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Where Locals Hike In The Canadian Rockies: The Premier Trails 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. Colour photos and trail maps throughout.

Book Information

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Customer Reviews

...A great source of inspiration and most excellent advice. --Professor, University of Calgary

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, Swiss and French Alps, Scottish Highlands, Dolomites, Sierra Nevada, North Cascades, Colorado Rockies, New Zealand Alps, 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: *Don't Waste Your Time® in the Canadian Rockies*. 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 Kootenay Lake

(between B.C.'s Purcell and Selkirk mountains), they researched and wrote two more hiking guidebooks: one on the West Kootenay, the other on the premier trails of southern B.C. 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 promises to be especially stimulating.

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