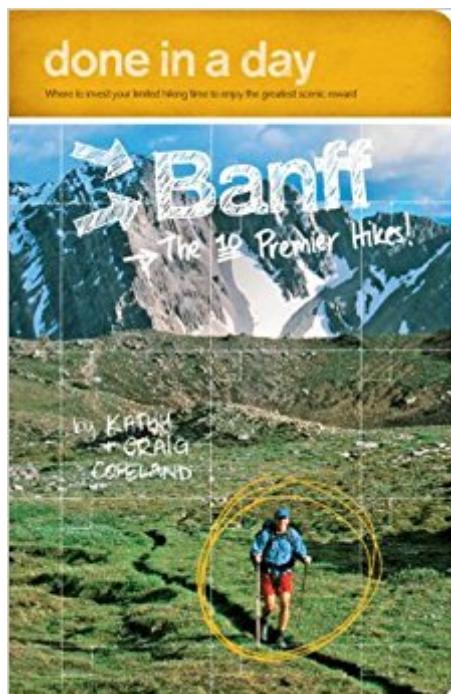


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# Done In A Day Banff: The 10 Premier Hikes



## Synopsis

The Canadian Rockies are extroverts who bare their full, rock-hard musculature for all to see. Other ranges, blunt and cloaked in forest, are shy compared to this brazen northern breed. In musical terms, these mountains are avant-garde. They've abandoned standard chord progressions and scales in favor of improvisation. The resulting shapes are fantastic. Jazz set in stone, lofted into the sky. Within the Canadian Rockies is a town world-famous among hikers: Banff. And if that's your destination, Done in a Day Banff: The Ten Premier Hikes is the one book you must have in your pack. Done in a Day Banff describes where to invest your limited hiking time to enjoy the greatest scenic reward. Choose an easy, vigorous, or challenging hike. Start your adventure within a short drive of town. Witness the wonder of Banff National Park and be back for a great meal, hot shower, and soft bed. 90 photos. Trail maps for each trip. Full color throughout.

## 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 Nepalese Himalaya, Patagonian Andes, and New Zealand Alps. In Europe, they've hiked the Scottish Highlands, Spain's Costa Blanca and Els Ports mountains, Mallorca's Serra de Tramuntana, the Alpes Maritimes, the French, Swiss, and Italian Alps, the French and Spanish Pyrenees, and Italy's Dolomiti. In North America, they've explored the B.C. Coast, Selkirk and Purcell ranges, Montana's Beartooth Wilderness, Wyoming's

Grand Tetons, the Colorado Rockies, the California Sierra, and Arizona's Superstition Wilderness and Grand Canyon. Visit Kathy and Craig's website: [hikingcamping.com](http://hikingcamping.com). You'll find their blog posts are often mini-guidebooks, and their photo gallery is constantly growing. In 1989, they moved from the U.S. to Canada, so they could live near the range that inspired the first of their refreshingly unconventional books: *Don't Waste Your Time in the Canadian Rockies*, *The Opinionated Hiking Guide*. Its popularity encouraged them to abandon their careers Kathy as an ESL teacher, Craig as an ad-agency creative director and start their own guidebook publishing company: [hikingcamping.com](http://hikingcamping.com). Kathy and Craig live in Canmore, Alberta, 15 minutes' drive from Banff town. Their desire to hike, however, keeps them travelling constantly. They now migrate annually to southern Utah, where they wrote *Hiking From Here To Wow: Utah Canyon Country*.

This is an excellent book if you decide to travel to Banff on a whim, and don't wish to do hours and hours of research and reading to find the best hikes. Many hikes can be extended to far more ambitious endeavors. Don't forget to google up Parcs web pages which give important info regarding mountain lions, bears, trail closures, construction, fire. And yes, a few Grizzlies are still up wandering in December---see if your hotel desk has spray that you can borrow.

I enjoyed the book, and was able to use it on a vacation to the Canadian Rockies. The book borrows heavily from the authors' "Don't Waste Your Time" hiking guide. But unlike that heavy tome, this one fits easily in a shirt pocket. 10 hikes, all reasonably close to the Banff townsite. Several I have done, and agree that the sightseeing is spectacular. I hope to complete all the rest of the ten hikes described.

Small enough to carry along. Well documented day hikes broken down by length and difficulty. Banff is an extraordinary place to hike. Make sure to bring your bear bell and camera.

**Done in a Day Banff: The 10 Premier Hikes** We recently visited this area and I'm glad I bought this book. The area is so vast and beautiful it was good to narrow down the hikes we as older hikers could accomplish and get an overview of the area. You will need more in depth maps for hiking and the Copelands list these resources as well as offer advice for different situations.

I thought I would enjoy this guide more than I did. However, the authors' attitudes rubbed me wrong. I guess I like more of an objective trail guide after all. Next time I'll buy a more comprehensive trail

guide for the Banff, Lake Louise and Jasper area. Even if I never come close to doing all the hikes in a larger book, it's still fun to read about what's out there. PRO: This is a sturdy compact full color guide that you can take with you on the trail.

If you want a guidebook that's not just informative, but lively, you'll be glad you have "Done in a Day Banff" while hiking in Banff National Park. Here's an excerpt:CITADEL PASSThe impact of skimming a heli-hiking brochure is double-barreled. First the photos. Then the price list. Both are breathtaking. But for those of us lacking hockey socks full of money, there's an alternative. An affordable way to be whisked up a mountain and begin hiking above timberline, in a see-forever alpine meadow. Simply catch the shuttle up to the ski area at Sunshine Village, where the trail to Citadel Pass offers maximal scenery in return for minimal elevation gain. It's an idyllic hike through country that does a believable imitation of heaven, unless you're here during a thunderstorm. The meadows sprawl for 15 km (9 mi) near the crest of the Continental Divide.

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