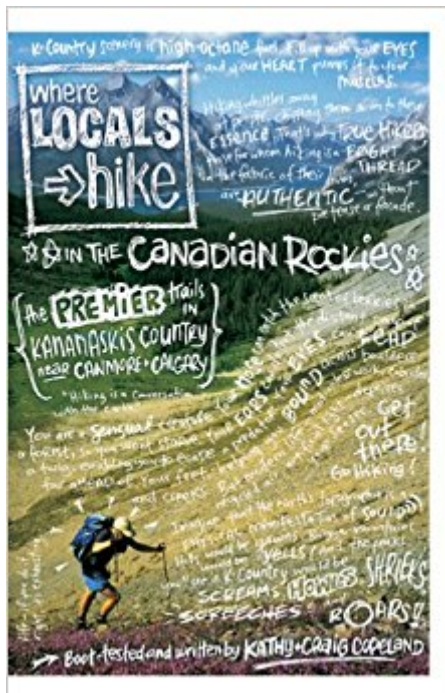


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Where Locals Hike In The Canadian Rockies: The Premier Trails In Kananaskis Country Near Canmore + Calgary



Synopsis

55 premier dayhikes and backpack trips all within two hours of an international airport lead to astonishing alpine meadows, ridges and peaks. Though these trails are little known compared to those in the nearby Canadian Rocky Mountain national parks, the scenery is equally beautiful. Includes Peter Lougheed, Spray Valley, and Bow Valley provincial parks. Discerning trail reviews help you choose your trip. Detailed route descriptions keep you on the path. Includes 15 shoulder-season hikes. 140 color photos and trail maps for each hike. Don't miss the circuit of Tent Ridge, crossing eight folkloric bridges over Galatea Creek, starting into the alpine from the Rockies' highest pass, or the world-class route over Northover Ridge.

Book Information

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Customer Reviews

Kathy and Craig are dedicated to each other, and to hiking, in that order. Their second date was a 32-km (20-mile) dayhike in Arizona. Since then they haven't stopped for long. They've trekked through much of the world's vertical topography, including the Himalayas, Patagonian Andes, Pyrenees, French Alps, Scottish Highlands, Dolomites, Costa Blanca Mountains, Sierra Nevada, North Cascades, Colorado Rockies, New Zealand, and canyons of the American Southwest. In 1989, they moved from the U.S. to Canada, so they could live near the Canadian Rockies the range that inspired the first of their refreshingly unconventional guidebooks. While living in Vancouver, British Columbia, they explored the Coast Mountains and the North Cascades, then wrote hiking guidebooks on each of those ranges. Later, while living in a cabin on fiord-like Kootenay Lake (between B.C.'s Purcell and Selkirk mountains), they researched and wrote a hiking guidebook on

that area. Kathy and Craig have since returned to the Canadian Rockies and now live in Canmore, Alberta. Their desire to hike, however, keeps them travelling constantly. For example, they migrate each spring and fall to the high-desert canyon country of southern Utah. Their guidebook on that sensual, other-worldly landscape is especially stimulating. Kathy and Craig agree: no matter how arduous the trail, or how severe the conditions, hiking is the easiest of the many tasks necessary to create a guidebook. What they find most challenging is having to sit. They spend twice as much time at their computers writing, organizing, editing, checking facts, rewriting, re-organizing, re-editing, re-checking facts as they do on the trail. The result is worth it. Kathy and Craig's colourful writing, opinionated commentary, and enthusiasm for the joys of hiking make their guidebooks uniquely helpful and compelling. Go to their website at [hikingcamping](http://hikingcamping.com). Click on Authors to see a TV interview with them, and also to listen to Craig's speech, Why the World Needs More Hikers. Click on Images to view slideshows of many of the world's most exciting hiking destinations. Follow the nomads, Kathy and Craig, by clicking on Blog.

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