



Aspiring Hiker's Guide: Mountain Treks in British Columbia: v. 2

By Gerry Shea

Rocky Mountain Books, Canada. Paperback. Book Condition: new. BRAND NEW, Aspiring Hiker's Guide: Mountain Treks in British Columbia: v. 2, Gerry Shea, This second volume in "The Aspiring Hiker's Guide" series is meant to encourage beginner and intermediate hikers, backpackers and scramblers to explore British Columbia's backcountry in and around the national parks of Mount Revelstoke, Glacier, Kootenay and Yoho, along with the provincial parks of Mount Assiniboine and Mount Robson, with confidence and excitement. Aspects of venturing into these areas are investigated, including advice on gear, clothing, food and equipment; procedures related to safety and etiquette; and considerations as to physical fitness and first aid. Routes and trails are detailed with colour photographs and maps, GPS co-ordinates, elevation gain charts, distances, natural landmarks and tips on arriving at the destination safely. Best routes to summits are described in detail to prevent confusion and injury. As well, the general histories of the trails, routes and naming conventions for some mountains add an element of understanding and intrigue about the experience of the First Peoples and early European explorers who set foot in these beautifully wild areas of western Canada.



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