85 trail maps and 20 doggie illustrations
- trails near Portland, Eugene-Springfield, Roseburg, and Medford-Grants Pass, as well as along the Oregon coast and in the Willowa Mountains

A geologist, teacher, and photographer, **Ellen Morris Bishop** is the author of several books on the outdoors, including *Hiking Oregon's Geology*.

AVAILABLE IN
MAY

LISA GOLLIN EVANS

OUTDOOR FAMILY GUIDE TO ROCKY MOUNTAIN NATIONAL PARK, 3RD ED.



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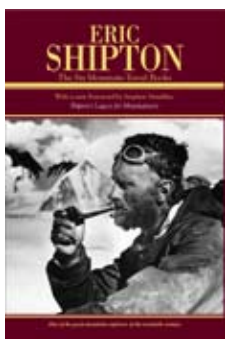
Lisa Gollin Evans is the author of four outdoor family guides published by Mountaineers Books.

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