

21

SPRING/
SUMMER
CATALOG



MOUNTAINEERS BOOKS



recreation • lifestyle • conservation

**Mountaineers Books is an
independent nonprofit publisher**



MOUNTAINEERS BOOKS is the publishing division of The Mountaineers, a nonprofit membership organization that has been a leader in outdoor education for more than 100 years. Mountaineers Books publishes regional activity guidebooks, sports instructional texts, and nonfiction adventures.



Nearing the summit of Mount Baker at sunrise (Photo by Alasdair Turner, from *Classic Cascade Climbs*)

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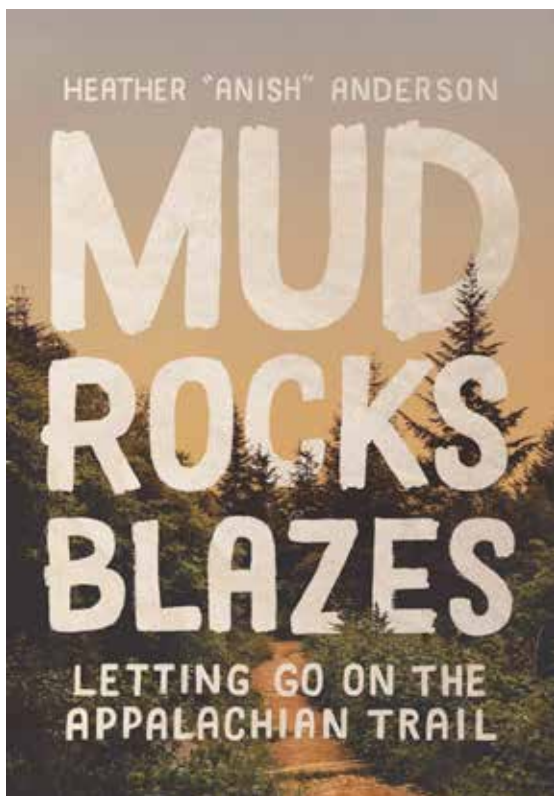
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SKIPSTONE is our imprint for people striving to live a sustainable lifestyle, which for us means digging in the garden, thinking about what we eat, treating all creatures with respect, and finding ways to reduce our carbon footprint.

BRAIDED RIVER features our conservation titles, which use the emotive power of books as key tools in advocacy campaigns. We work with well-known nonprofit partners and reach millions of passionate citizens with messages for solving problems to make the world a better place for present and future generations.



MUD, ROCKS, BLAZES

Letting Go on the Appalachian Trail

HEATHER "ANISH" ANDERSON

AVAILABLE IN MARCH

240 pages | 5½ x 8½ | \$18.95 | paperback

1 map

ISBN 978-1-68051-336-3 | ebook 978-1-68051-337-0

Memoir/Hiking/Adventure | Rights: World

Following her bestselling memoir, *Thirst*, here is the next step in Heather "Anish" Anderson's adventurous life journey—one of deep emotion and self-discovery

- National Geographic Adventurer of the Year
- National long-distance trails continue to inspire and grow in popularity
- Bestselling author with high social media engagement

Despite her success setting a self-supported Fastest Known Time record on the Pacific Crest Trail in 2013, Heather "Anish" Anderson still had such deep-seated insecurities that she was convinced her feat had been a fluke. So two years later she set out again, this time hiking through mud, rocks, and mountain blazes on the Appalachian Trail to crush her constant self-doubt and seek the true source of her strength and purpose.

The 2,180 miles of the AT, from Maine to Georgia, did not make it easy. Anderson struggled with its infamous rain, humidity, insects, and steep grades for 54 days. But because she had to fight for every step, she knew when she reached the summit of Springer Mountain, the AT's southern terminus, that she had fully earned the trail. Of greater value, she learned to love herself and her body, and to feel the depth of her power. Examining emotional scars as well as her relationship with her mother, Anderson's deeply internal yet highly physical journey in *Mud, Rocks, Blazes* is an essential story.



In 2018, **HEATHER "ANISH" ANDERSON** became the first female Calendar Year Triple Crown as well as the only female triple Triple Crown. Anderson also currently holds the overall self-supported Fastest Known Time (FKT) on the Pacific Crest Trail and the female self-supported FKT on the Appalachian and Arizona Trails. She divides her time between the mountains of Washington State and the East Coast.

ONLINE:

anishhikes.wordpress.com

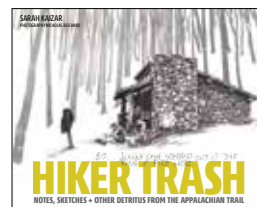
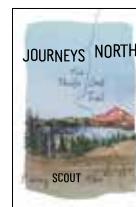
@AnishHikes

@AnishHikes

@AnishHikes

AnishHikes

MORE LONG-DISTANCE ADVENTURE



EXCERPT

(from *Mud, Rocks, Blazes*, by
Heather “Anish” Anderson)



I sank onto a bench and tried to guide the shaking cup of coffee to my lips, eventually getting enough into my body to slow the shivering. I checked my watch. It had been eight minutes. I refilled my coffee a second time . . . and a third. *Eleven minutes*. The pad Thai wouldn't be fully hydrated, but I didn't want to wait anymore. I began wolfing down the half-crunchy meal.

“Are you thru-hiking?” a man asked, as two preteen boys beside him stared wide-eyed at me.

I hadn't even noticed them come in. They looked wet and I figured they'd just returned from a hike up to Galehead Mountain.

“Yes, I am.”

The boys whispered something to their dad.

“Why don't you ask her?” he said.

“Are you going south or north?” the older boy asked.

“South.”

“When did you start?”

“August 1.”

“That's over forty miles a day!” the father couldn't help but interject.

I smiled and wiped pad Thai off my face with the back of my hand. Then I tipped the package up and drank the rest of the liquid.

“She's cooler than Bear Grylls!” the youngest one exclaimed. His stage whisper to his father was met with a roar of laughter.

“I think that's the best compliment I've ever gotten,” I said, smiling at him.

I threw my trash away and took a deep breath. It was easier to step outside into the furor of the storm with their admiring eyes on me.

The warmth of the food and coffee in my belly only lasted a few miles. The trail along Franconia Ridge was exposed and, despite moving as fast as possible, I could not stay warm. The rain finally began to taper as I dropped below 4,000 feet near the Liberty Springs campsite. Even so, it seemed as though I would never thaw.

I lost elevation rapidly as the dirt trail caked my new shoes and socks in mud. My goal for camp was Eliza Brook shelter, eleven miles beyond the Kinsman Peaks. At the bottom of the descent I'd merge with easy trail and bike paths, which, combined with thinning clouds and lack of wind, would result in faster miles—I hoped.

I might be able to crack forty miles today after all.

It was a rueful observation. I knew the Kinsmans might crush me, but I was so far behind schedule I had to try to get past the two rocky, exposed summits that day. Suddenly my feet slid out from under me and I landed in the mud, banging my knee on a rock.

“I'm so sick of mud!” I couldn't help but scream.

I sat for a moment. *Just get to Hanover. Things will get better in Vermont. Just get through New Hampshire.*

I got to my feet. I had told myself a hundred times to just make it past Hanover to the smoother trail of Vermont. Some days I felt like I could do it. Other days I didn't. Some days I told myself I could quit at the New Hampshire border in Hanover. Other days I told myself I couldn't quit until I finished Vermont—150 miles further. Most nights I felt an extreme hopelessness brought on by the bone-deep fatigue of the day as I crawled into my sleeping bag, physically destroyed and always short of my goal. Each morning it would lessen somewhat. But every setback along the way eroded my dream that what I was attempting was possible.



CLASSIC CASCADE CLIMBS

Select Routes in Washington State

JIM NELSON, TOM SJOLSETH,
AND DAVID WHITELAW

AVAILABLE IN AUGUST

352 pages | 7 x 8½ | \$34.95 | paperback

175 color photos | 80 route overlays

22 topographic illustrations | 3 maps

ISBN 978-1-68051-046-1 | ebook 978-1-68051-047-8

Guidebooks/Washington/Rock Climbing | Rights: World

**The quintessential climbs of
the Cascade Range, all in one
comprehensive new volume**

- Complete, up-to-date beta
- Authors are highly regarded local experts
- Cascades are a global climbing destination

Classic Cascade Climbs features climbing routes on more than 70 peaks: from the ice-clad summit of Mount Rainier to the hot granite of Tumwater Canyon, there is legendary climbing here of every type, for every season, and at every grade. To determine if it was a “classic,” each route was judged on the following criteria: overall quality, popularity, accessibility, style, and historical importance. Climbing beta includes:

- Peak and prominence elevations and type of rock
- Grade, approach, route, descent descriptions
- Detailed, photo-based route overlays and topo maps
- Pitch-by-pitch descriptions, estimated time, and recommended equipment
- Required permits and other special considerations
- Selected history including first ascents

Authoritative and inspirational, this seminal guide also features stunning mountain photography by famed photographer John Scurlock and others.



Patricia Vadasy



Steph Abegg



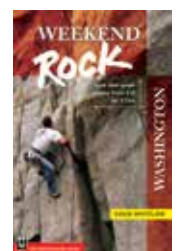
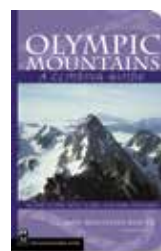
Jim Nelson

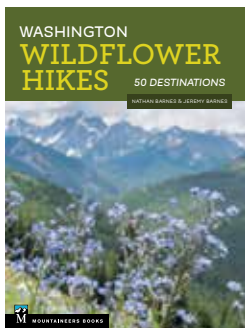
JIM NELSON started climbing in the Cascades in 1969 and has climbed throughout the western United States and Canada, while also volunteering with The Mountaineers. He is the owner of Seattle climbing store Pro Mountain Sports. In 2010 **TOM SJOLSETH**, along with Daniel Jeffrey, made the first ascent of the highest unclimbed peak in the Cascades, Assassin Spire; he went on to be the first to complete the famed Klope list of Washington’s ten hardest peaks. **DAVID WHITELAW** has climbed all over North America and Europe, establishing more than 150 new routes and is known for his mountain art and maps.

ONLINE:

promountainsports.com

OTHER CLIMBING GUIDES





WASHINGTON WILDFLOWER HIKES

50 Destinations

NATHAN BARNES AND
JEREMY BARNES

AVAILABLE IN APRIL

272 pages | 6¼ x 9 | \$24.95 | paperback

150 color photos | 51 maps

ISBN 978-1-68051-095-9 | ebook 978-1-68051-096-6

Guidebooks/Washington/Hiking | Rights: World

**A new way to embrace the season: 50 hikes
to amazing wildflowers!**

- Doubles as a full-color field guide to 100-plus species
- Authors have devoted fan base and an active platform
- Perennial interest for Washington hikers

From flower-filled alpine meadows to streams lined with delicate Scouler's corydalis blooms, Washington offers something for every hiker—and flower lover. Brothers Nathan and Jeremy Barnes lead hikers on 50 trails to seasonal floral displays, ranging across varied landscapes. Features include:

- Basics of wildflower identification
- Tips for photographing wildflowers
- “Hike Finder,” which includes flowering season, trail difficulty, distance, and more
- 50 wildflower profiles, including common and botanical names, description, botanical background
- Stunning images throughout

Along with its showcased species, each handpicked route includes a detailed topo map, turn-by-turn route description, history of the area, and information about other wildflowers found along the trail.



PACIFIC NORTHWEST WILDFLOWERS

A Pocket Reference

NATHAN BARNES AND
JEREMY BARNES

AVAILABLE IN APRIL

12 panels | 3¼ x 6¼ (folded) | \$7.95 | folded, laminated card

40 color photos

ISBN 978-1-68051-528-2

Reference/Pacific Northwest/Wildflowers | Rights: World

**Find the region's most common wildflowers—
right in your back pocket!**

- Easy-to-use, weatherproof field reference
- Wildflowers remain a popular topic
- Published simultaneously with new guidebook, *Washington Wildflower Hikes*

This handy, visual, pocket-sized guide to wildflowers is particularly useful for novice or recreational wildflower enthusiasts. Laminated panels showcase 40 of the most common species found in Washington and Oregon. Features include:

- Stunning color photos of each species
- Icons for best flowering season, conservation status
- Concise field listings detail common and botanical names, description, where to look for it, alternate names, and more
- Ideal for hikers, backpackers, car campers, paddlers, and park visitors



NATHAN AND JEREMY BARNES founded the popular website and hiking resource hikingwithmybrother.com in 2009 and are known for including historical background, detailed maps, and vibrant photos for every hike. The authors of two other guides, *Alpine Lakes Wilderness: The Complete Hiking Guide* and *Hiking Through History Washington*, they both live in Seattle.

ONLINE:

hikingwithmybrother.com



@hikingwithmybro



@hikingwithmybrother



PACIFIC NORTHWEST BIRDS: LOWLANDS & COAST

A Pocket Reference

GERRIT VYN

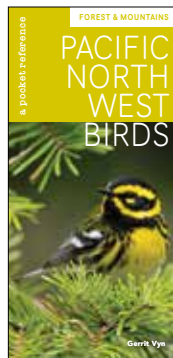
AVAILABLE IN APRIL

12 panels | 3¼ x 6¾ (folded) | \$7.95

Folded, laminated card | 40 color photos

ISBN 978-1-68051-525-1

Reference/Pacific Northwest/Birds | Rights: World



PACIFIC NORTHWEST BIRDS: FOREST & MOUNTAINS

A Pocket Reference

GERRIT VYN

AVAILABLE IN APRIL

12 panels | 3¼ x 6¾ (folded) | \$7.95

Folded and laminated card | 40 color photos

ISBN 978-1-68051-526-8

Reference/Pacific Northwest/Birds | Rights: World

From shores, fields, and wetlands to forests, trails, and mountains—learn to identify that flash of feather and color!

- Easy-to-use, weatherproof field references to 80 species (40 per card)
- Birdwatching and citizen science remain high in popularity
- *Lowlands & Coast* and *Forest & Mountains* editions released simultaneously

These full-color pocket references are particularly useful for novice or casual birdwatchers. Each guide consists of folded and laminated panels showcasing 40 of the most common species found across Washington and Oregon—including perennial favorites such as Belted Kingfisher, Pigeon Guillemot, and White-crowned Sparrow in *Lowlands & Coast*, and American Dipper, Mountain Chickadee, and Varied Thrush in *Forest & Mountains*. Features in both pocket guides include:

- Clear color photo of each species
- Concise field listings detail common and Latin names, brief description, where to look for it, what it sounds like, fun fact
- Icons for habitat and how likely it is to be seen
- Ideal for hikers, backpackers, car campers, paddlers, beach-goers, climbers, park visitors



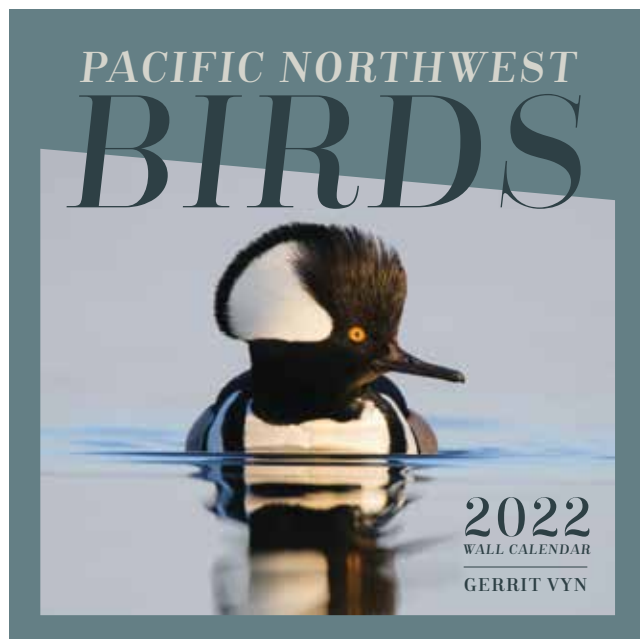
Black Oystercatcher



Mountain Bluebird

ALSO BY GERRIT VYN





PACIFIC NORTHWEST BIRDS

2022 Wall Calendar

GERRIT VYN

AVAILABLE IN JUNE

24 pages | 12 x 12 (closed) | \$14.95 | calendar

24 color photos | shrink-wrapped

ISBN 978-1-68051-527-5

Calendar/Pacific Northwest/Birds | Rights: World

Enjoy extraordinary images of your favorite Pacific Northwest birds all year long

- Award-winning photographer
- Interest in birds and birdwatching is growing rapidly
- Produced with high-quality, sustainable materials

Perfect for the home or office (or home office!), this striking 2022 wall calendar features 24 images by award-winning photographer Gerrit Vyn—renowned for his ability to capture birds in image, video, and sound. Each month features both national holidays and notable dates relevant to the birding and bird conservation communities—from Roger Tory Peterson’s birthday (August 28) and World Wetlands Day (February 2) to International Crow and Raven Appreciation Day (April 27). Additionally, each month includes:

- Helpful reminders such as when to be aware of spring nesting season or when to watch for certain migratory species in fall
- Experiential monthly mini-essay by Vyn about each featured bird, including key natural history facts and conservation status
- One small companion photograph to complement the larger display image

A stunning gift for every nature-lover!



Andy Johnson

Deeply committed to conservation, **GERRIT VYN** is based in Portland, Oregon; his images have been used by major conservation organizations and published in *National Geographic*, *Audubon*, *Natural History*, *National Wildlife*, *The New York Times*, and other publications. He is the author of the *New York Times* bestseller *The Living Bird: 100 Years of Listening to Nature*, with The Cornell Lab of Ornithology, and *Photography—Birds: Field Techniques and the Art of the Image*. Vyn’s audio and video work has been featured on NPR’s *Fresh Air* and *Morning Edition*, PRI’s *Living on Earth*, *Bird-note*, *PBS NewsHour*, *Nature*, and *CBS Sunday Morning*. He is also a producer for the Cornell Lab of Ornithology and a senior fellow of the International League of Conservation Photographers (ILCP).

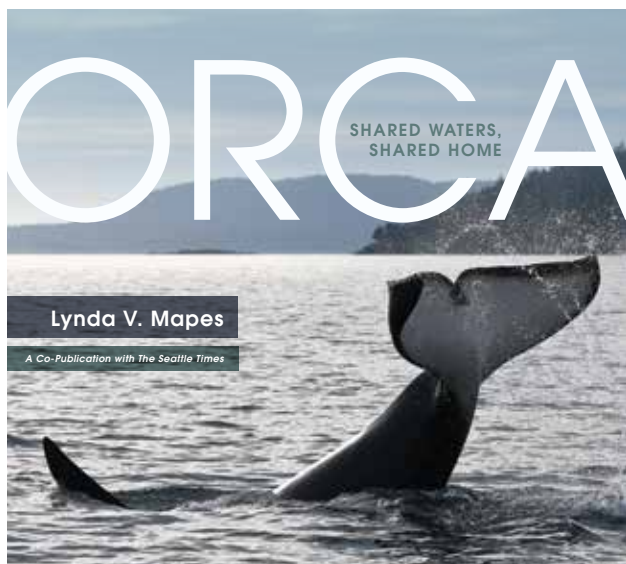
ONLINE:

gerritvynphoto.com

@GerritVyn

@GerritVyn

@ConservationPhotographer



- Strong community engagement plan: events, exhibits, media
- Topic that continues to be headline news
- Powerful independent local media partnership with *The Seattle Times*

Orca whale J35, also known as “Tahlequah,” gave birth in July of 2018 in the waters off British Columbia, but her calf died soon after. Tahlequah then carried its body for 17 days across 1,000 miles before finally releasing the calf and rejoining her pod. This extraordinary and caring behavior sparked not only worldwide sympathy, but also a revival of our awareness of the critical need to preserve orcas, the chinook salmon they feed on, and their habitat—elements that together make up the core of Pacific Northwest identity.

In *Orca: Shared Waters, Shared Home* journalist Lynda V. Mapes explores the natural history of the orca and the unique challenges for survival of the Southern Resident group that frequents Puget Sound. Once regarded as vermin, they were then captured in the 1960s and '70s for aquariums all over the world. With greater exposure, scientists have realized how intelligent orcas are and are learning about their matriarchal family groups, vocalizations, behavior, and different subspecies. As of August 2020, only 72 Southern Resident whales are left, and they are threatened by habitat degradation, overfishing, relentless growth, and climate change. Can we reverse the trend?

This special project is co-published with the Pulitzer Prize-winning *Seattle Times* newspaper.

ORCA

Shared Waters, Shared Home

LYNDA V. MAPES

A CO-PUBLICATION WITH THE SEATTLE TIMES

AVAILABLE IN JUNE

192 pages | 10 x 9 | \$34.95 | hardcover

100 color photos | 10 illustrations | 2 maps

ISBN 978-1-68051-326-4

Natural History/Conservation/Whales | Rights: World

The history—and future—of one of the sea’s greatest mammals



Doug MacDonald

LYNDA V. MAPES is an award-winning journalist and author of four books, including *Elwha: A River Reborn* and *Witness Tree: Seasons of Change with a Century-Old Oak*. She lives in Seattle.

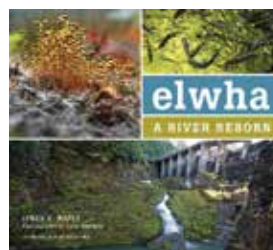
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lyndavmapes.com

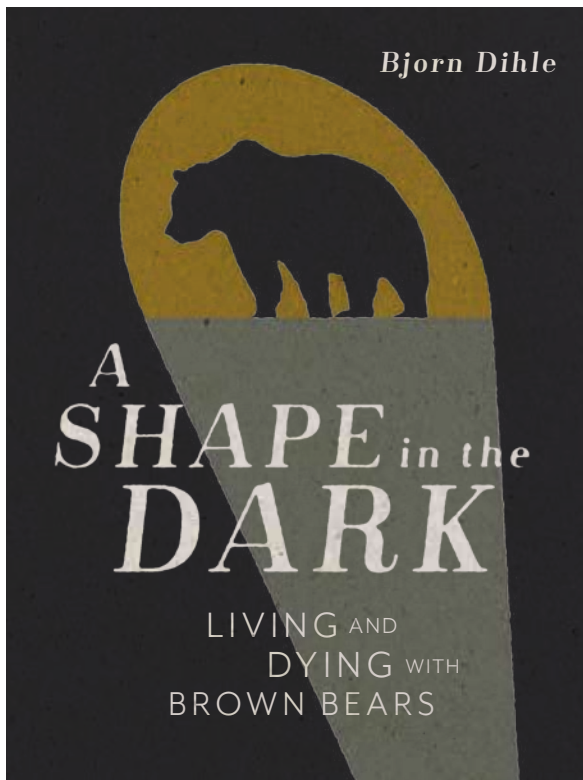
www.braidedriver.org/orca

[@lyndavmapes](https://twitter.com/lyndavmapes)

PROTECT PUGET SOUND







A SHAPE IN THE DARK

Living and Dying with Brown Bears

BJORN DIHLE

AVAILABLE IN FEBRUARY

208 pages | 6 x 8 | \$17.95 | paperback

1 map

ISBN 978-1-68051-309-7 | ebook 978-1-68051-310-3

Natural History/Alaska/Memoir | Rights: World

A fascinating, authentic account of brown bears and our relationship with them

- Human interaction with bears is a timely topic as suburban boundaries expand
- Covers Alaska, California, and the Rockies
- Rising new voice in Alaska adventure and conservation

In *A Shape in the Dark*, wilderness guide and lifelong Alaskan Bjorn Dihle interweaves his personal experiences with historical and contemporary accounts to explore the world of brown bears—from encounters with the Lewis and Clark Expedition, frightening attacks including the death of Timothy Treadwell, the controversies related to bear hunting, the animal's place in native cultures, and the impacts on the species from habitat degradation and climate change.

Much more than a report on human-bear interactions, this compelling story intimately explores our relationship with one of the world's most powerful predators. An authentic and thoughtful work, it blends outdoor adventure, history, and elements of memoir to present a mesmerizing portrait of Alaska's brown bears and grizzlies, informed by the species' larger history and their fragile future.



Mary Catharine Martin

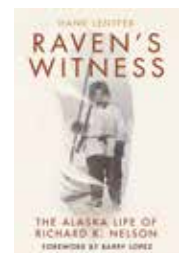
Writer and wilderness and wildlife film guide, **BJORN DIHLE** is a contributing editor for *Alaska Magazine* and *Hunt Alaska Magazine* and has been published in *Outdoor Life*, *Sierra*, *High Country News*, and *Birdwatching*, among others. He is the author of two books, *Haunted Inside Passage: Ghosts, Mysteries, and Legends of Southeast Alaska* and *Never Cry Halibut: And Other Alaska Hunting and Fishing Tales*. A lifelong resident of Southeast Alaska, he lives on Douglas Island with his family.

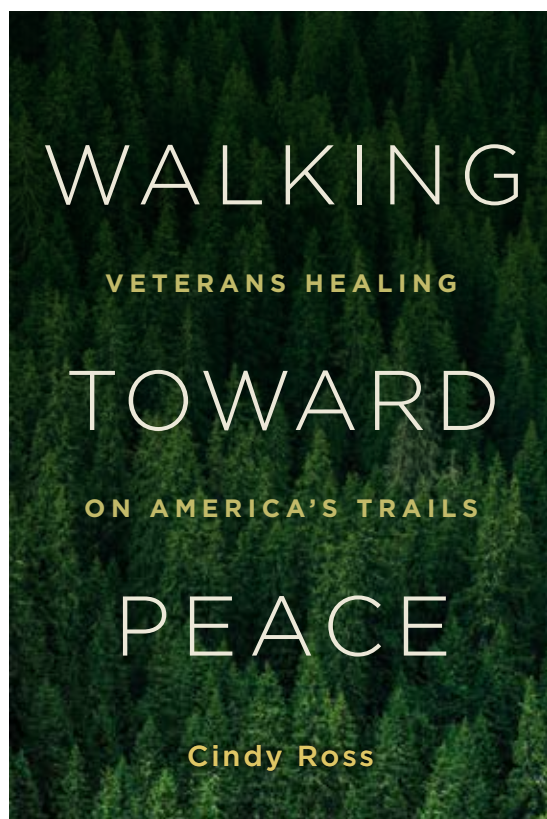
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OTHER ALASKA TALES





WALKING TOWARD PEACE

Veterans Healing on America's Trails

CINDY ROSS

AVAILABLE IN APRIL

240 pages | 6 x 9 | \$19.95 | paperback

17 b&w illustrations

ISBN 978-1-68051-303-5 | ebook 978-1-68051-304-2

Nature/PTSD/Veterans | Rights: World

An inspiring narrative about finding purpose in the outdoors, healing in nature, and hope for veterans

- Ongoing, nonpartisan news topic
- Emphasis on popular National Scenic Trails
- Timed to be available before Memorial Day

Walking Toward Peace explores the intimate stories of veterans who have wrestled with post-traumatic stress disorder (PTSD). Through a process called “ecotherapy,” spending time in nature to promote healing and mental health, they have found new tools to deal with issues resulting from combat experiences: survivor’s guilt, nightmares, lack of trust, depression, hypervigilance, thoughts of suicide, and lack of purpose. Some veterans profiled here have gone to extremes, spending months on long-distance expeditions such as hiking the 3,100-mile Continental Divide Trail or canoeing the 2,320-mile Mississippi River. For others, however, brief excursions in the outdoors can offer an opportunity for healing.

Author Cindy Ross shares current research and perspectives of professional therapists and provides information on organizations devoted to healing veterans in the outdoors. Through the veterans’ collective stories of wartime traumas and their present lives, what becomes clear is that anyone suffering from any form of PTSD may discover the powerful comfort and healing that can be found in the outdoors.



Sierra Ross Gladfelter

CINDY ROSS writes about healing through nature for a variety of publications, including *Stars & Stripes*, *Military Times*, *Yoga Times*, and *Appalachian Trail Journeys*. She is the director of River House PA—Healing in Nature, a nonprofit that coordinates with Pennsylvania-area Veteran Affairs hospitals to take veterans into nature to hike, paddle, and mountain bike. Ross is the author of seven books and lives in New Ringgold, Pennsylvania.

ONLINE:

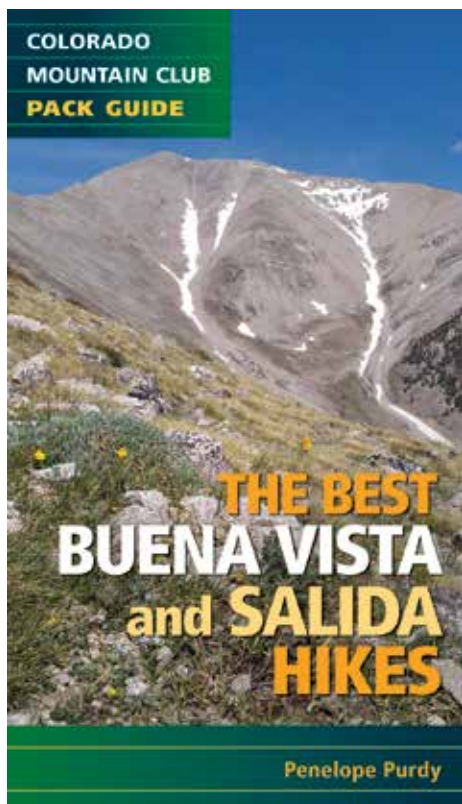
riverhousepa.wordpress.com

cindyrosstraveler.com

[@RiverHousePAAdventures](https://www.facebook.com/RiverHousePAAdventures)

ALSO OF INTEREST





THE BEST BUENA VISTA AND SALIDA HIKES

PENELOPE PURDY

AVAILABLE IN MAY

120 pages | 4 x 7 | \$16.95 | paperback

100 color photos | 25 maps | rounded corners

ISBN 978-1-7333321-3-2

Hiking/Guidebook/Colorado | Rights: World.

Features 25 of the best outings within one hour of Buena Vista or Salida

- Trails range from easy family walks to challenging mountain scrambles
- Full color photos and maps
- Information on angling, birding, and wildflower viewing

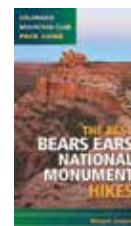
The soaring mountains near Buena Vista and Salida are among the most popular hiking destinations in Colorado, offering so many trails, lakes, and peaks that the choices can seem overwhelming. *The Best Buena Vista and Salida Hikes* solves that problem for you, as lifelong hiker and author Penelope Purdy curates 25 of the region's most classic hikes in an easy-to-carry guide. The routes range from easy lake walks suitable for families to challenging multiday mountain scrambles. It includes segments of the Continental Divide Trail and the Colorado Trail, both of which pass through the area.

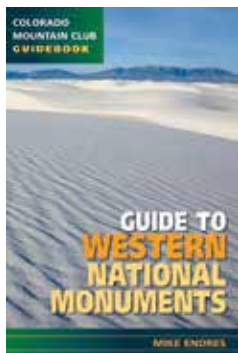
This comprehensive resource also provides information about where to find wildflowers, go bird watching, and catch trout. No matter your skill level, the national forests, wilderness areas, and other public lands in the upper Arkansas River Valley offer something for everyone. *The Best Buena Vista and Salida Hikes* is your guide to the best places in a truly beautiful part of central Colorado.



PENELOPE PURDY is an award-winning journalist who spent much of her career with *The Denver Post*, where she specialized in reporting about environmental issues. An avid outdoorswoman, Penelope has completed the Colorado Trail, climbed all the fourteeners in the contiguous 48 states, and climbed throughout the world. She's the author of *Hiking Colorado's Roadless Trails* and now runs her own communications consulting firm in Denver.

YOU MAY ALSO LIKE





GUIDE TO WESTERN NATIONAL MONUMENTS

MIKE ENDRES

AVAILABLE IN MARCH

360 pages | 6 x 9 | \$28.95 | paperback

300 color photos | 60 maps | rounded corners

ISBN 978-1-937052-55-3

National Monuments/The West | Rights: World.

A beautiful guide to 76 national monuments from Colorado to California and Arizona to Washington

- The top attractions in 76 national monuments in 11 states (AZ, CA, CO, ID, MT, NM, NV, OR, UT, WA, WY)
- Includes 17 national monuments currently under administration review
- Features spectacular color photos, maps, trailhead directions, and details about each monument

The Guide to Western National Monuments showcases 76 of the nation's 122 public lands protected by a presidential decree. These are the best places to visit if you want to hike and camp in spectacular scenery with relatively few people (compared to national parks). Many of the monuments contain ancient ruins, pictographs, and petroglyphs that are still in good condition.

Currently, 23 of the national monuments—including Bears Ears, Golden Butte, and Giant Sequoia—are under review and may be stripped of their protected status. This guide will help readers understand what may be lost to development.



MIKE ENDRES has traveled a good part of the world in search of adventure and photography. For this book Endres visited and explored each of the monuments at least once, striving for an understanding of the significance of each as well as attaining the best photographic representation of these protected areas. He lives in Colorado Springs.



THE BEST FRONT RANGE BIRD HIKES

NORM LEWIS

AVAILABLE IN MARCH

240 pages | 6 x 9 | \$26.95 | paperback

150 color photos | 50 maps | rounded corners

ISBN 978-1-937052-56-0

Hiking/Guidebook/Colorado | Rights: World.

Features 500 species of birds that live in or visit Colorado, most of which can be seen along the Front Range

- The best trails for sighting birds and awesome scenery along the Front Range
- Easy to moderate hikes suitable for most anyone
- Color maps and photos with detailed trail descriptions

Hiking and birding are two of the most popular pastimes in Colorado and across the country. *The Best Front Range Bird Hikes* is the first book to bridge these activities with information about the best trails for finding birds, as well as information about what trails might host species of particular interest.

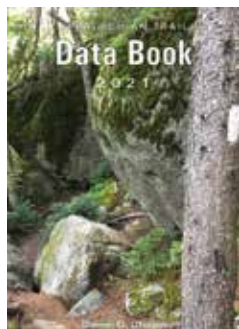
Covering the region from Colorado Springs to Fort Collins, emphasis is placed upon describing trails that combine great scenery, historic interest and, of course, great birding. This is an excellent guide for those new to birding, visitors from out of state, and experienced birders looking to add to their life list.



NORM LEWIS was introduced to birding in 1984 and immediately became addicted. He currently leads birding outings and tours for the Denver Museum of Nature and Science, and is a past president of the Colorado Field Ornithologists and Denver Field Ornithologists.



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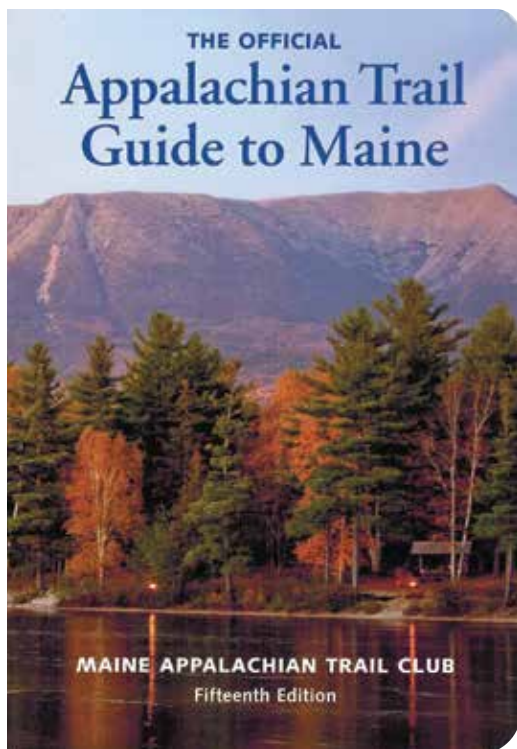
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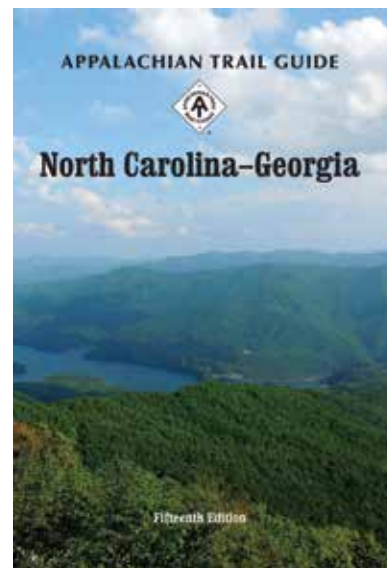
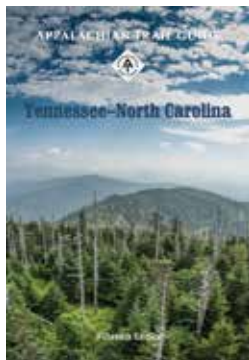
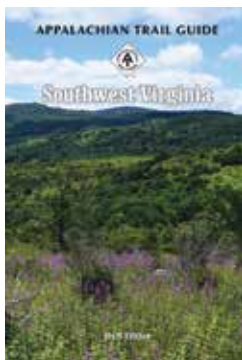
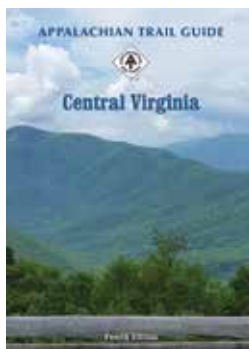
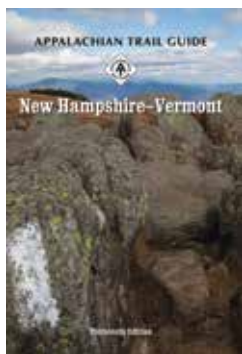
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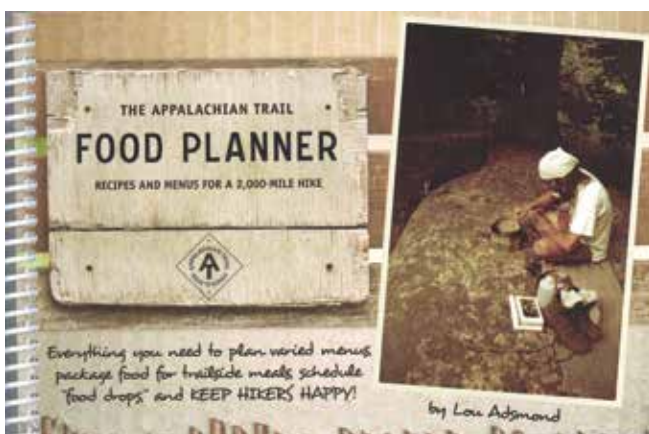
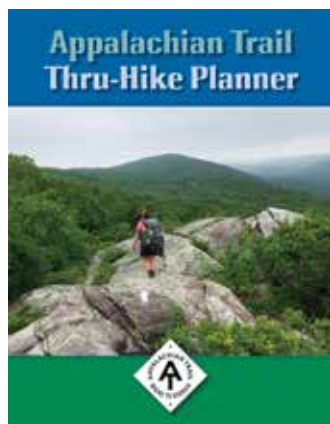
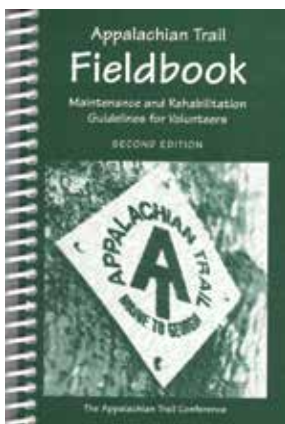
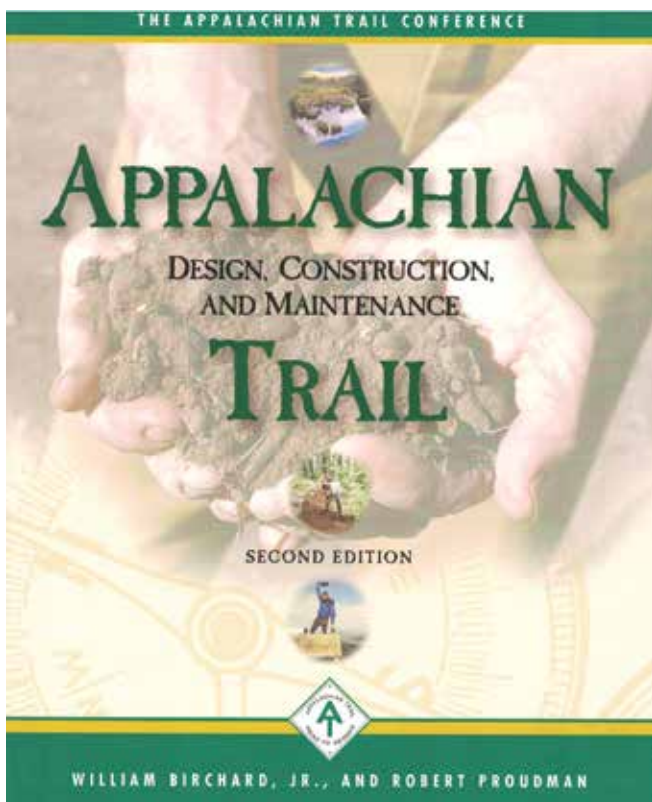
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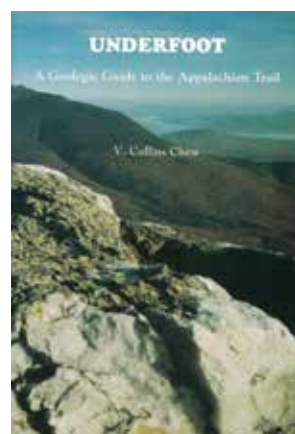
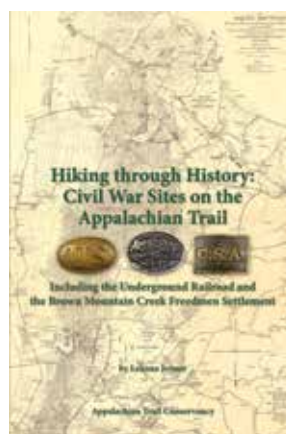
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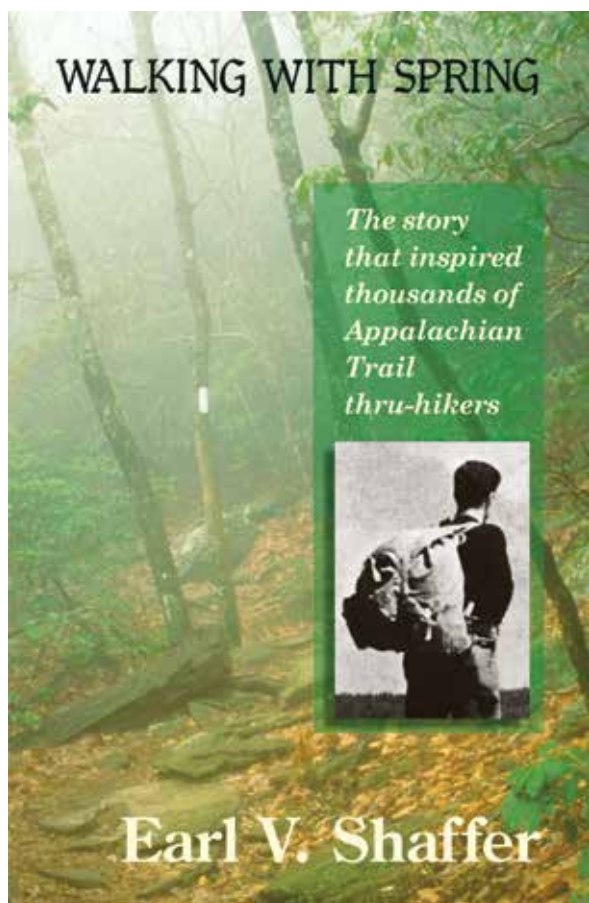
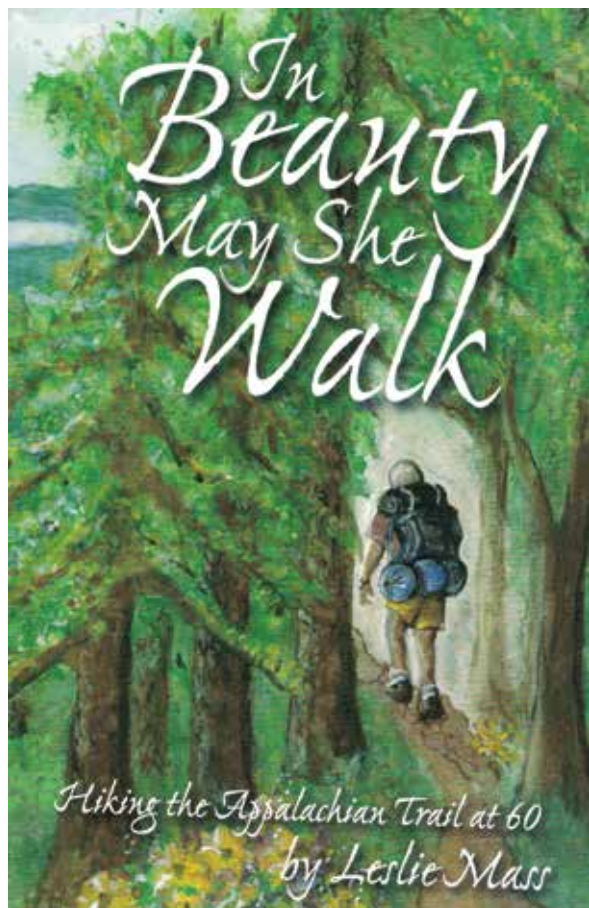
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People dream of their next adventures by reminiscing about past ones, and these cards help bring those memories—and rich stories—to light, whether around a candlelit dinner table or under the stars. Additional cards explain fun ways to use the deck and offer storytelling tips.



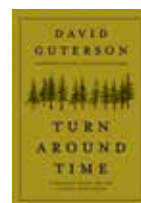
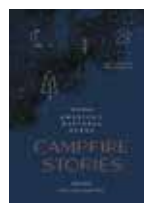
ILYSSA KYU is a freelance design researcher and strategist, and founder of Amble, which provides one-month working sabbaticals for creative professionals in national parks and other wilderness destinations. Artist and writer **DAVE KYU** was born in Seoul, South Korea, and raised in the United States; his work explores the creative tensions of identity, community, and public space. He currently works for Asian Arts Initiative in Philadelphia. The Kyus live in Philadelphia with their two daughters.

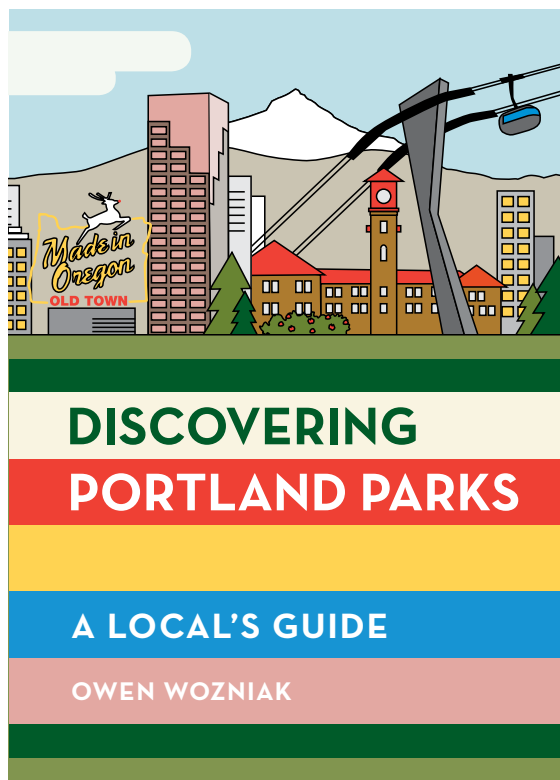
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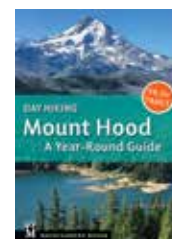


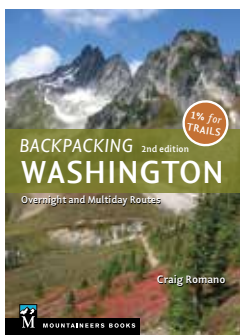
Longtime Portland resident, **OWEN WOZNIAK** is a program manager at the Land Trust Alliance where he supports nonprofit land trusts protecting climate-resilient natural places across the Pacific Northwest. He also serves on the board of directors of the Intertwine Alliance, a coalition of more than 150 public, private, and nonprofit organizations working to integrate nature more deeply into the Portland-Vancouver metropolitan region. Wozniak is the author of several hiking and biking guidebooks, including *Biking Portland*.

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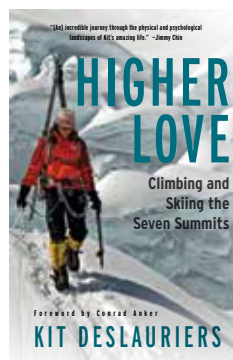


CRAIG ROMANO is an award-winning author of more than 20 guidebooks. Romano also writes for numerous publications, tourism websites, and HikeoftheWeek.com. When not hiking, running, or writing, he can be found napping with his wife and son at their home in Skagit County, Washington.

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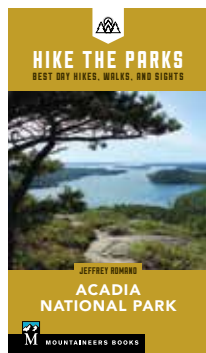
Jonathan Selkowitz

KIT DESLAURIERS is a world-class athlete who is on a mission to raise climate change awareness and to preserve and protect wild habitats. She's an ambassador for 1% for the Planet and a board member for the Alaska Wilderness League. She lives in Teton Village, Wyoming.

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A lifelong resident of New England, **JEFFREY ROMANO** has hiked extensively throughout the region and is the author of three guidebooks, including *100 Classic Hikes: New England*. He currently coordinates public policy activities for Maine Coast Heritage Trust, and lives in Hallowell, Maine.

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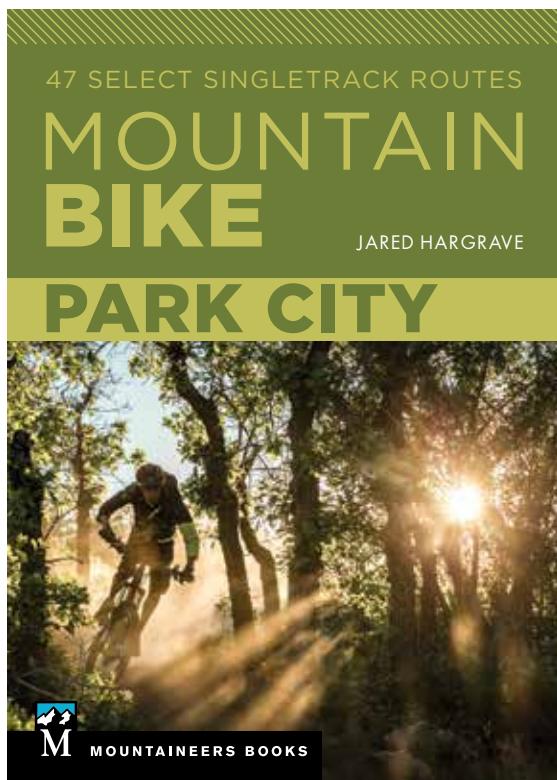
Hilary Oliver

Longtime Colorado resident **BRENDAN LEONARD** is the creator of the Semi-Rad website and author of 12 books including *Sixty Meters to Anywhere* and *Bears Don't Care About Your Problems*. He is also a contributing editor at *Adventure Journal* and a columnist at *Outside*.

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Callista Pearson

JARED HARGRAVE is a freelance outdoor writer and author of *Backcountry Ski & Snowboard Routes: Utah*. His articles have appeared in *Backcountry Magazine*, *Ascent Backcountry Snow Journal*, *Utah Adventure Journal*, and *Mountain Gazette*, and he is the founder of Utah Outside.com and producer of *KSL Outdoors*, a TV show broadcast on Utah's NBC affiliate KSL 5. He lives in Salt Lake City.

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JOHN SOARES grew up near Redding, California, and has hiked extensively in Northern California and beyond. Soares is the author of numerous guidebooks, including the bestselling *100 Classic Hikes: Northern California*. He now lives in Ashland, Oregon.

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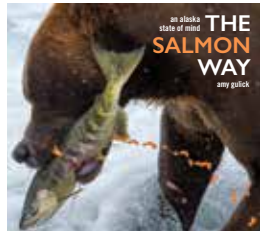
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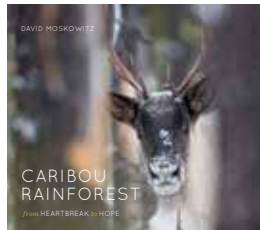
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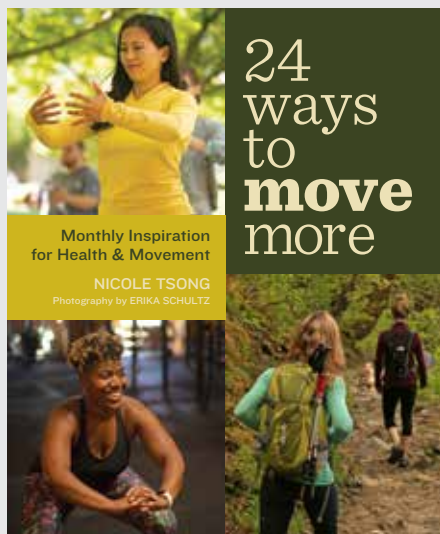


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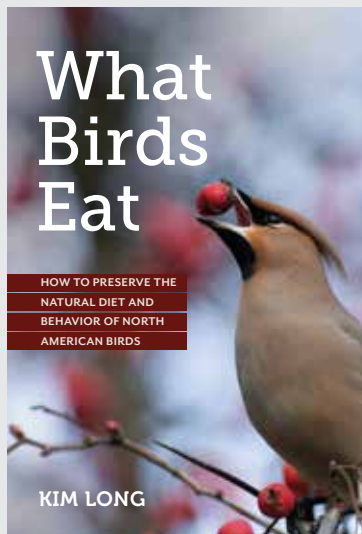
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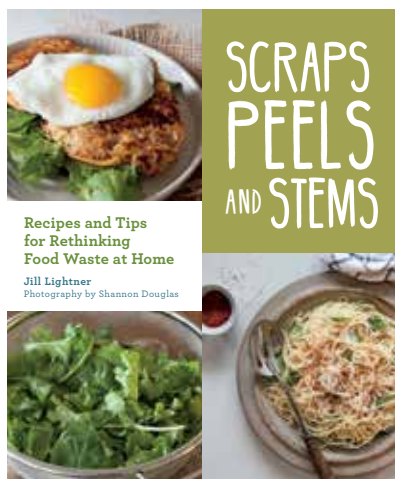
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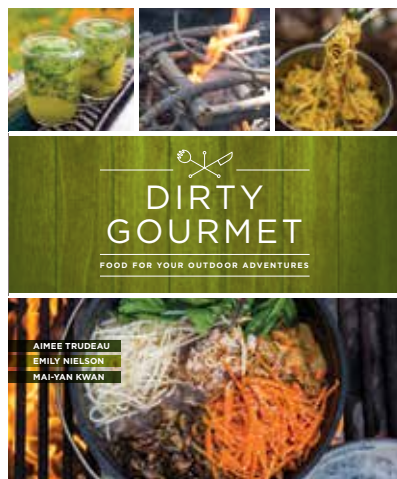
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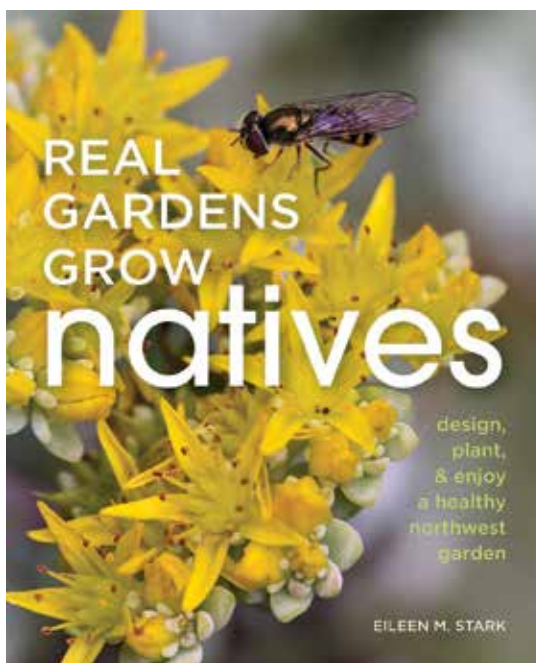
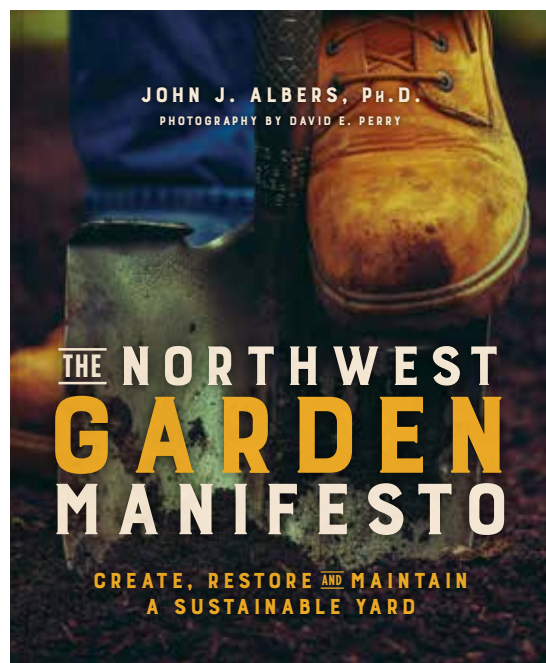
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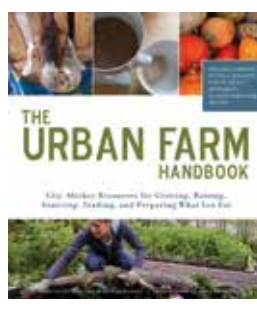
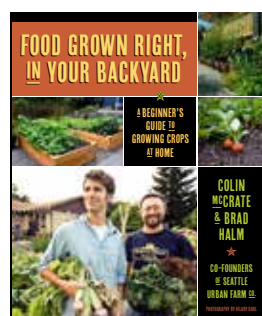
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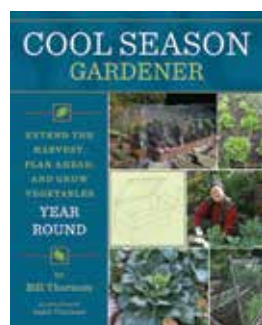
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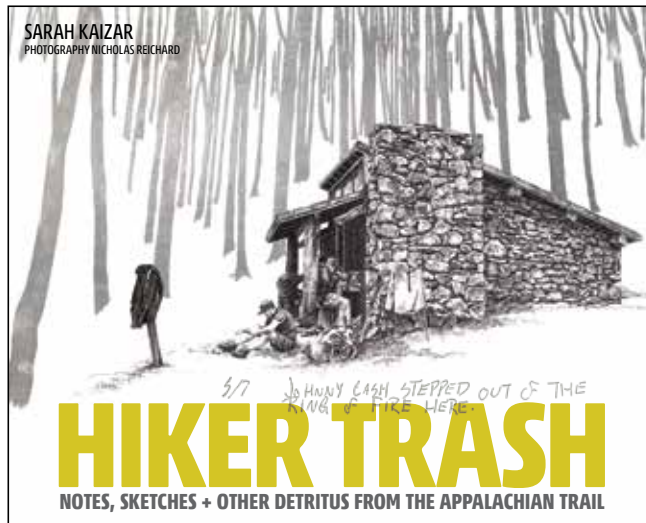
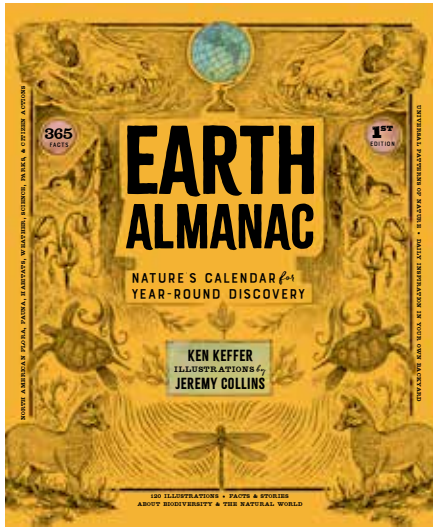
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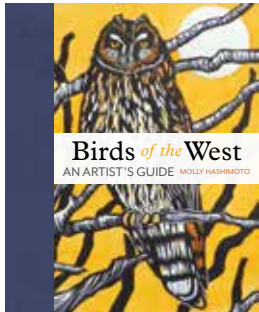
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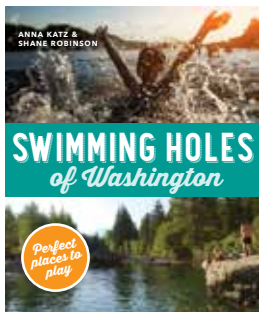
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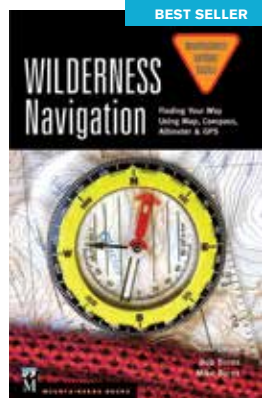


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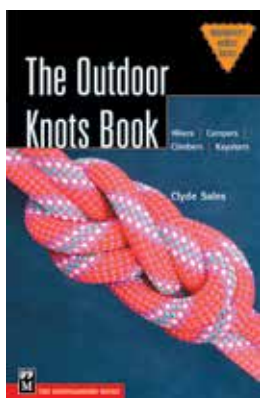
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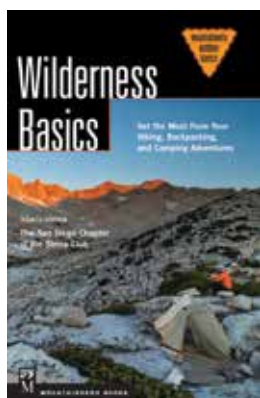
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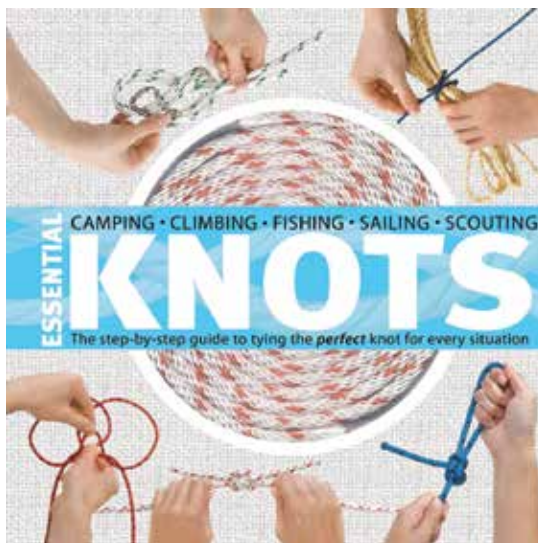


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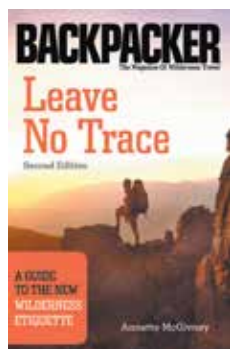
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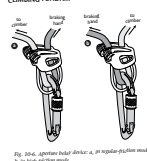
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Fig. 2-14. Proper foot placement on a rock face. The foot should be placed on the rock face, not on the edge of the rock.

As the climber's body moves up the rock face, the feet should be placed on the rock face, not on the edge of the rock.

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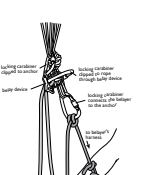


Fig. 2-15. Proper hand placement on a rock face. The hand should be placed on the rock face, not on the edge of the rock.

As the climber's body moves up the rock face, the hands should be placed on the rock face, not on the edge of the rock.

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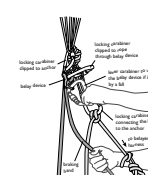


Fig. 2-16. Proper body position on a rock face. The body should be positioned so that the climber's weight is supported by the feet and hands.

As the climber's body moves up the rock face, the body should be positioned so that the climber's weight is supported by the feet and hands.

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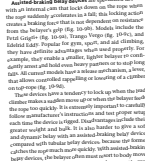
BEATING • Applying Braking Force to the Rope

Fig. 2-17. Applying Braking Force to the Rope. The climber should use the correct technique to apply braking force to the rope.

As the climber's body moves up the rock face, the climber should use the correct technique to apply braking force to the rope.

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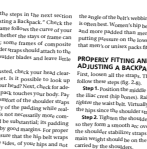
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Fig. 2-18. Applying Braking Force to the Rope. The climber should use the correct technique to apply braking force to the rope.

As the climber's body moves up the rock face, the climber should use the correct technique to apply braking force to the rope.

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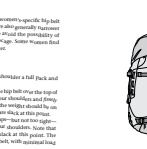
CHOOSING A PACK

Fig. 2-19. Applying Braking Force to the Rope. The climber should use the correct technique to apply braking force to the rope.

As the climber's body moves up the rock face, the climber should use the correct technique to apply braking force to the rope.

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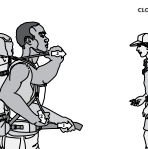
CHOOSING A PACK

Fig. 2-20. Applying Braking Force to the Rope. The climber should use the correct technique to apply braking force to the rope.

As the climber's body moves up the rock face, the climber should use the correct technique to apply braking force to the rope.

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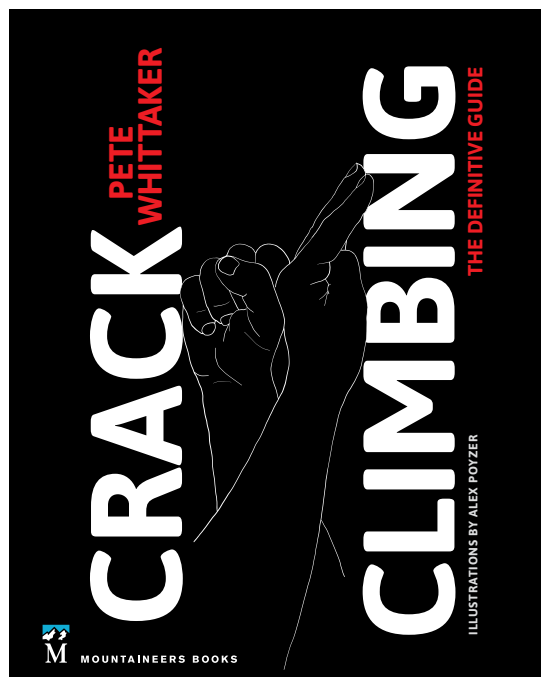
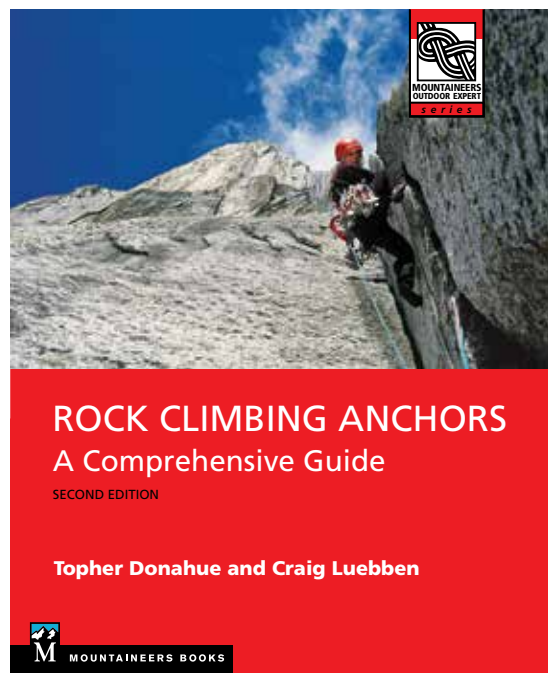
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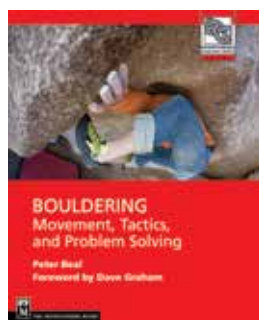
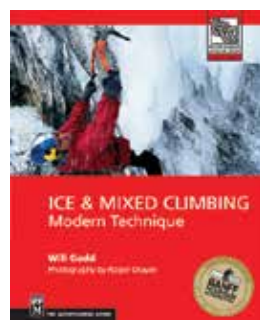
As the climber's body moves up the rock face, the climber should use the correct technique to apply braking force to the rope.

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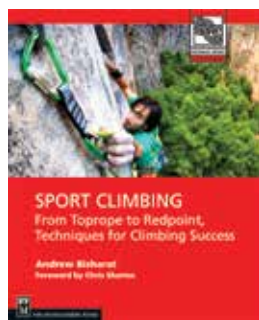
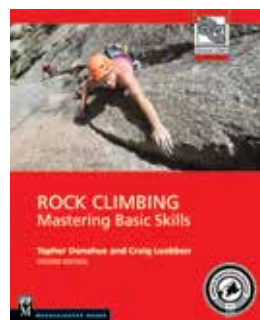
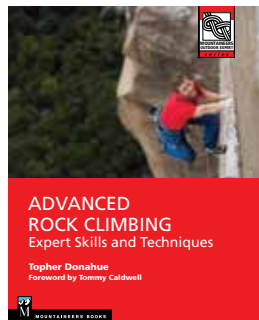
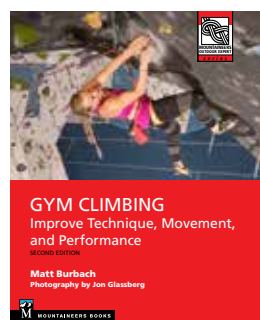
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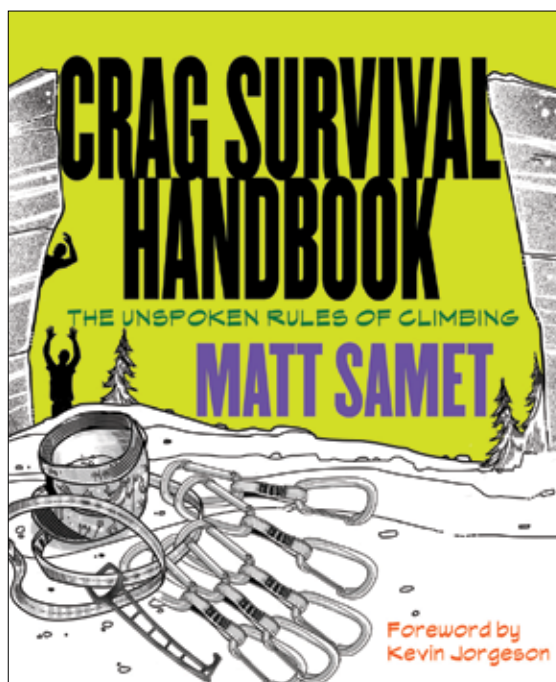
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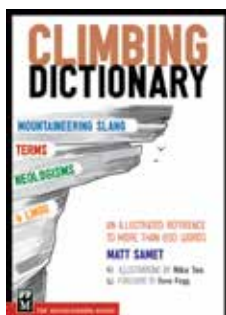
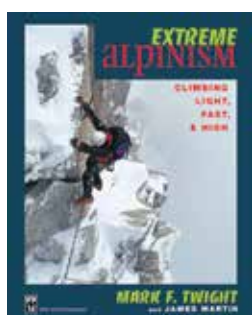


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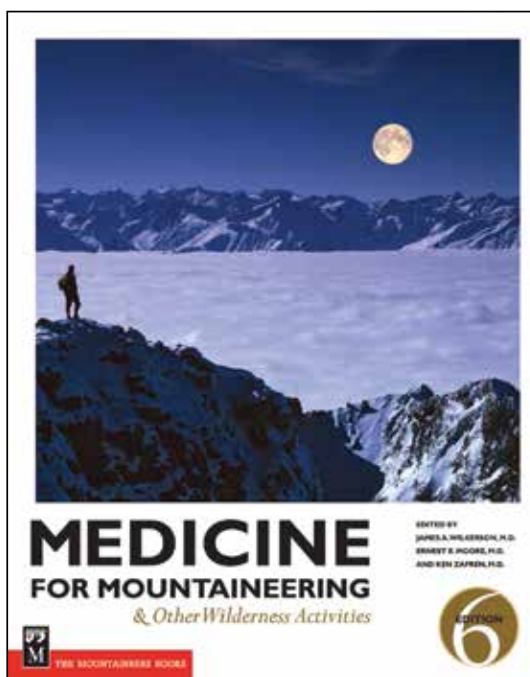
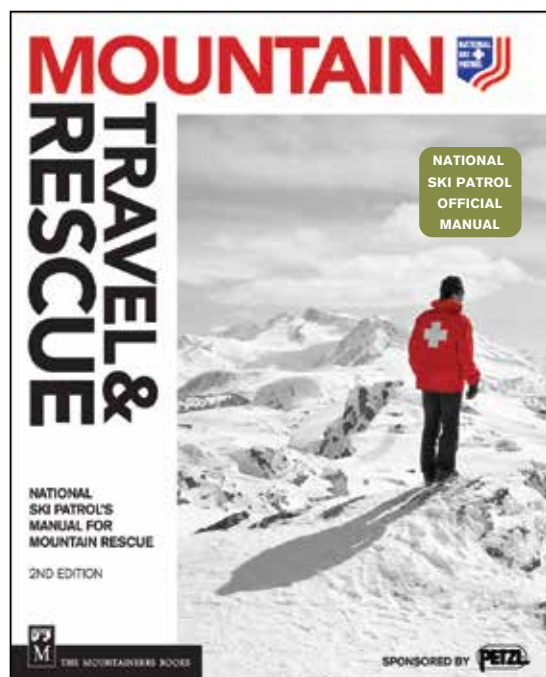
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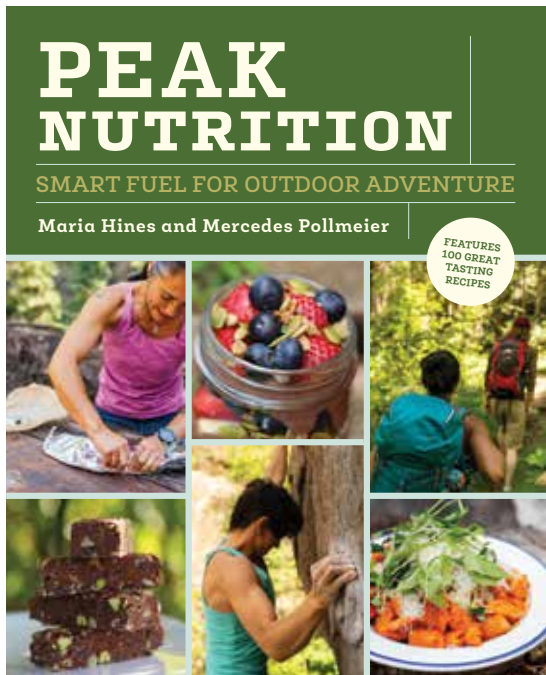
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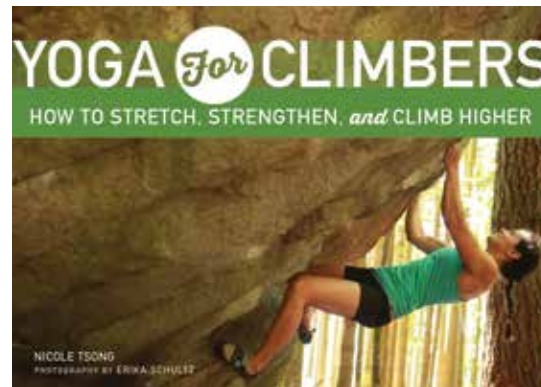
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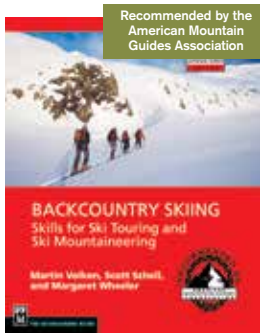
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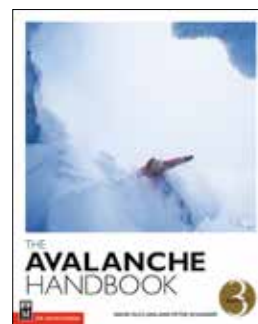
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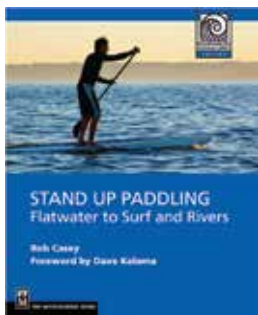
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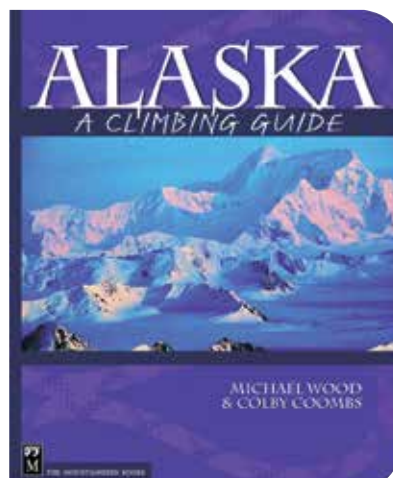
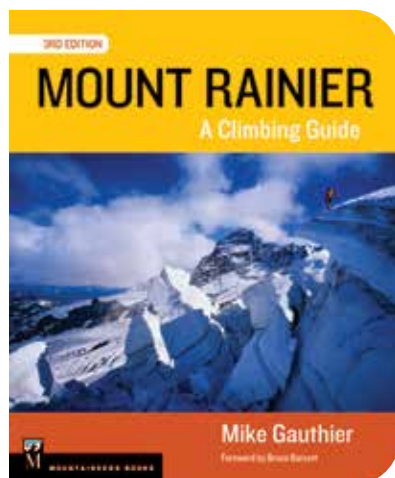
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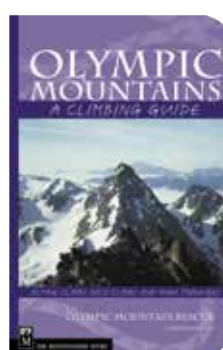
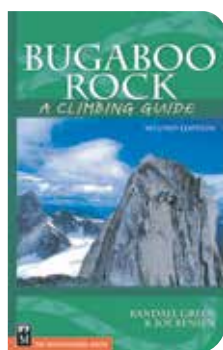
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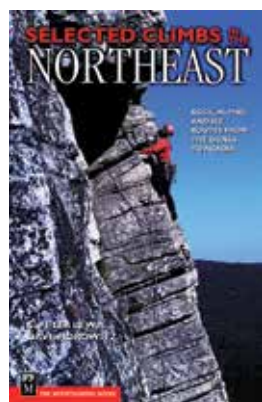
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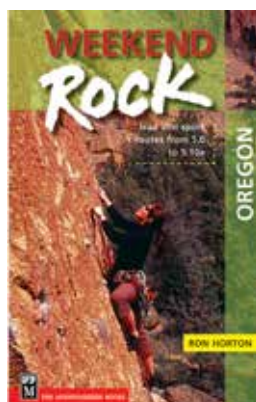
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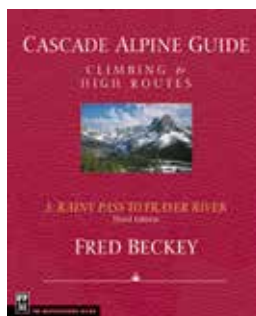
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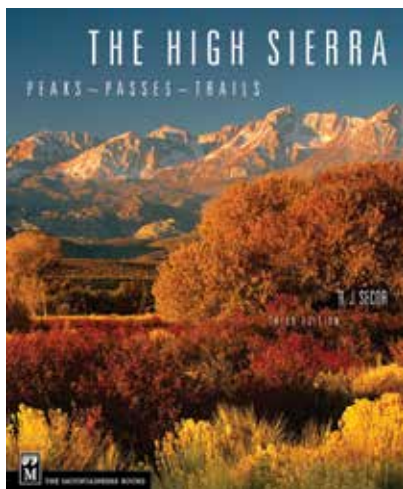
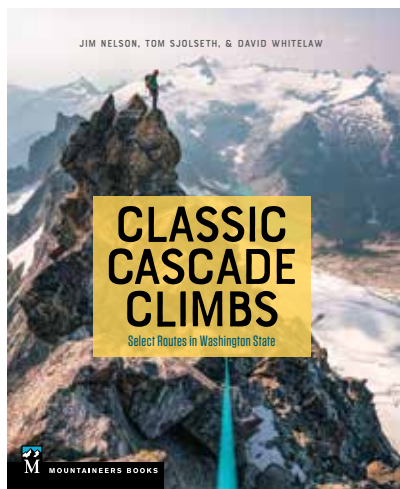
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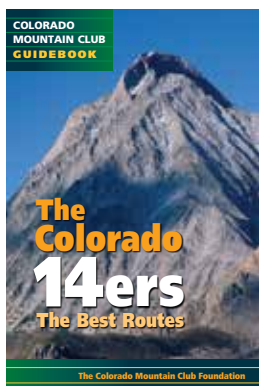
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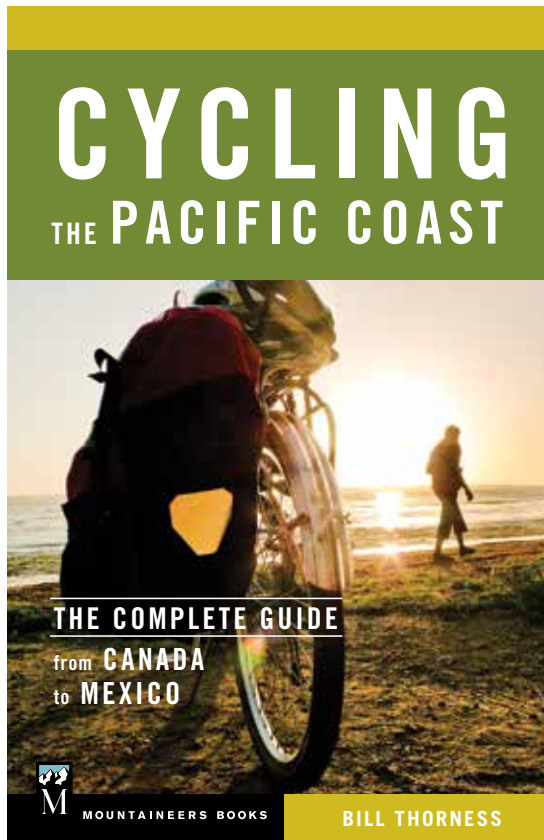
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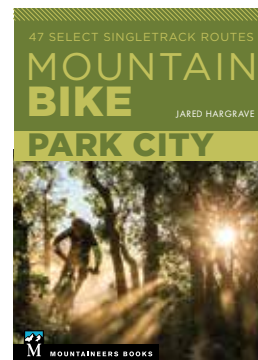
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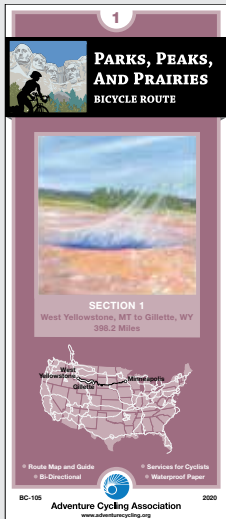


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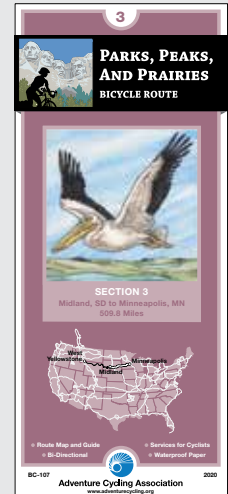
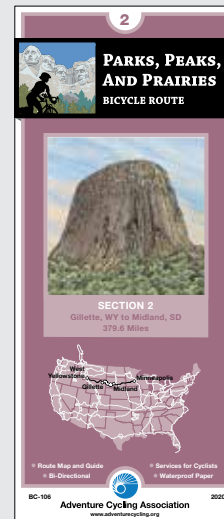
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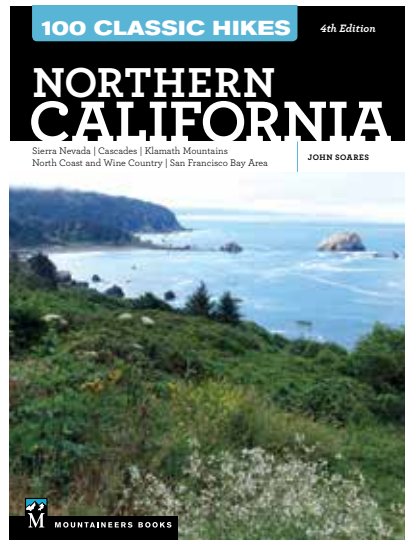
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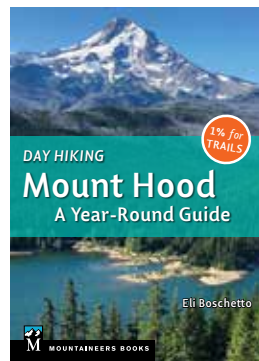
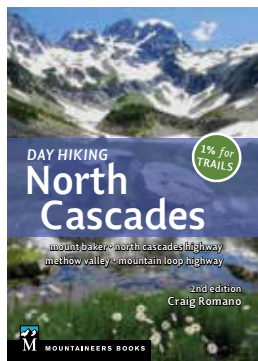
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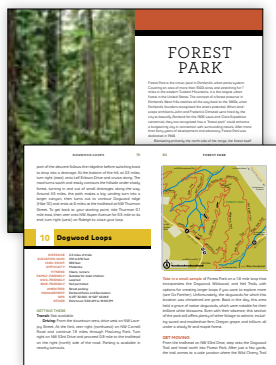


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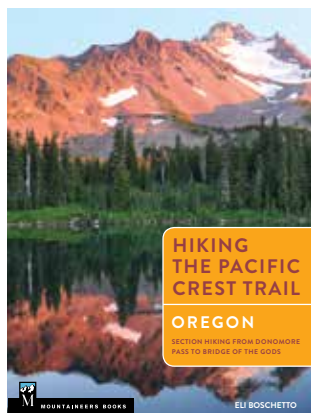
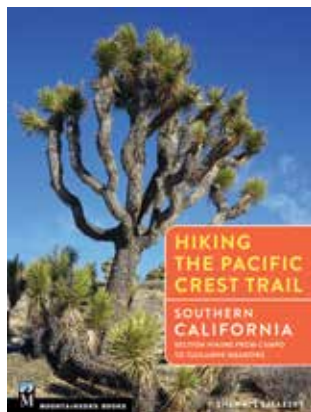
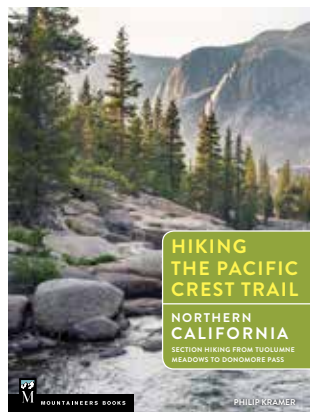
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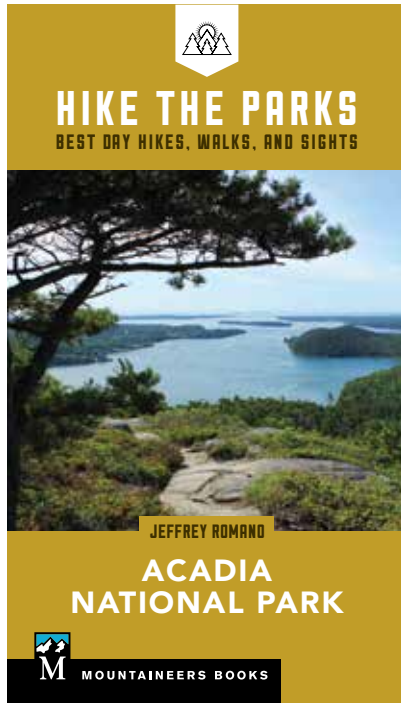
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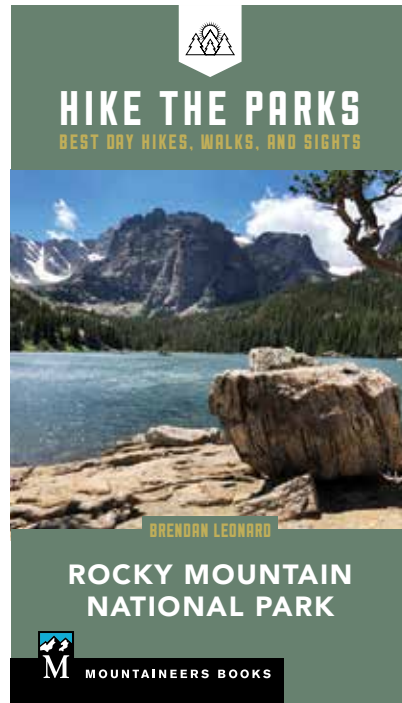
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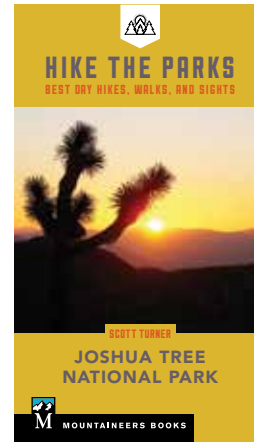
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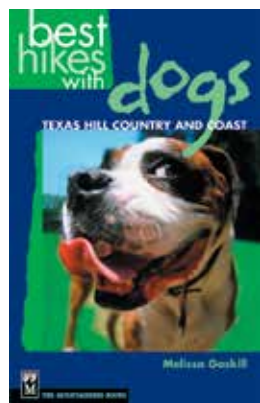
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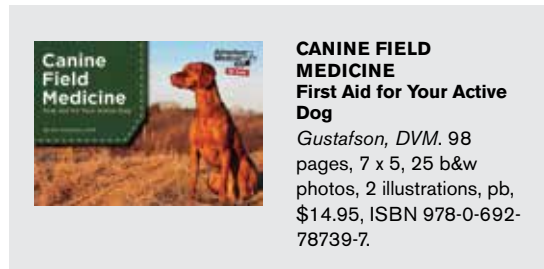
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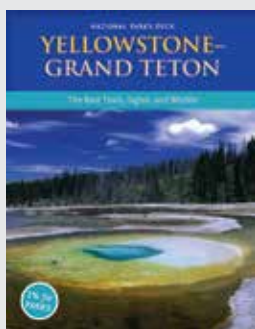
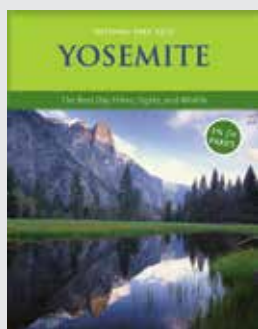
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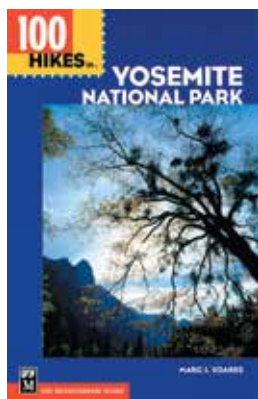
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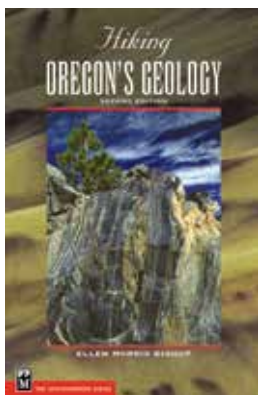
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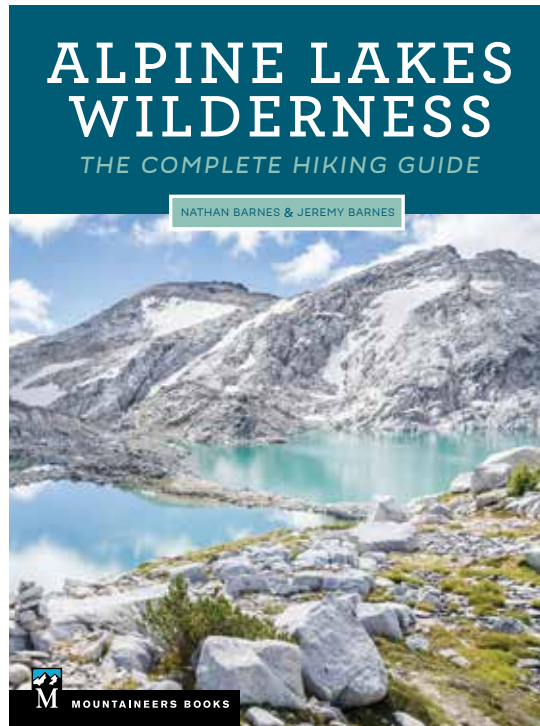
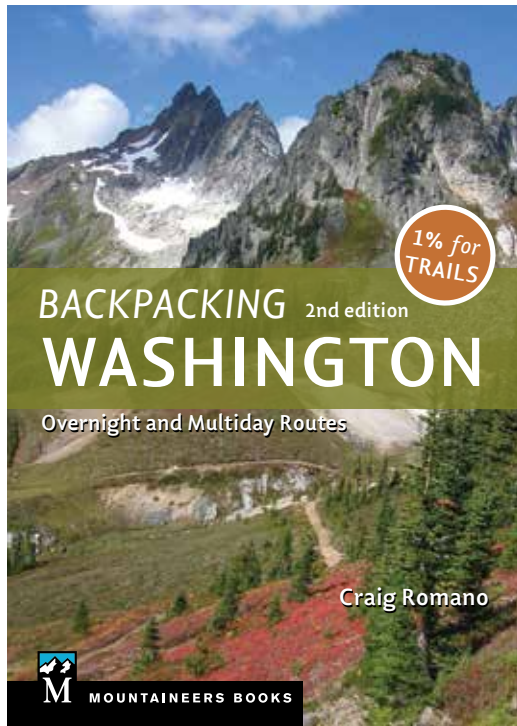
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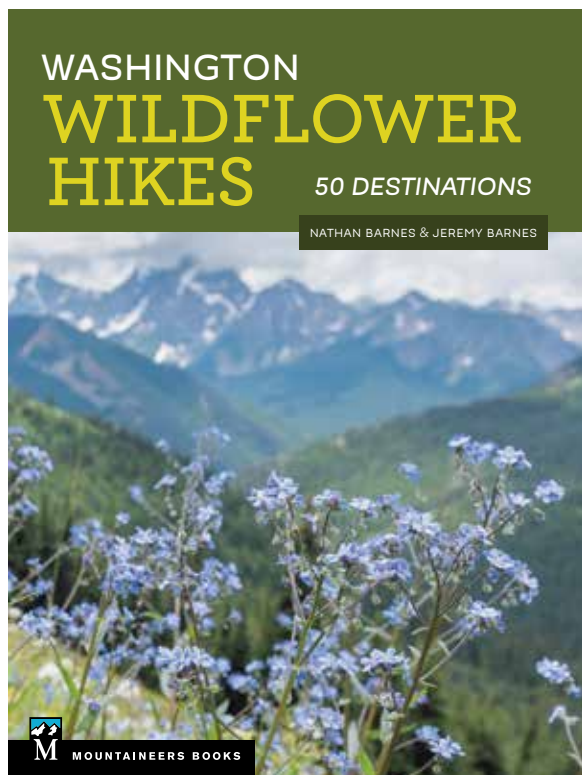
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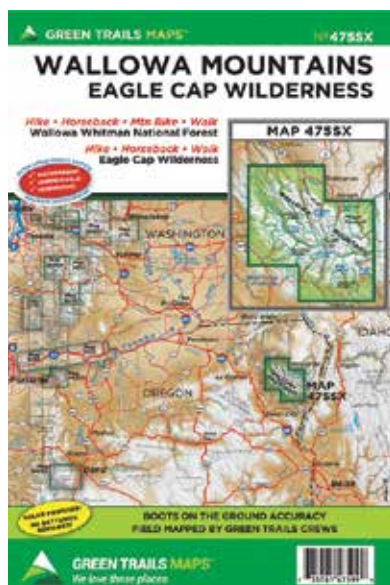
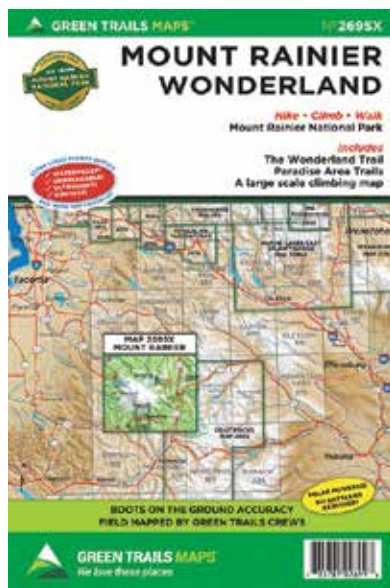
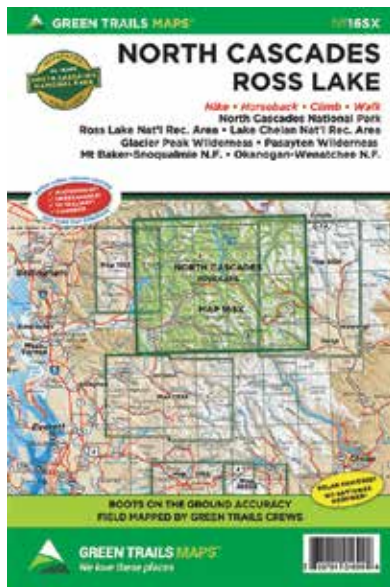
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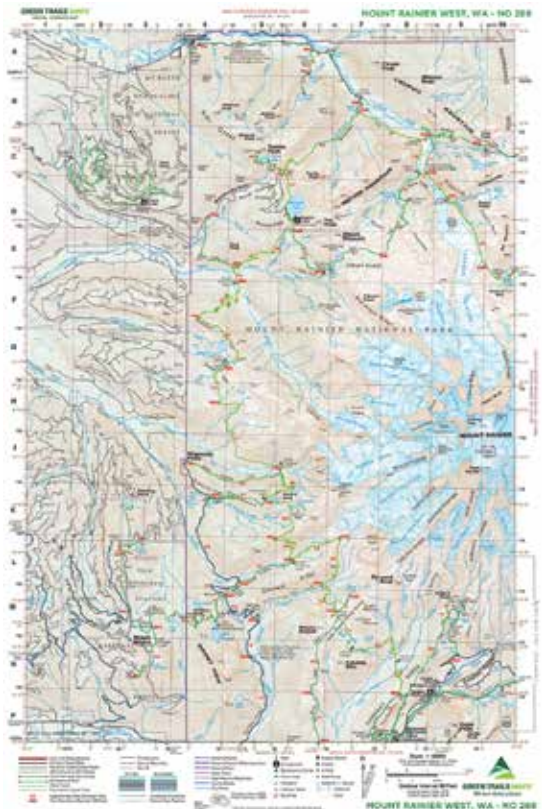
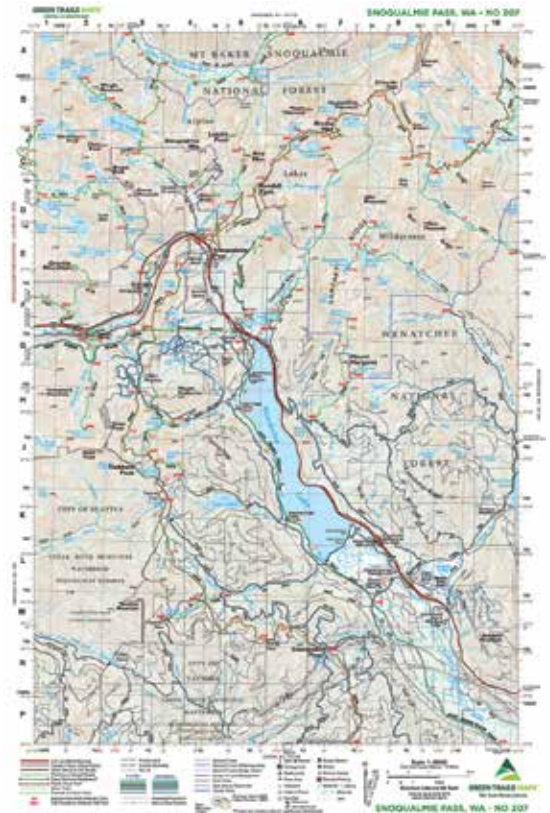
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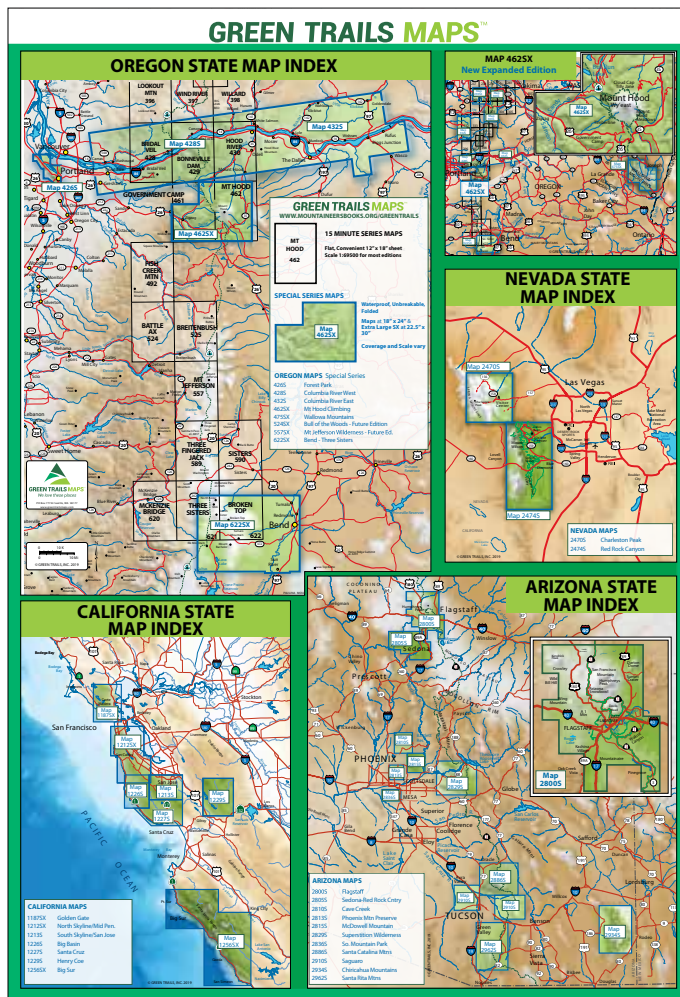
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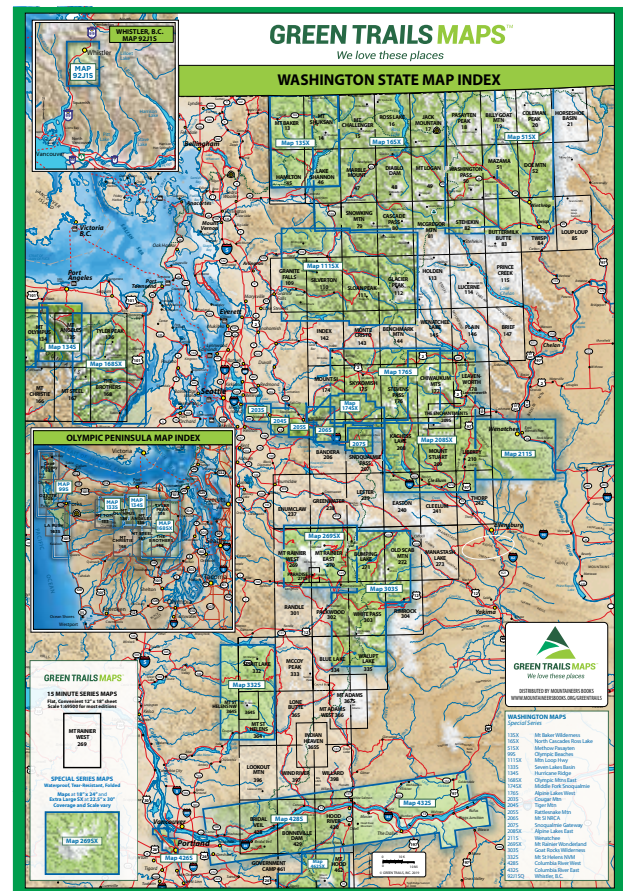
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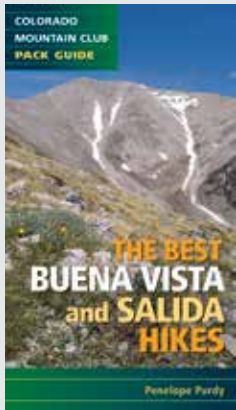
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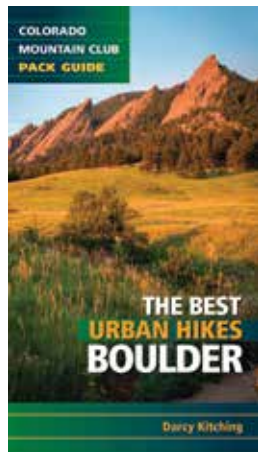
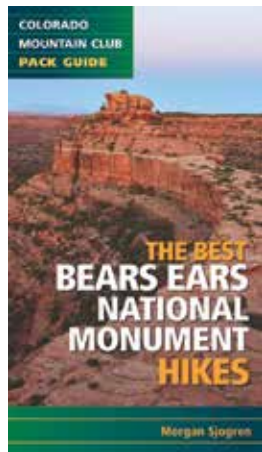
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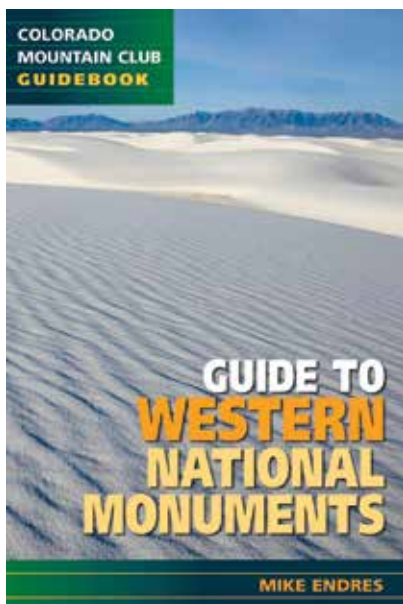
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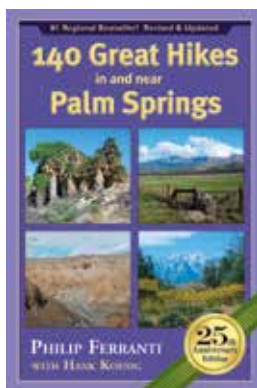
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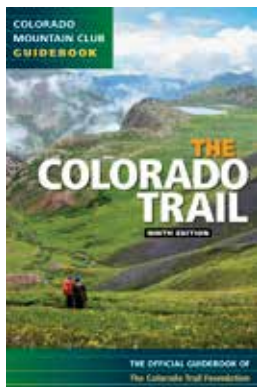
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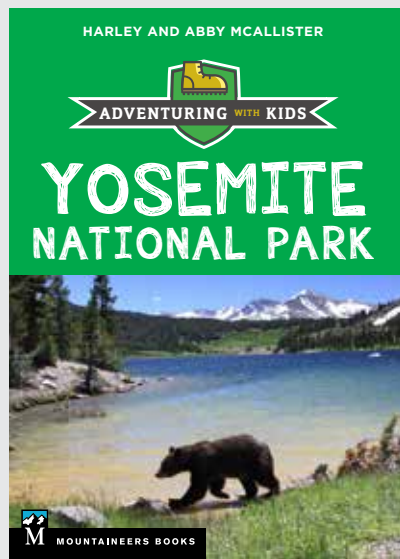
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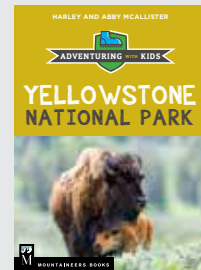
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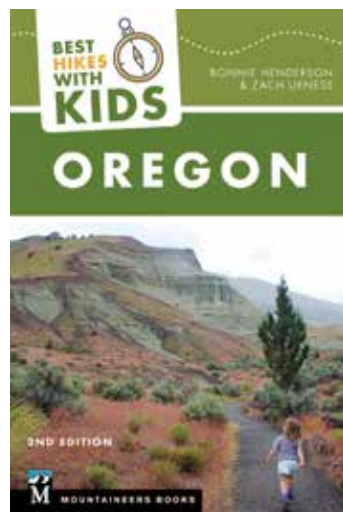
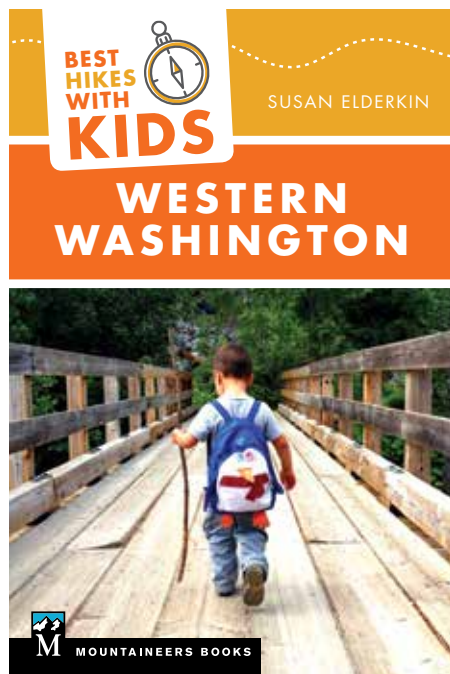
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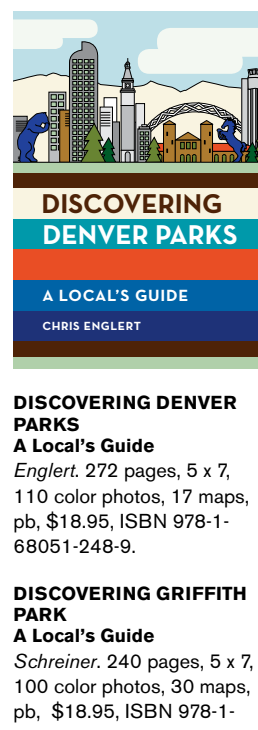
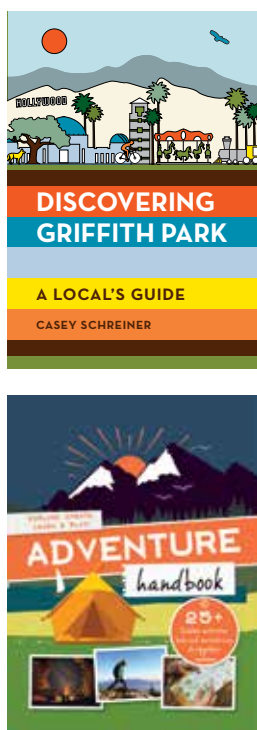
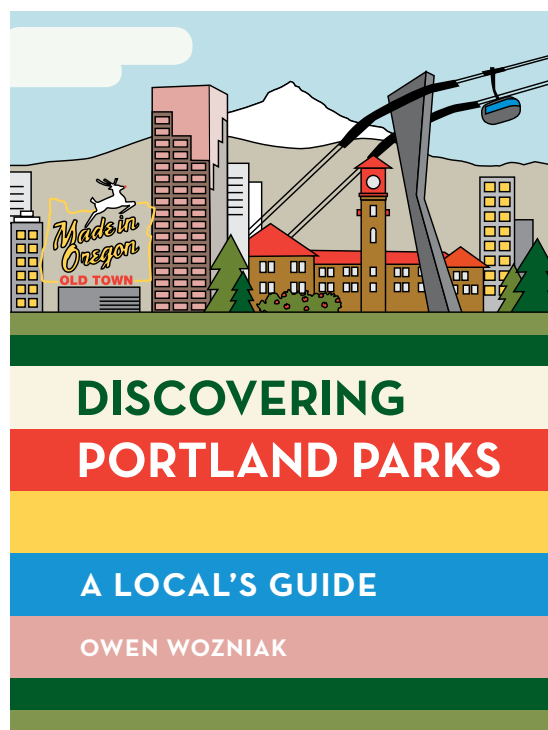
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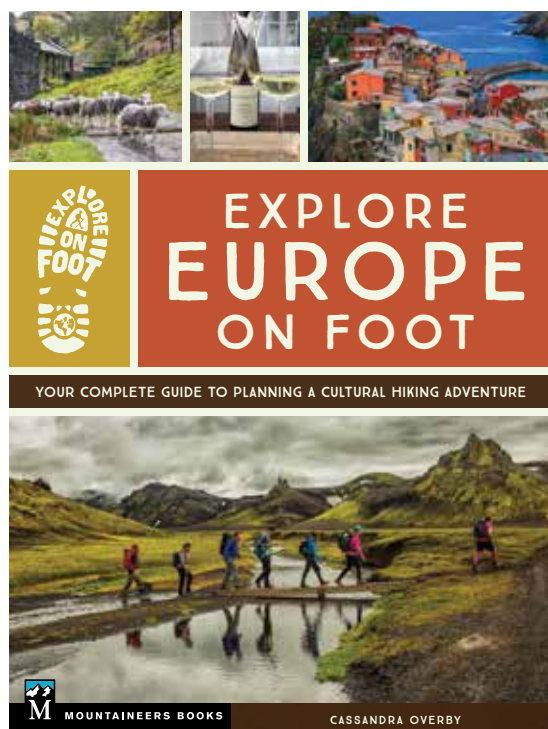
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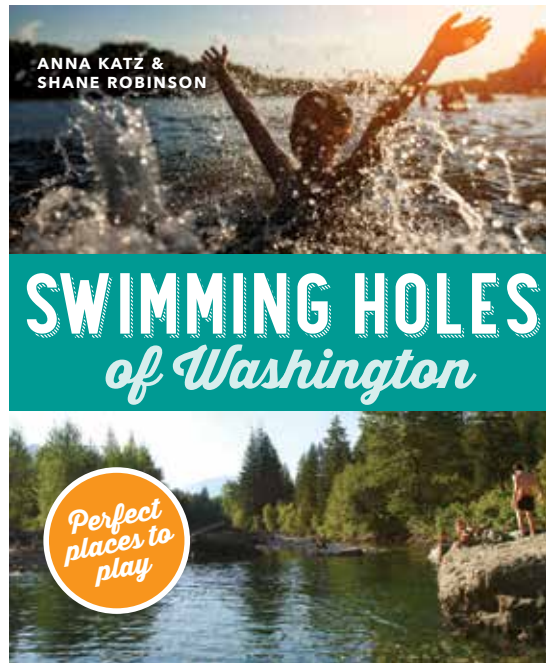
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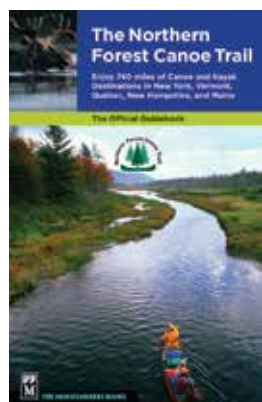
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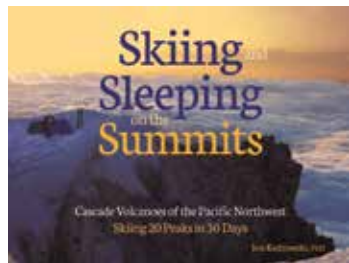
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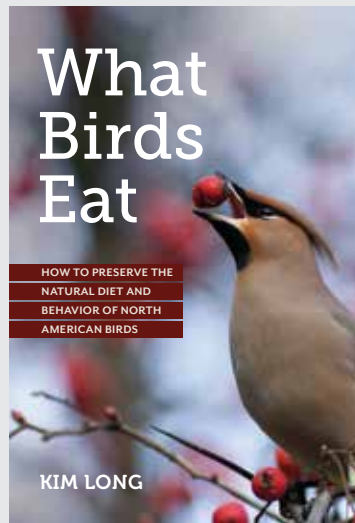
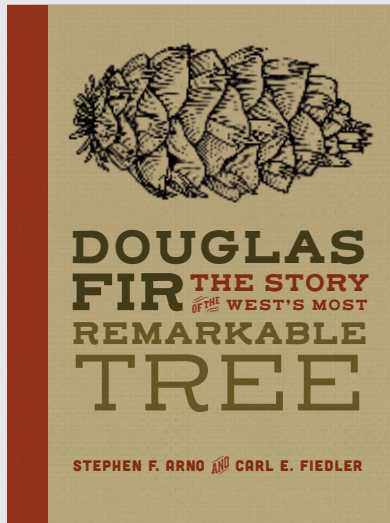
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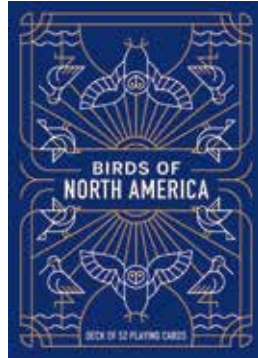
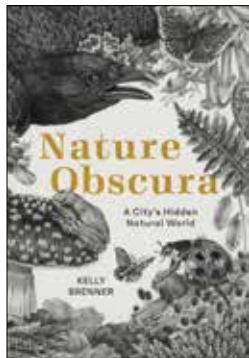
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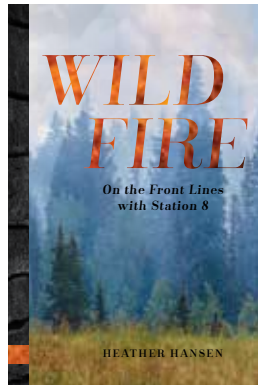
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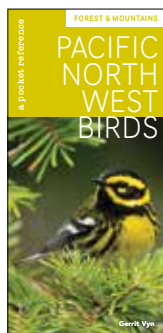
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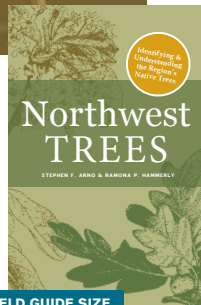
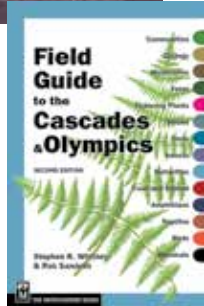
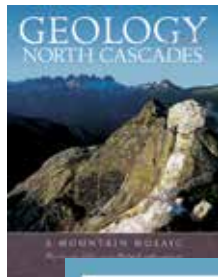
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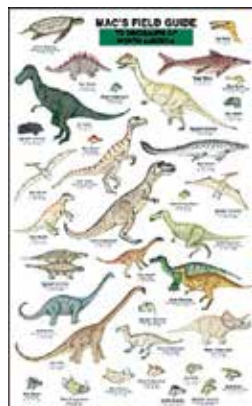
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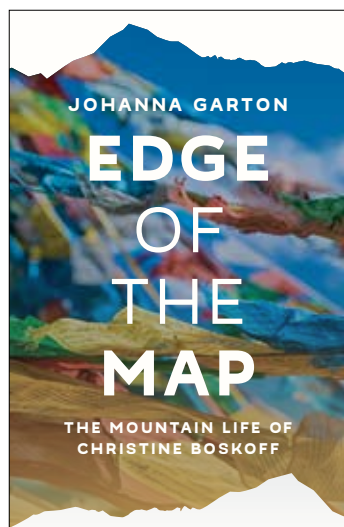
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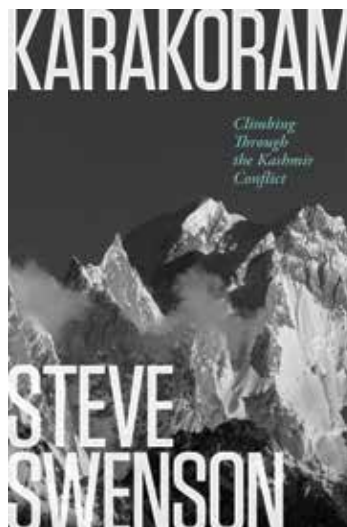
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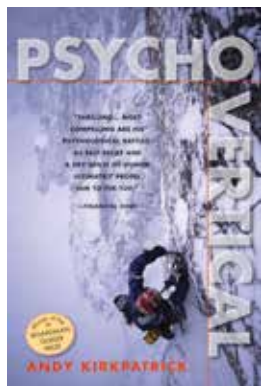
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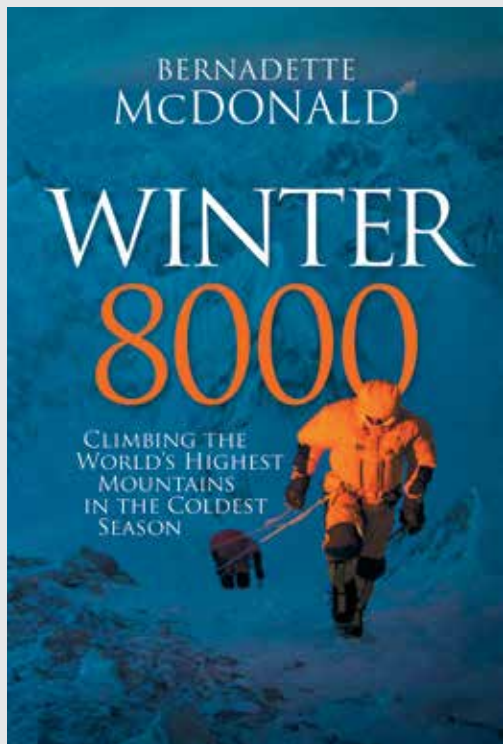
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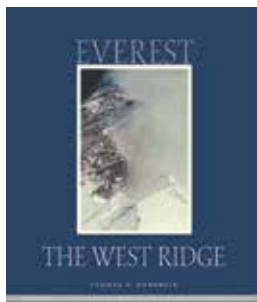
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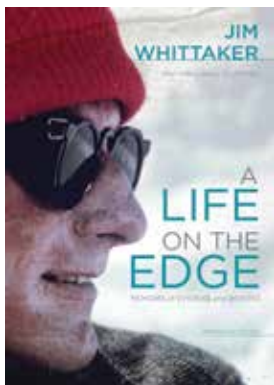
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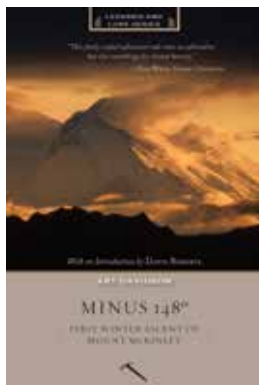
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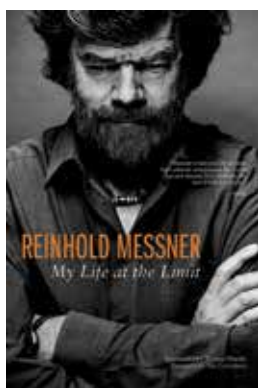
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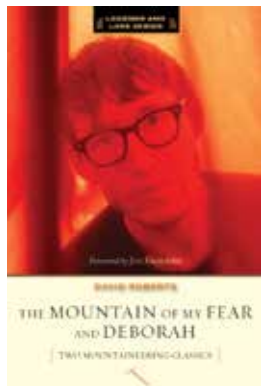
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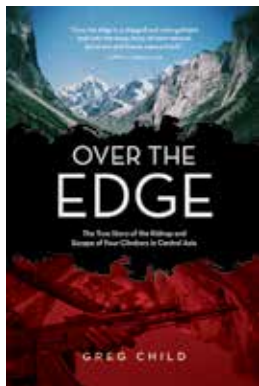
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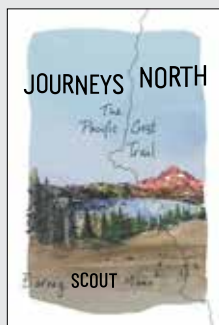
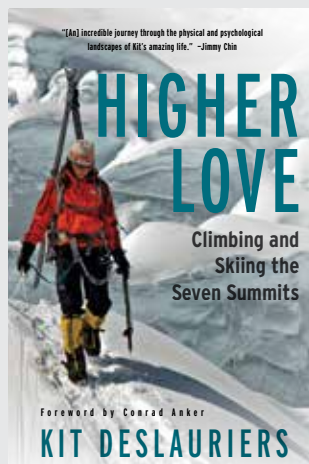
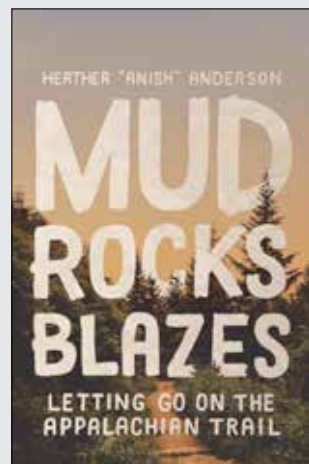
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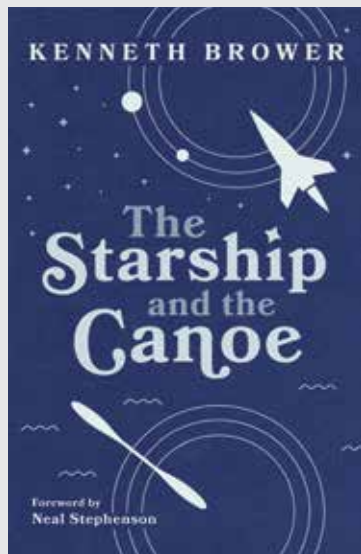
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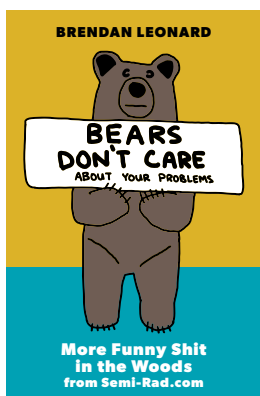
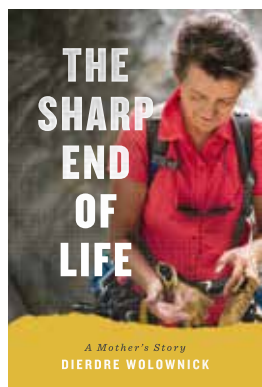
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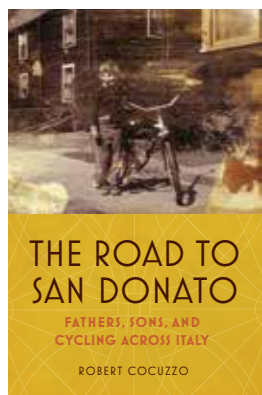
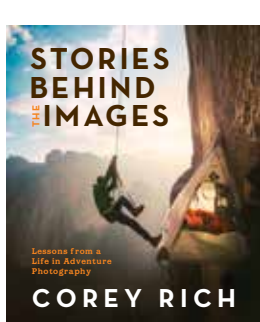
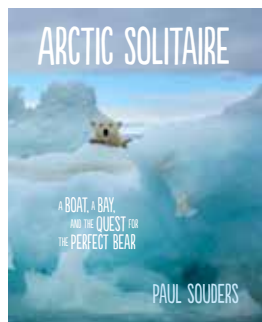
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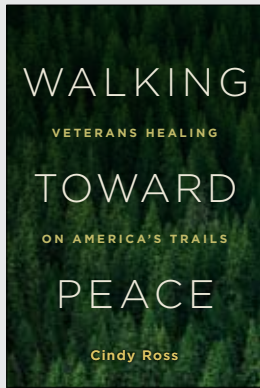
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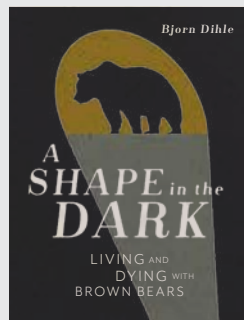
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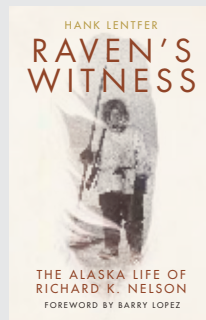
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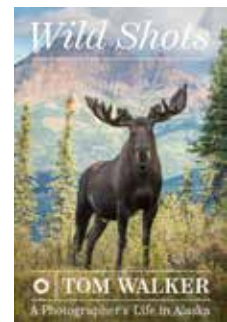
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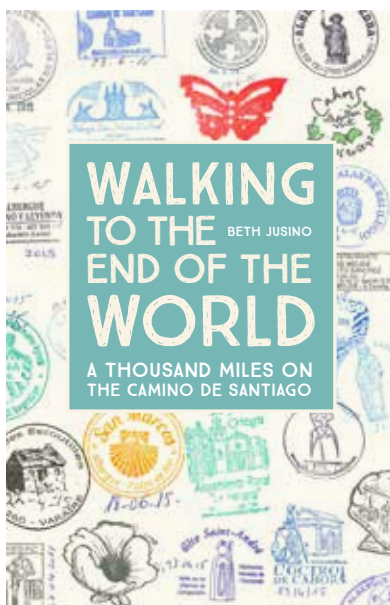
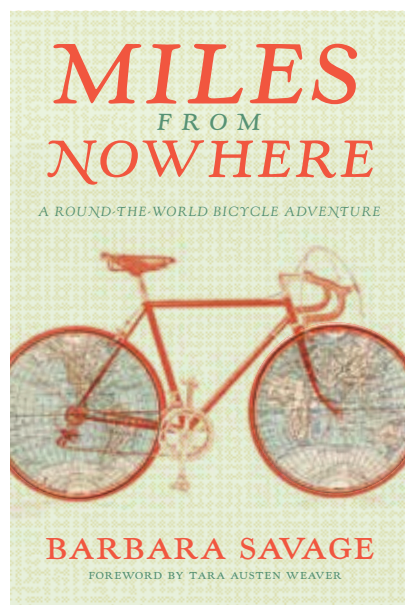
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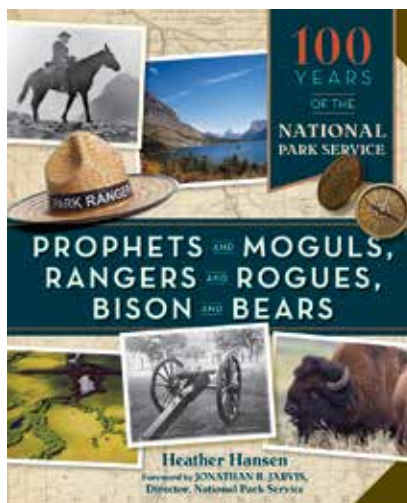
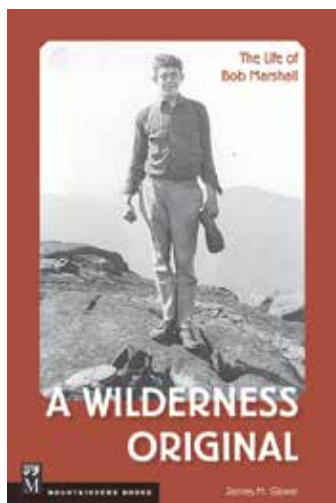
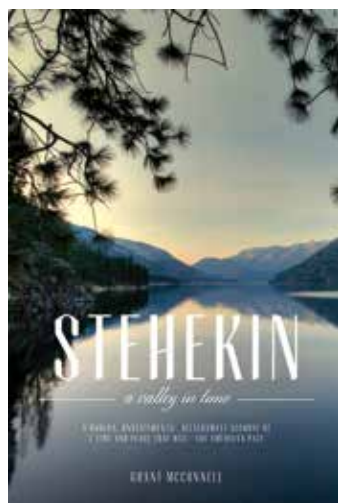
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Following is an index of titles sorted by region. We've indexed guidebooks here to make it easy to find the ones that are near you. Also included are some narrative adventures, because it's always fun to read stories that took place near where you live or in a faraway place you're interested in. A little more than half our catalog can be organized regionally. But don't forget about all those sports instructionals, general lifestyle topics, and wild, sweet, and romantic tales that aren't in this index. You need to browse through the pages here to find those treasures or, if you know the title, you can find them in the Title Index.

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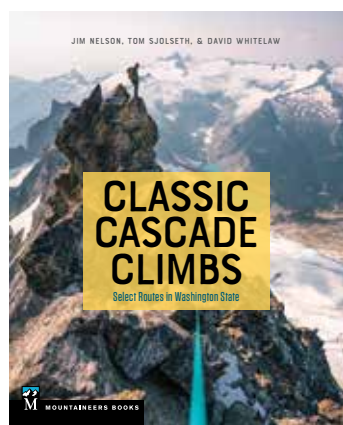
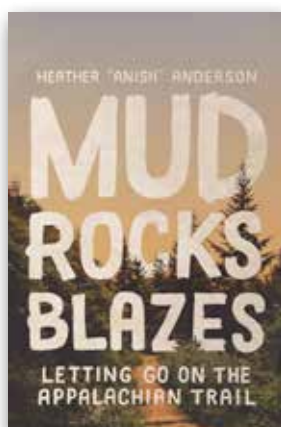
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