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—
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.





Photo by Eli Boschetto from *Day Hiking: Mount Hood* page 18

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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.

PEAK NUTRITION

SMART FUEL FOR OUTDOOR ADVENTURE

Maria Hines and Mercedes Pollmeier

FEATURES
100 GREAT
TASTING
RECIPES



- Optimal nutrition for backcountry athletes who are frequently off the grid for a day or more at a time
- First outdoor-nutrition book offered by a James Beard–award-winning chef!
- 100 easy, delicious recipes

Climbing partners Maria Hines, a James Beard–award-winning chef, and Mercedes Pollmeier, an NSCA-certified strength and conditioning specialist and Level 2 nutritionist, decided that they'd had enough of packaged bars and goos. As a celebrated chef, Hines can make anything taste great, and Pollmeier knows the science behind exercise nutrition. On their long drives to crags an idea blossomed: write a nutrition book for mountain sports.

Peak Nutrition details 100 simple and tasty recipes within the context of outdoor goals and body science: motivation, recovery, hydration; how our digestive system works; how food provides energy; effects of weather and altitude; the relationship between food, muscle, and cramping; how nutrition relates to mental and physical stress; and much more. The authors also explore shifting eating habits and ways to develop a healthier approach, whether bouldering, climbing, backcountry skiing, mountain biking, trekking, or trail running. "Peak Profiles" offer food tips from elite athletes such as backcountry boarder Jeremy Jones and climber Sasha Diguilian and sample menus help readers plan what to prep and pack.

PEAK NUTRITION

Smart Fuel for Outdoor Adventure

MARIA HINES AND MERCEDES POLLMEIER

AVAILABLE IN MAY

368 pages | 7¼ x 9 | \$29.95 | paperback

150 color photos | 10 tables

ISBN 978-1-68051-205-2 | ebook 978-1-68051-206-9

SPORTS/NUTRITION | Rights: World

A comprehensive nutritional cookbook for mountain athletes, co-written by an award-winning chef and a professional trainer



Winner of the 2009 James Beard Award for Best Chef Northwest, **MARIA HINES** was also named one of *Food & Wine* magazine's 10 Best New Chefs in 2005. Her organic flagship restaurant, Tilth, opened in 2006 and remains one of the nation's top culinary destinations. As an avid climber, she has climbed three routes on El Capitan in Yosemite among other ascents.

MERCEDES POLLMEIER is an NSCA-certified strength and conditioning specialist based in Seattle, with degrees in exercise science and human movement, and holds Level 2 nutrition certification. Currently she is the fitness & training manager for Seattle Bouldering Project.

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PREFACE

(excerpted from Peak Nutrition, by Maria Hines and Mercedes Pollmeier)

I've been a recreational mountain athlete for 15 years. I started as a climbing gym bunny, then moved on to outdoor sport climbing trips abroad, traditional climbing, big wall climbing in Yosemite Valley, outdoor bouldering, and alpine rock climbing. In all these years, I've yet to come across a comprehensive nutritional cookbook that is dedicated to mountain sports. Professional and recreational mountain athletes require proper nutrition to fuel their body, mind, and spirit. This book is for outdoor athletes who want to perform at their best.

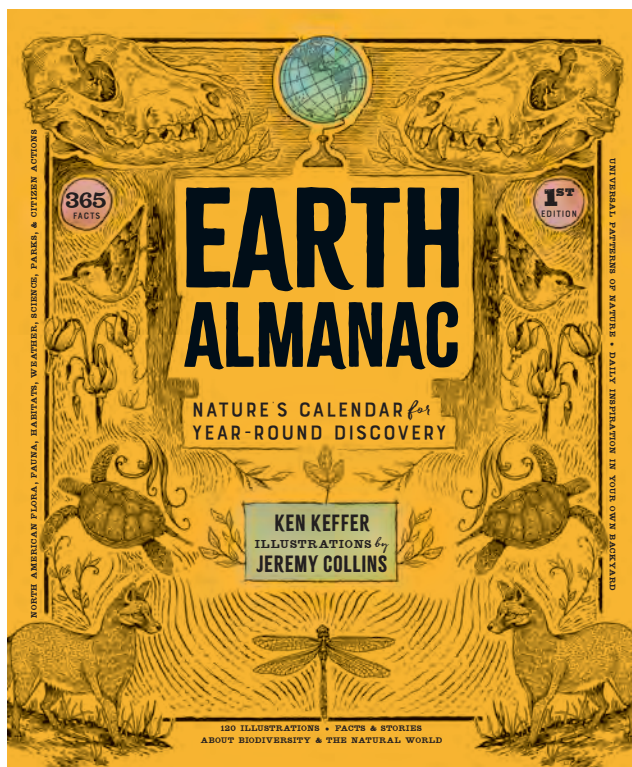
Does this sound familiar?

You stayed up a little late eating and drinking with friends, knowing full well you have to get up at 7 a.m. to go climbing with a partner. Tired and groggy, you slam a couple cups of coffee (as opposed to water) and grab a banana. While on the road to the crag, you grab a double espresso, just to make sure you crush it on the rocks and keep the stoke level high. You say to yourself, "Self, I should probably purchase that giant, fresh-baked cinnamon roll, covered in icing, to get some carb loading in for my one day out this week. That'll keep me going." Now you're good to go!

Reaching your destination, you hop out of the car, charging the approach, super jittery and practically foaming at the mouth with excitement. Visions of ascending hard fill your mind. But by the time you get through a few warm-up pitches, you start to feel lethargic. Focusing becomes difficult; your motivation dwindles. It's the familiar feeling of bonking. But it's your only day outside, so you charge ahead as best you can. Getting into the harder climbing, your hands cramp up and your technique falls apart. You feel a bit nauseous, and the top of the route is epically far away. You're not about to let your climbing partner down, so you trudge through the rest of the climb. You're exhausted at the end of the day. It takes you a full day to recover, and that nagging overuse injury has really got your attention now. Perhaps the empty carbs and coffee combo wasn't the best fuel. You decide to change your ways.

If you've had similar experiences on any outdoor adventures, this book is for you, my friend. This nutritional guide and cookbook will empower you to be a stronger mountain athlete through peak nutrition. It will help you gain a better level of fitness as well as improved health, brain function, and energy. In addition to offering recipes that will help reduce injuries and stress, this book will make cooking easy and delicious, so that getting outside is more fun. You'll gain endurance, have a more resilient immune system, and take less time to recover. My hope is that this book will become your mountain athlete resource and toolbox for peak nutrition.

—Maria Hines, chef, restaurateur, climber



EARTH ALMANAC

Nature's Calendar for Year-Round Discovery

KEN KEFFER

ILLUSTRATIONS BY JEREMY COLLINS

AVAILABLE IN APRIL

256 pages | 7 x 8½ | \$24.95 | paperback

120 color illustrations

ISBN 978-1-68051-282-3 | ebook 978-1-68051-283-0

NATURE/SCIENCE/OUTDOORS | Rights: North America

Inspirational nature notes for every day of the year!

- 366 inspiring observations from the natural world
- Organized by season
- Excellent gift to celebrate the 50th anniversary of Earth Day (April 22, 2020)

Earth Almanac presents the greatest hits of North American nature! Structured around phenology, which is the study of seasonal patterns in nature, the day-by-day descriptions offer insight into activities and connections throughout the natural world.

Beginning with the Winter Solstice in December, *Earth Almanac* highlights a wide range of natural history, including mammals, birds, fish, reptiles, insects, intertidal and marine life, trees, plants, fungi, weather phenomenon, geology, astronomy, notable environmental activists, and more, and reveals the ebb and flow of nature across the planet. Each season features more than 90 entries, and sidebars throughout provide calls to environmental action, citizen science opportunities, and details on special dates or holidays. The book can be enjoyed one day, month, or season at a time—dip in and out as you observe the world around you.



A vagabond naturalist, **KEN KEFFER** has been involved in projects from monitoring small mammal populations in Grand Teton National Park to studying Bactrian camels in Mongolia. He has also worked as an environmental educator. A regular contributor to *Birds & Blooms* magazine, Ken is the author of eight books on nature subjects for both children and adults and currently lives in Des Moines, Iowa.

Artist **JEREMY COLLINS** is known for his unique drawings and maps featured in books, films, and commercial work and recognized throughout the outdoor industry. He is the author of *Drawn: The Art of Ascent* (Mountaineers Books, 2015) and the Wild Lines calendars.

ONLINE:

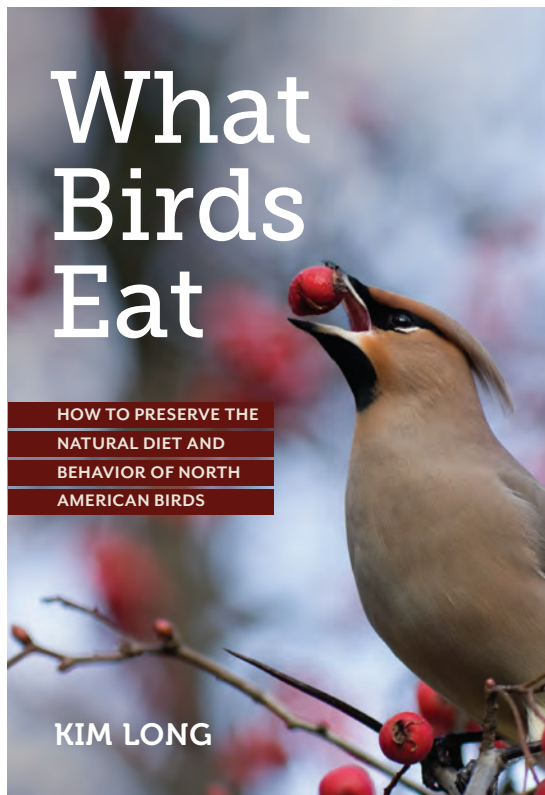
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WHAT BIRDS EAT

How to Preserve the Natural Diet and Behavior of North American Birds

KIM LONG

AVAILABLE IN MAY

320 pages | 5½ x 8 | \$24.95 | paperback

300 color photos | 100 illustrations

ISBN 978-1-68051-300-4 | ebook 978-1-68051-301-1

BIRDS/GARDENING/NATURE | Rights: World English Language

A unique approach to bird watching that focuses on what birds eat and how, while sharing ways to support them in our own backyards

- Explains bird physiology and natural diets
- Robust selection of photographs
- Bird science made easy

In North America, more than 900 bird species have natural diets ranging from seeds, foliage, nectar, and nuts to fish, insects, crustaceans, carrion, and mammals—and sometimes other birds. As birds have adopted various diets, their anatomy and behavior have evolved in response. The unending search for food, however, also places birds directly in the path of three accelerating changes: urbanization, pollution, and climate change.

What Birds Eat explores the senses that birds depend on—sight, sound, odor, taste, and touch—and their food ingestion, with a special look at bird crops, gizzards, and the digestive adaptations that distinguish birds from other animal groups. Extensive feeding profiles then detail what various species eat naturally and how we can support those diets in backyards and feeders. *What Birds Eat* enriches our understanding, allowing us to engage more meaningfully with birds along the way.

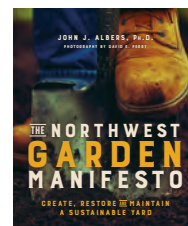
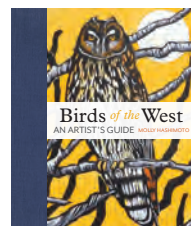


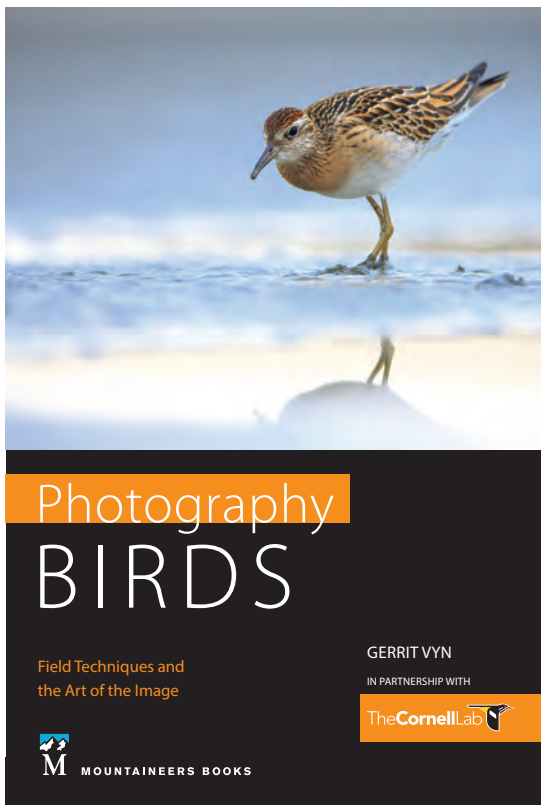
KIM LONG is a professional writer, researcher, graphic artist, and photographer who has worked on a number of natural history projects throughout his career. He is the author or co-author of 22 books, including two books about birds, *Owls* (1998) and *Hummingbirds* (1997). He has contributed to the *Encyclopedia Britannica* as a field editor and has created and produced dozens of calendars, with topics that include squirrels, potatoes, salumi, and bicycles. He was a book reviewer for *Kirkus*, *Publishers Weekly*, and *The Bloomsbury Review* and has reviewed hundreds of nonfiction titles over a thirty-year period. Kim lives in Denver.

ONLINE:

WhatBirdsEat.com

ALSO BY FROM SKIPSTONE:





PHOTOGRAPHY: BIRDS

Field Techniques and the Art of the Image

GERRIT VYN

AVAILABLE IN APRIL

256 pages | 6 x 9 | \$24.95 | paperback

195 color photos | 4 illustrations

ISBN 978-1-68051-099-7 | ebook 978-1-68051-100-0

PHOTOGRAPHY/NATURE/GENERAL OUTDOORS

Rights: World

A renowned expert shows how to photograph the stunning beauty of birds, from eggs in a nest to the captivating act of flight

- Published in partnership with the Cornell Lab of Ornithology
- Ideal for backyard birders, hikers, travelers
- Includes digital editing instruction and Lightroom tips

Photography: Birds explains how to photograph birds—whether in your backyard or at a birding destination—detailing unique issues that confront photographers of all levels and providing the best guidance for capturing the beauty and splendor of our feathered friends.

Gerrit Vyn, an award-winning bird photographer, videographer, and sound recorder, has become renowned for his ability to capture birds, especially for the prestigious Cornell Lab of Ornithology. In this new guide, he reveals his methods and shares how to photograph birds based on location, behavior, identification, and storytelling. Vyn details the range of technical considerations, giving clear instruction and advice, as well as the creative decisions a photographer must make on lighting, framing, timing, and motion. He also discusses situations unique to bird photographers: dealing with habituated or tame birds, approaching feeders, utilizing blinds, and more. Once captured, digital images can be digitally refined, so Vyn delves into the procedures that elevate an image from mundane to striking, using Adobe Lightroom. Throughout, Vyn emphasizes an ethical approach to observing and interacting with the birds around us.



GERRIT VYN is wildlife photographer and cinematographer for the Cornell Lab of Ornithology, a Senior Fellow at the International League of Conservation Photographers and has been photographing birds and wildlife professionally for the last 25 years. His most recent book, *The Living Bird*, was a *New York Times* Bestseller and National Outdoor Book Award winner. Gerrit's work is published regularly in magazines, including *National Geographic*, *BBC Wildlife* and *Audubon*, and has been featured in media outlets including NPR's *Fresh Air* with Terry Gross, *Morning Edition*, and *The Seattle Times*.

ONLINE:

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ALSO BY GERRIT VYN



Photo by Gerrit Vyn, author of *Photography: Birds* and
photographer for *Birds of North America Deck*



BIRDS OF NORTH AMERICA DECK

52 Playing Cards

PHOTOGRAPHY BY
GERRIT VYN

AVAILABLE IN MARCH

58 cards | 2½ x 3½ | \$7.95

54 color photos

ISBN 978-1-68051-302-8

PLAYING CARDS/NATURE/BIRDS | Rights: World

**Beautiful bird photography right in your full
house (also in every three-of-a-kind, straight,
or royal flush)!**

- Great gift for bird enthusiasts, casual backyard birders, and card players alike
- Fun way to educate kids about birds

This new *Birds of North America Deck* will provide card players of all stripes with a fun way to identify some of our most common feathered friends. Featuring stunning photos by the award-winning bird photographer Gerrit Vyn, each card displays a striking image and the species' common and Latin names. The suits are grouped by species type:

Hearts = Backyard Birds

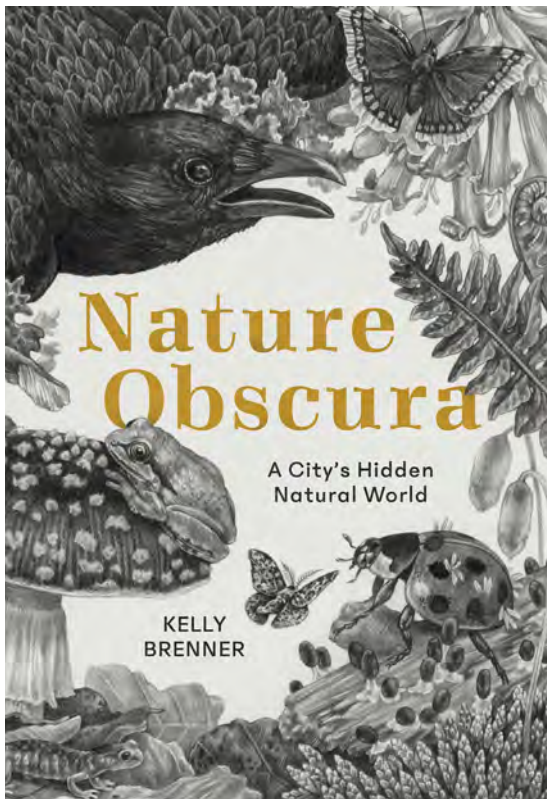
Diamonds = Shorebirds

Clubs = Waterfowl

Spades = Raptors

Extra cards include two jokers, a card listing key birding conservation organizations and how to learn more, and two additional cards providing a combined overview of the four species types, including general characteristics, habitats, and conservation status.





NATURE OBSCURA

A City's Hidden Natural World

KELLY BRENNER

AVAILABLE IN APRIL

192 pages | 5½ x 8 | \$17.95 | paperback | 4 illustrations

ISBN 978-1-68051-207-6 | ebook 978-1-68051-208-3

NATURAL HISTORY/NORTHWEST | Rights: World

A distinctive, funny, inspiring, and intimate dive into urban nature

- City dweller's Rx for nature deficit syndrome
- Explore urban species across four seasons and right outside your door
- Features a chapter on becoming a backyard naturalist

With wonder and a sense of humor, *Nature Obscura* author Kelly Brenner aims to help us rediscover our connection to the natural world that is just outside our front door—we just need to know where to look.

Through explorations of a rich and varied urban landscape, Brenner reveals the complex micro-habitats and surprising nature found in the middle of a city. In her hometown of Seattle, which has plowed down hills, cut through the land to connect fresh- and saltwater, and paved over much of the rest, she exposes a diverse range of strange and unknown creatures. From shore to wetland, forest to neighborhood park, and graveyard to backyard, Brenner uncovers how our land alterations have impacted nature, for good and bad, through the wildlife and plants that live alongside us, often unseen. These stories meld together, in the same way our ecosystems, species, and human history are interconnected across the urban environment.



KELLY BRENNER is a naturalist and writer based in Seattle with a focus on urban nature. In 2009 she founded *The Metropolitan Field Guide*, a blog for ideas, thoughts, and resources for the design of urban wildlife habitat. She has since contributed articles to a variety of other websites and publications including *ParentMap*, *The Nature of Cities*, *Sustainable Cities Collective*, *Native Plants and Wildlife Gardens*, *Seattle Audubon*, *Local Ecologist*, and others.

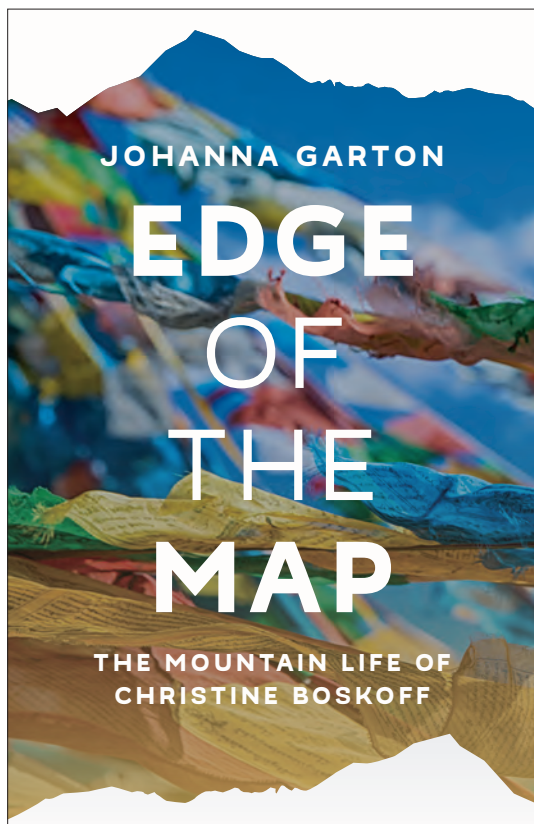
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#StreetCreatures



EDGE OF THE MAP

The Mountain Life of Christine Boskoff

JOHANNA GARTON

AVAILABLE IN APRIL

240 pages | 5½ x 8½ | \$19.95 | paperback

8-page color photo insert | 1 map

ISBN 978-1-68051-288-5 | ebook 978-1-68051-289-2

BIOGRAPHY/ADVENTURE/MOUNTAINEERING

Rights: World

Christine Boskoff was a pioneer in female high-altitude climbing and one of the first women to own and lead mountain guide services.

- One of America's leading mountaineers and guides
- At the time of her death, she held the record for most 8000-meter peaks climbed by a woman (six)
- Accessible, powerful story for fans of adventure

Edge of the Map is equal parts inspiring, dramatic, and heartbreaking. One of America's greatest female mountain guides, Christine Boskoff was a world-renowned high-altitude mountaineer when she and her partner died in an avalanche in 2006. Charismatic, principled, and humble, Boskoff was also a deeply loved role model to her climbing partners and the Sherpa community.

Edge of the Map traces the sharp twists and turns in Boskoff's life, from her early years as a Lockheed engineer, through her first successes in the climbing world, to her purchase of Seattle-based Mountain Madness after owner and climber Scott Fischer died in the 1996 Everest disaster. Her life was one of constant achievement—until her husband, Keith Boskoff, committed suicide in 1999. The story follows Boskoff as she recovers and moves on to even bigger peaks, earning acclaim as a world-class mountaineer, then later as she finds a second love and alpine partnership with legendary Colorado climber Charlie Fowler.



JOHANNA GARTON interviewed more than 30 friends and family of Christine Boskoff and Charlie Fowler, including notable climbers such as Peter Habeler, Nazir Sabir, Willie Benegas, Phil Powers, Mark Gunlogson (current owner of Mountain Madness), Hector Ponce de Leon, Steve Swenson, and Conrad Anker. Fluent in Mandarin, Johanna also spent several weeks conducting research and interviews near the site of Boskoff's death in China. In addition to writing, she is the owner of Missionworks Consulting, a nonprofit management-consulting firm in Denver where she lives.

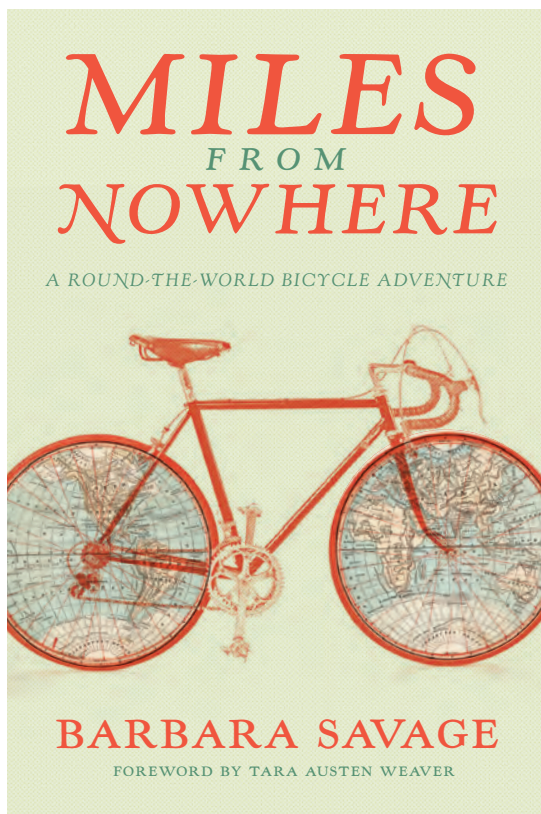
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YOU MAY ALSO LIKE





MILES FROM NOWHERE

A Round-the-World Bicycle Adventure

BARBARA SAVAGE

FOREWORD BY TARA AUSTEN WEAVER

AVAILABLE IN MARCH

352 pages | 6 x 9 | \$18.95 | paperback | 1 map

ISBN 978-1-68051-036-2 | ebook 978-1-68051-037-9

MEMOIR/TRAVEL/BICYCLING | Rights: World

An inspirational classic of travel and cycling adventure, now in an all-new edition!

- Coinciding with Mountaineers Books' 60th anniversary, a new edition of our bestselling adventure title!
- An intimate, ebullient, and utterly honest chronicle of a biking journey across North America and around the world
- More than 90,000 copies sold to date

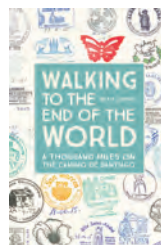
Miles from Nowhere is the story of Barbara and Larry Savage's sometimes dangerous, often zany, but ultimately rewarding 23,000-mile bicycle odyssey, which took them through 25 countries in two years. Along the way, these near-neophyte cyclists on their ten-speeds encountered warm-hearted strangers eager to share food and shelter, bicycle-hating drivers who ran them off the road, various wild animals (including an attack camel), rock-throwing Egyptians, overprotective Thai policeman, motherly New Zealanders, meteorological disasters, bodily indignities, and great personal joys. The stress of traveling together constantly tested yet strengthened the young couple's relationship and as their trip ends, you'll find yourself yearning for Barbara and Larry to jump back on their bikes and keep pedaling.

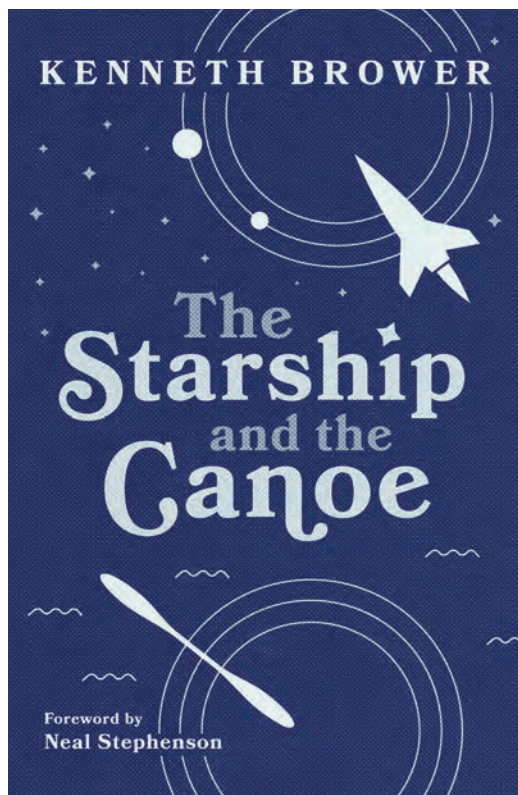
Originally published in 1983, *Miles from Nowhere* has provided inspiration for legions of modern travel-adventurers and writers.

Tragically, **BARBARA SAVAGE** was killed in a cycling accident near her home in Santa Barbara just before this book was originally published. To honor her memory, her husband, Larry, has continued to donate the book's royalties in support of other first-time adventure writers.

TARA AUSTEN WEAVER writes about food, travel, culture, the environment, art, and adventure in its many guises. She is the author of three books, including *The Butcher and the Vegetarian* (Rodale, 2010) and *Orchard House* (Ballantine, 2015). She is also the author of the award-winning blog *Tea & Cookies*. Weaver lives in Seattle.

MORE WOMEN'S ADVENTURES





THE STARSHIP AND THE CANOE

KENNETH BROWER

FOREWORD BY NEAL STEPHENSON

AVAILABLE IN MARCH

288 pages | 5½ x 8½ | \$18.95 | paperback | 1 map

ISBN 978-1-68051-278-6 | ebook 978-1-68051-279-3

BIOGRAPHY/OUTDOORS/SCIENCE | Rights: World

**"Brower's superbly written book clutches at one's imagination."
—Publishers Weekly**

- Powerful, timeless Northwest story, now back in print
- Uncanny—and prescient—blending of high-tech and off-the-grid

"The Starship and the Canoe is neither a wilderness survival manual nor a book of blueprints. It is another of those rare books impossible to define: the kind that seeks you in time. And you will know it, live it, and consult it thereafter simply by name." —*Chicago Sun-Times*

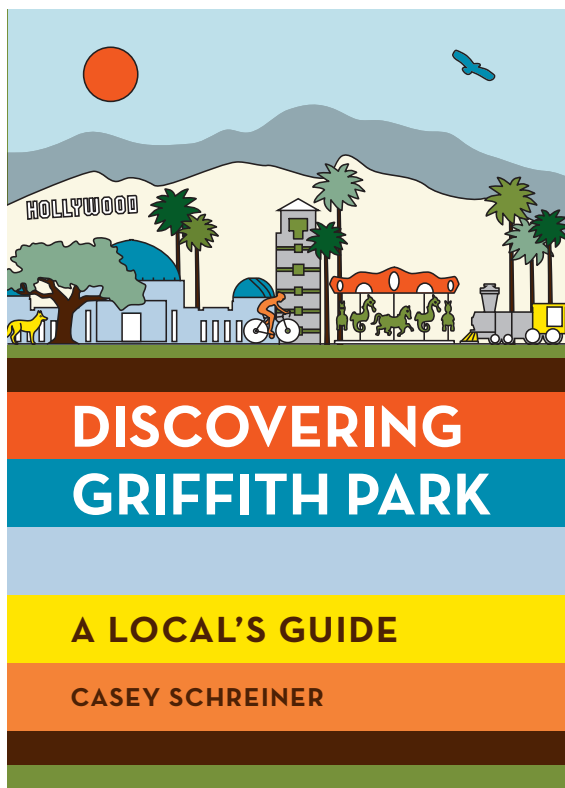
"In the tradition of Carl Sagan and John McPhee, a bracing cerebral voyage past intergalactic hoopla and backwoods retreats." —*Kirkus Reviews*

Originally published in 1978, *The Starship and the Canoe* is the remarkable story of a father and son: Freeman Dyson is a world-renowned astrophysicist who dreams of exploring the heavens and has designed a spaceship to take him there; his son George, a brilliant high school dropout, lives in a treehouse and is designing a giant kayak to explore the icy coastal wilderness of the Pacific Northwest and Alaska. Author Kenneth Brower describes with stunning impact their lives and their visions of the world. It is a timeless tale framed by modern science, adventure, family, and the natural world.



KENNETH BROWER's writing has appeared in *The Atlantic*, *Audubon*, *National Geographic*, *The Paris Review*, *Smithsonian*, *Sierra*, and numerous other magazines. His other books include *Wake of the Whale*, *A Song for Satawal*, *The Winemaker's Marsh*, *The Wildness Within*, and other titles about the environment and natural places. He lives in Berkeley, California.

NEAL STEPHENSON is known for his speculative fiction works exploring areas such as mathematics, cryptography, philosophy, currency, and the history of science. He is the author or co-author of more than 15 books, including *Anathem*, *Snow Crash*, and most recently, *Fall, or Dodge in Hell*.



DISCOVERING GRIFFITH PARK

A Local's Guide

CASEY SCHREINER

AVAILABLE IN MAY

208 pages | 5 x 7 | \$18.95 | paperback

100 color photos | 30 maps

ISBN 978-1-68051-266-3 | ebook 978-1-68051-267-0

GUIDEBOOK/LOS ANGELES/ GRIFFITH PARK

Rights: World

Spend the day at one of the oldest—and most famous—parks on the West Coast!

- Only current and comprehensive guide to the park
- Community resource for all things Griffith Park—including 30-plus hikes
- Published in advance of park's 125th anniversary

People all over the world have seen Los Angeles's famed "Hollywood" sign and the iconic domed Griffith Observatory. Both are part of Griffith Park, a place visited by more than 10 million people each year—more than Yosemite and Grand Canyon National Parks combined.

Rugged and vast, the 4,511-acre Griffith Park encompasses a sprawling 70-mile long network of trails, ranging from paved paths through manicured landscapes to challenging ridgeline climbs, and is a destination for hikers, trail runners, cyclists, equestrians, picnickers, and museum-goers. It's a unique outdoor space in a city that is not well known for its outdoor amenities. *Discovering Griffith Park* uses the park's extensive trail network as an anchor to explore the park in full, whether on foot, wheel, or hoof. Readers will also find out where the best views of the Hollywood sign are, where they can catch free Shakespeare on summer evenings, and how to attend one of the legendary Los Angeles Breakfast Club meetings for good food, good friends, and a bit of early morning learning



CASEY SCHREINER is the founder and editor in chief of ModernHiker.com, the most-read hiking blog on the West Coast, where he encourages city-dwellers to explore the parks, open spaces, and wilderness areas that are often right in their backyards. He is also the author of *Day Hiking: Los Angeles* (Mountaineers Books, 2016), focused on 125 hikes around one of the country's largest cities. Casey has been featured in national media for his reporting work uncovering outdoor vandals via social media, and he also works as an award-winning television writer, producer, and on-air personality. He lives in Los Angeles.

ONLINE:

ModernHiker.com

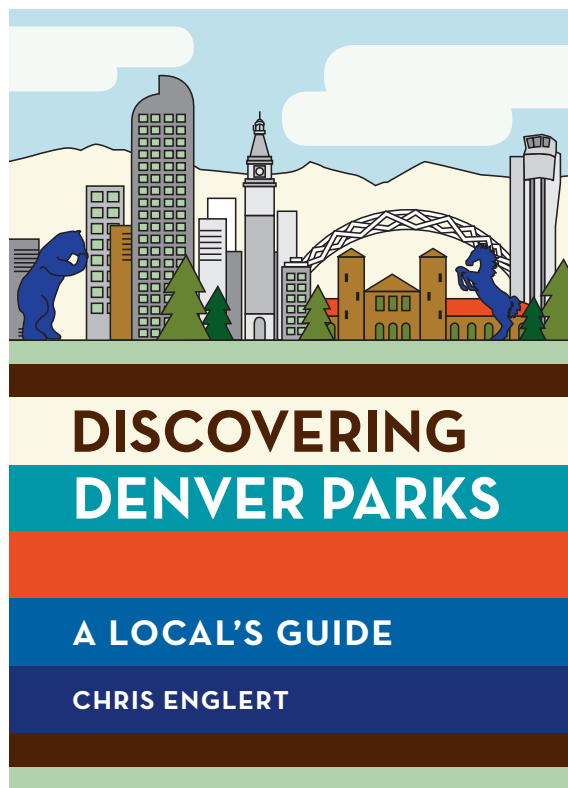
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ALSO SEE





DISCOVERING DENVER PARKS

A Local's Guide

CHRIS ENGLERT

AVAILABLE IN APRIL

288 pages | 5 x 7 | \$18.95 | paperback

110 color photos | 17 maps

ISBN 978-1-68051-248-9 | ebook 978-1-68051-249-6

GUIDEBOOK/DENVER/PARKS | Rights: World

Roll out a blanket on a sunny afternoon, connect the dots on a biking loop, or find a sledding hill in winter

- 165 Denver parks with descriptions and amenities
- Author is an established urban walker and neighborhood expert

This easy-to-use, informative, and fun guidebook covers the range of what Denver has to offer, from tiny pocket parks to expansive open space, classic park facilities to conservation zones. It even explores destination parks in the foothills just beyond the city. Each park's listing includes:

- Icons for key features: accessibility, kid-friendly, dog-friendly, views, historic significance, public art, gardens, unpaved trails, paved trails, lakefront, riverfront, spray park/wading pool, horseback riding and—because it's Denver—winter sports.
- Notes for other major amenities, such as restrooms, shelters, playgrounds, and more
- Public transportation, driving, and parking directions
- Details on each park's history and size
- History and descriptive highlights such as sledding hills, water features, mountain biking paths, and more
- Ways to extend your park visit with easy add-on walks or bike rides to other nearby parks or attractions

Discovering Denver Parks will keep families, walkers, dog-lovers, and kids of all ages busy with year-round exploration and fun!



CHRIS ENGLERT moved to Denver in 2013 and decided to walk all of Denver's trails and neighborhoods. Walking raised questions for her: why were parks named the way they were, where could she find a good place for kids to play, and what made each park special? She has since become the authority on Denver's parks and trails. She is also the author of *Best Urban Hikes: Denver* (Colorado Mountain Club Press, 2020).

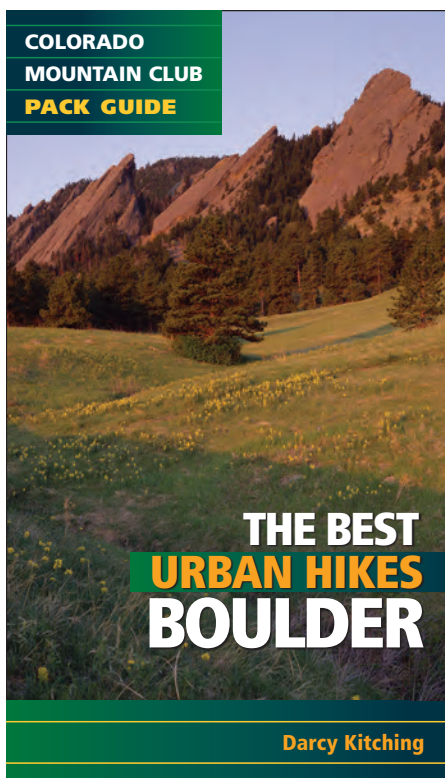
ONLINE:

DenverByFoot.com

@denverbyfoot

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THE BEST URBAN HIKES: BOULDER

DARCY KITCHING

AVAILABLE IN MAY

144 pages | 4 x 7 | \$16.95, paperback

45 color photos | 31 maps | rounded corners

ISBN 978-1-937052-54-6

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This book is for locals who may not know about some of the newest trails as well as visitors looking for the best walks that are not overly adventurous. The hikes are nearby towns yet let you escape the hustle and bustle.



DARCY KITCHING is the Boulder Coordinator for Walk2Connect Cooperative (walk2connect.org) who regularly leads hikes for the Boulder Walks program (boulder.colorado.gov/goboulder/boulder-walks). By the time she graduated from high school, Darcy had walked in all 48 contiguous states and she has now hiked in ten countries around the world.

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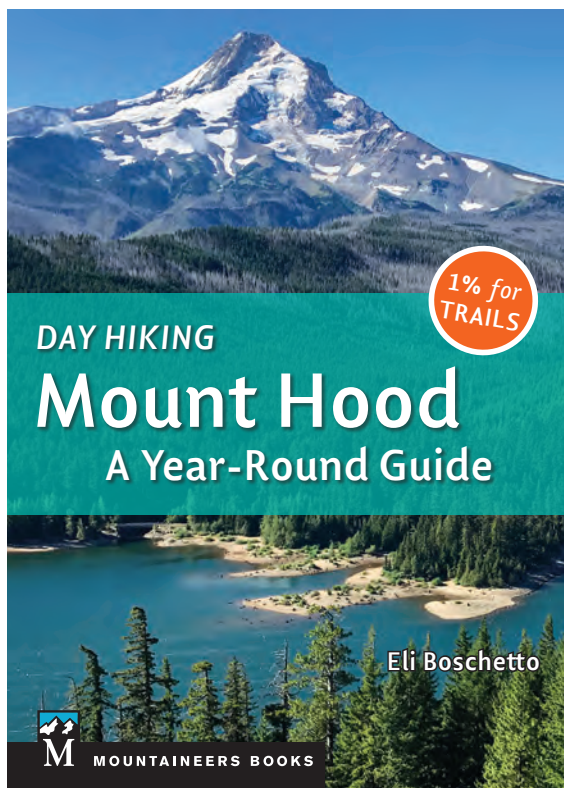
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ELI BOSCHETTO is a professional hiker, writer, and author based in Portland, Oregon, and has put more than 6000 miles under his hiking boots exploring the mountains and wilderness areas throughout the western US and Canada. He is the author of *Hiking the Pacific Crest Trail: Oregon* and *Urban Trails Portland*, both published by Mountaineers Books. Eli is also an accomplished outdoor photographer and has worked as a Northwest correspondent for *Backpacker* magazine as well as editor of *Washington Trails* magazine.

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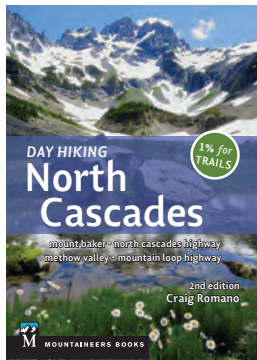
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CRAIG ROMANO is an award-winning author or coauthor of more than twenty books. Romano also writes for numerous publications, tourism websites, and HikeoftheWeek.com. When not hiking, running, or writing, he can be found napping with his wife and son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

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ALEXANDRA KENIN is the founder of Urban Hiker SF, a hiking tour company that helps people explore the stairways, hills, hiking trails, and history of the San Francisco Bay Area. She is also the author of *Urban Trails: San Francisco* (Mountaineers Books, 2016).

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SCOTT TURNER is the author of *Hike the Parks: Joshua Tree National Park* and *Hike the Parks: Zion and Bryce Canyon National Parks*, both published by Mountaineers Books. He has also contributed over 250 trail descriptions across Southern California, the Sierra Nevada, Hawaii, Utah, Arizona, and Montana for ModernHiker.com, the West Coast's most widely read hiking website. Scott lives with his wife and son in Carlsbad, California.

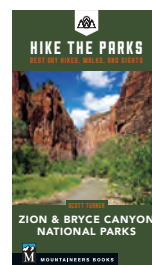
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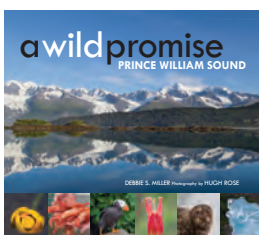
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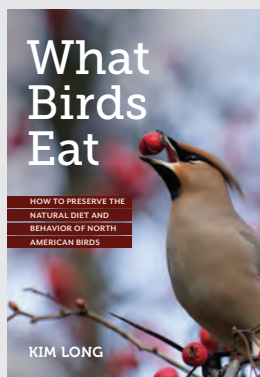
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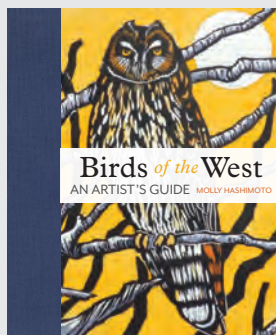


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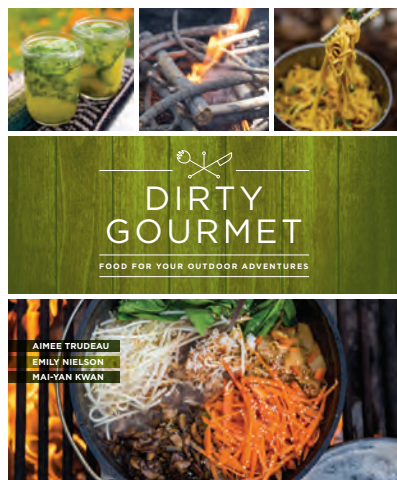
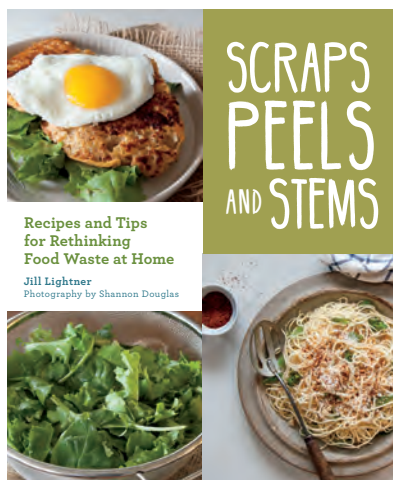
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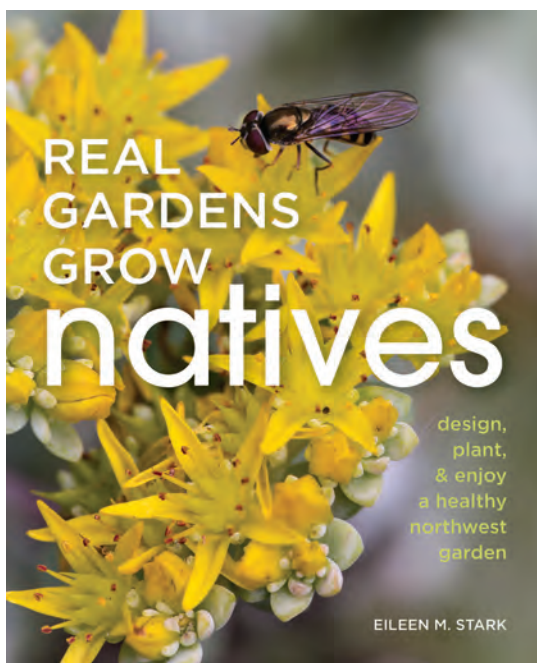
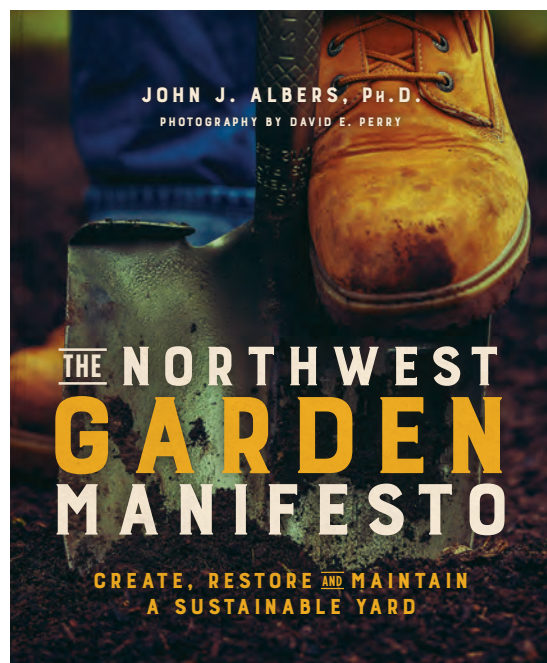
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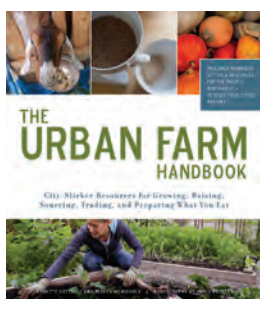
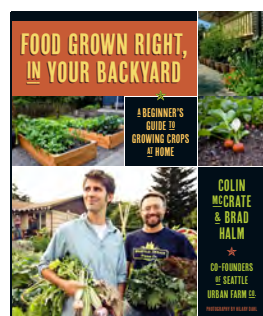
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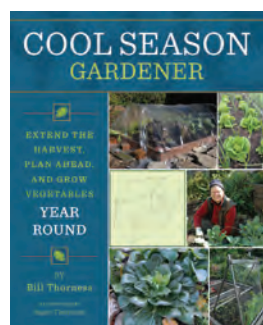
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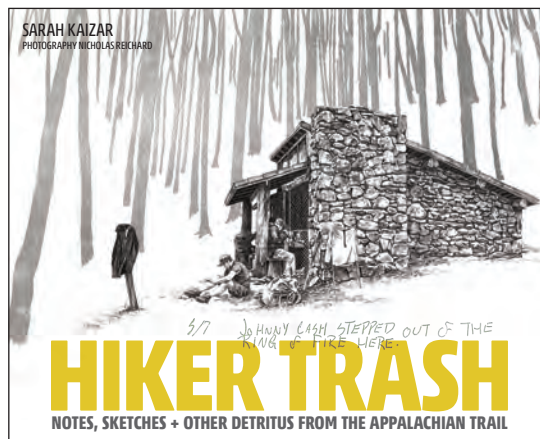
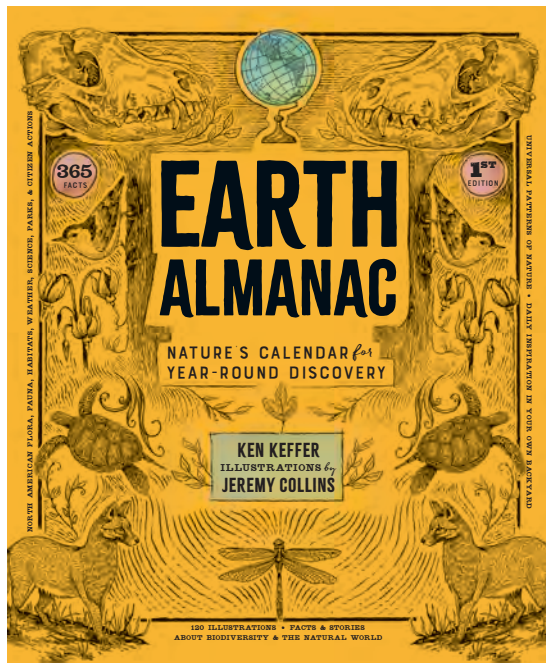
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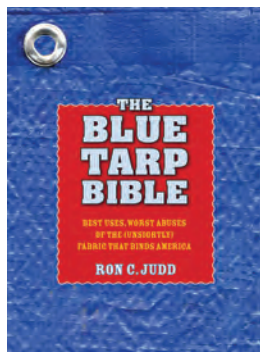
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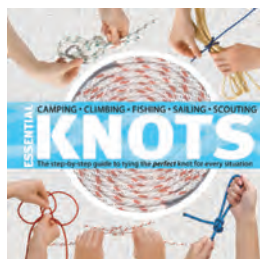
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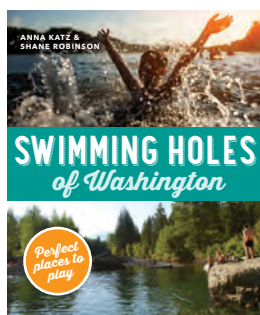


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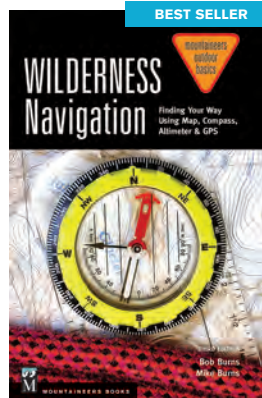
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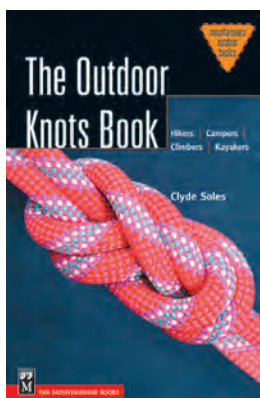
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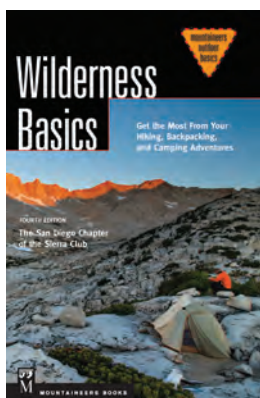
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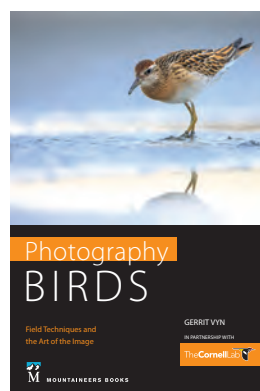
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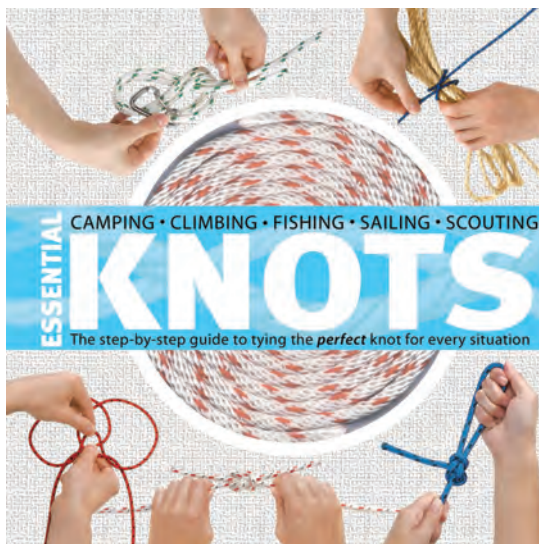


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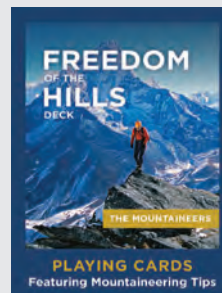


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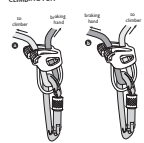
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Fig. 2-14. Stances for climbing on rock, wall, and ice.

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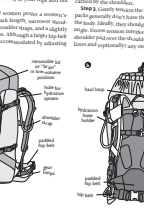


Fig. 2-15. Proper fitting and adjusting a backpack.

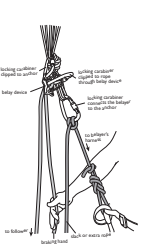


Fig. 2-16. Applying braking force on a rope.

The climber should always be prepared to apply braking force on a rope. This is a critical skill that can mean the difference between a successful climb and a fall. The climber should practice this skill regularly to ensure they are confident and capable of applying braking force when needed.

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A day pack is a small backpack used for carrying gear and supplies on a day hike. It is an essential piece of equipment for the mountaineer. The following steps should be followed to ensure a proper fit and adjustment:

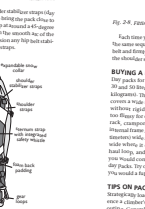


Fig. 2-17. Buying a day pack.

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Packing is a skill that is essential for the mountaineer. It is the process of organizing and securing gear and supplies in a backpack. The following tips should be followed to ensure a proper packing technique:

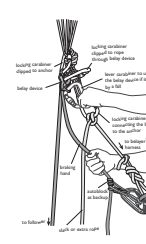


Fig. 2-18. Belaying technique when using a belay device.

The belaying technique is a critical skill for the mountaineer. It is the process of controlling a climber's descent and ascent. The climber should practice this skill regularly to ensure they are confident and capable of belaying a climber when needed.

CHOOSING A PACK

The pack is a vital piece of equipment for the mountaineer. It is used to carry gear, food, and clothing. A properly chosen pack is essential for comfort and safety. The following steps should be followed to ensure a proper choice:

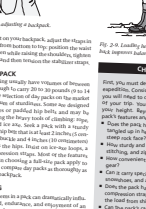
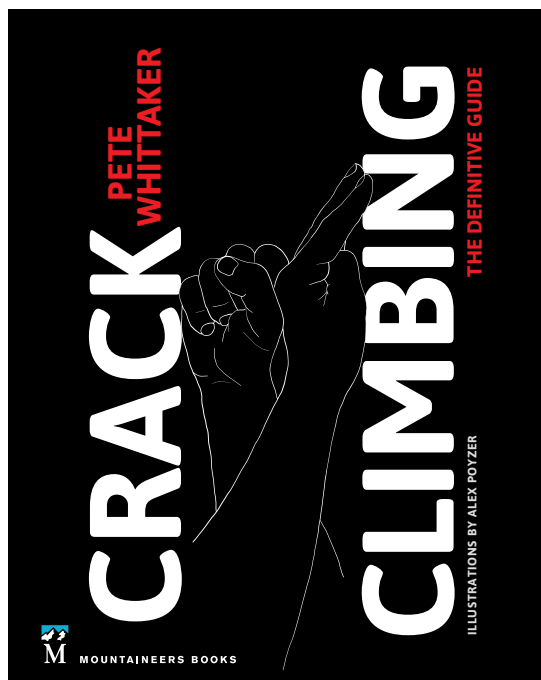
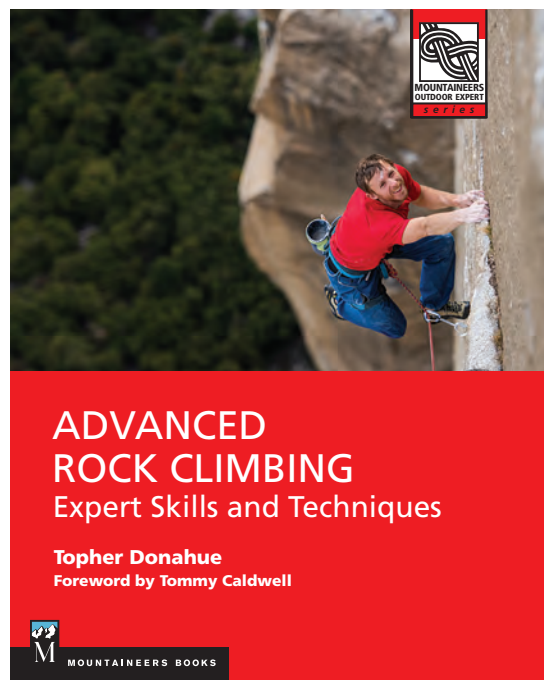


Fig. 2-19. Choosing a pack.

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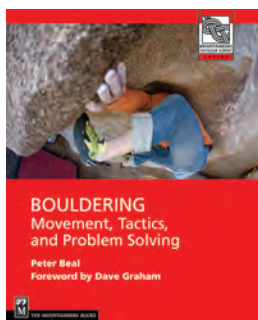
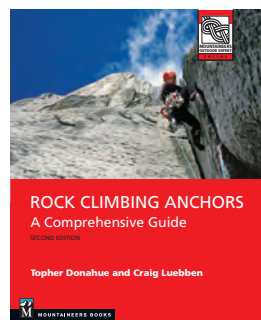

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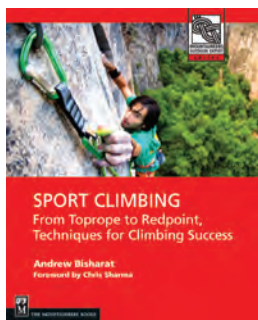
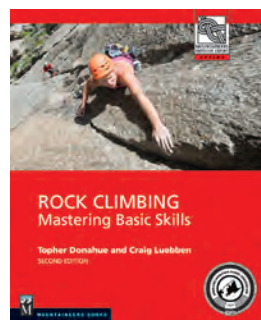
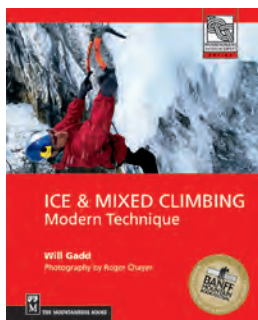
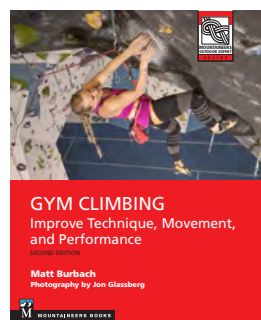
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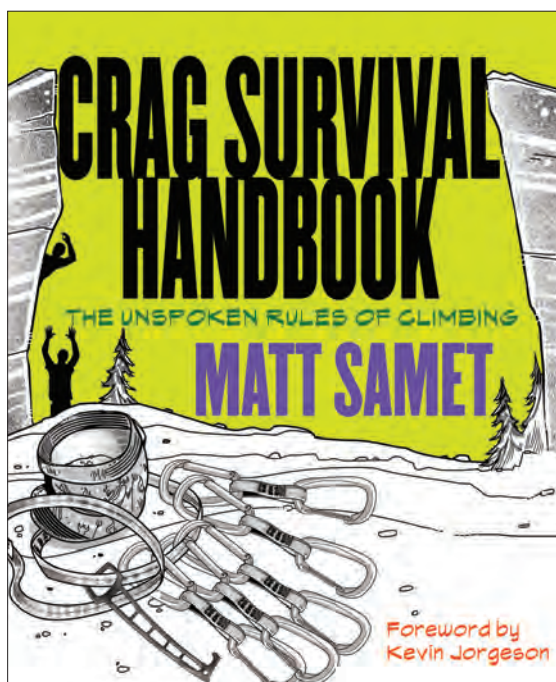
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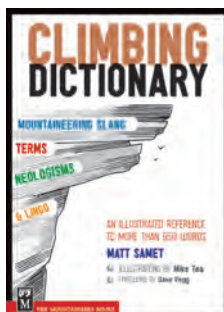


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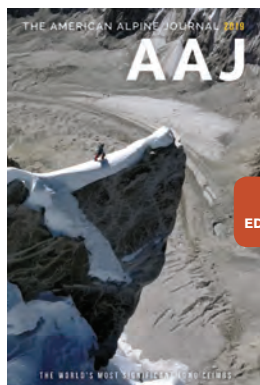
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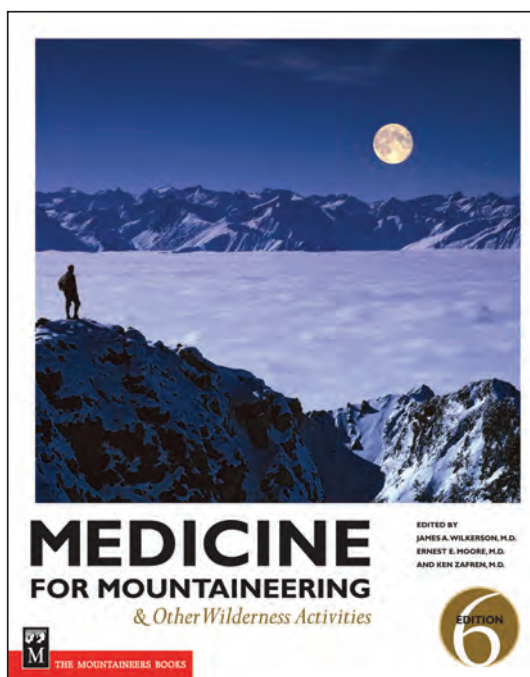
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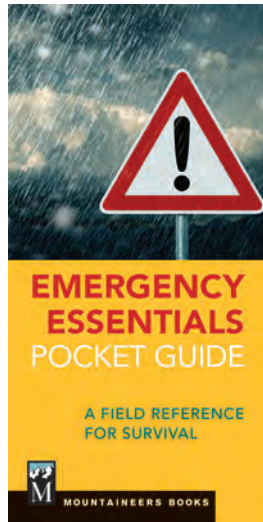
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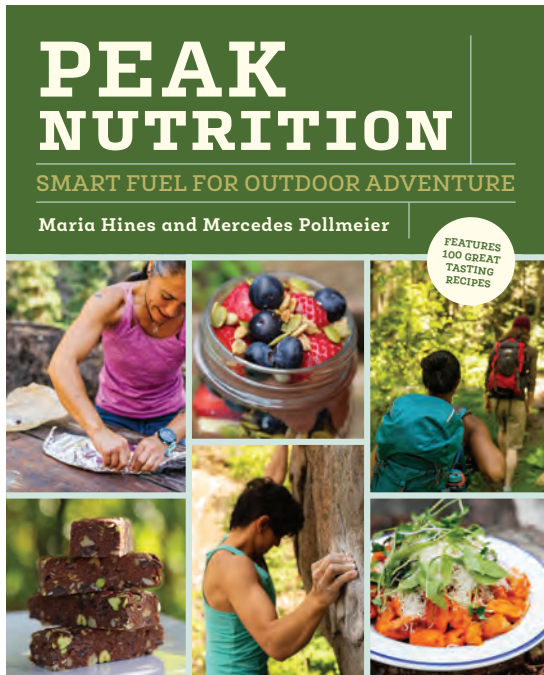
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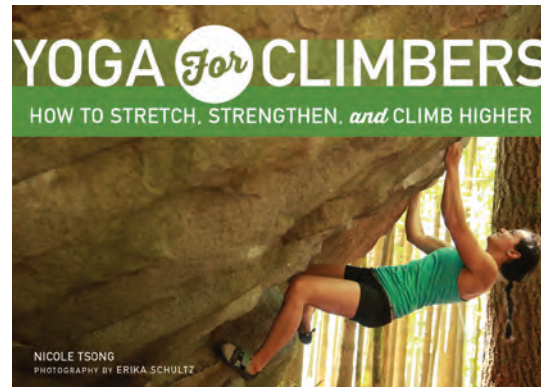
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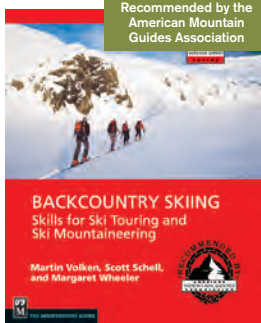
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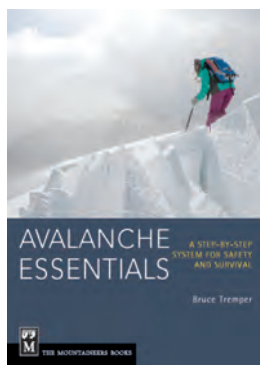
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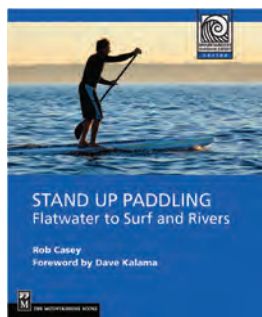
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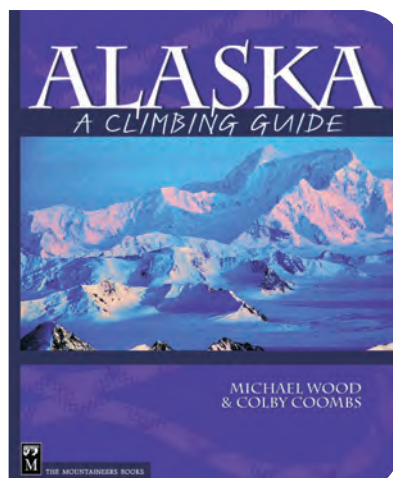
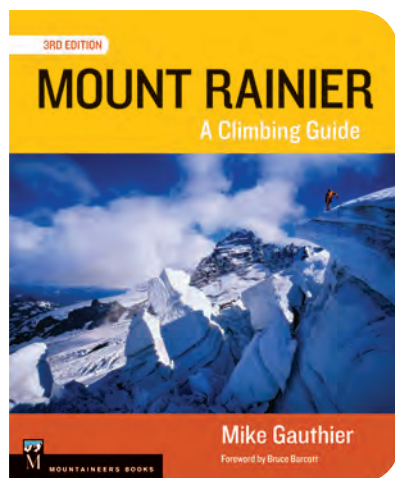
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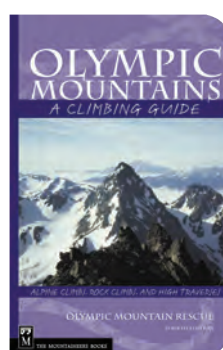
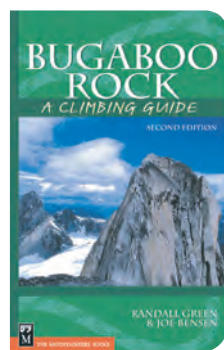
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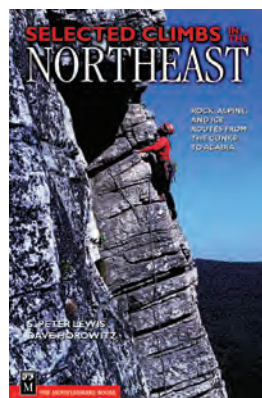
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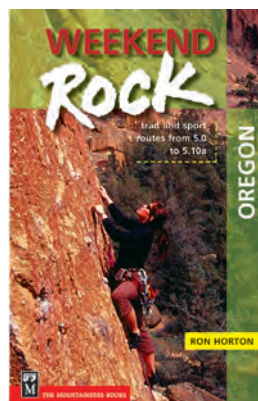
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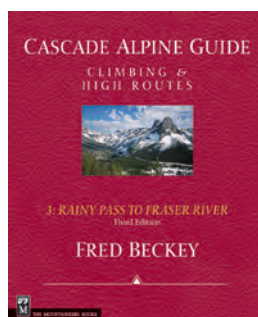
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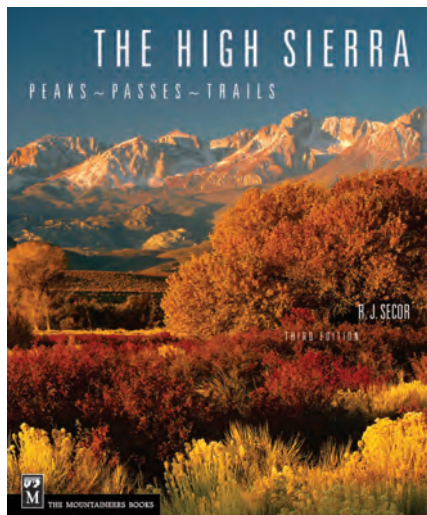
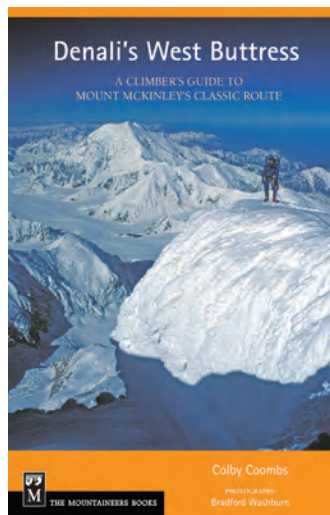
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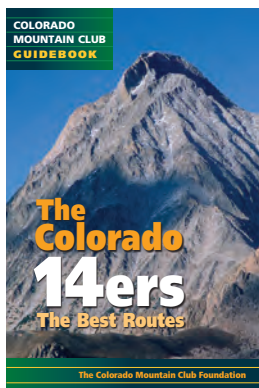
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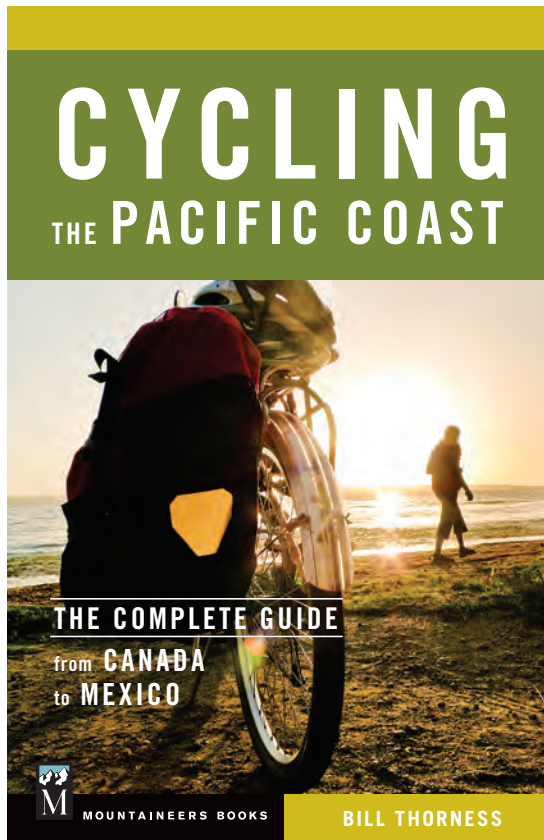
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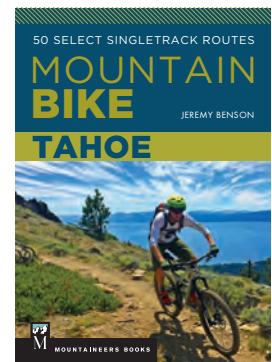
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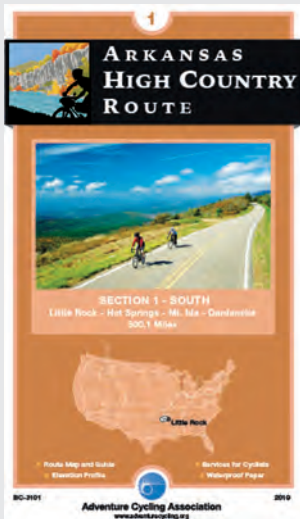
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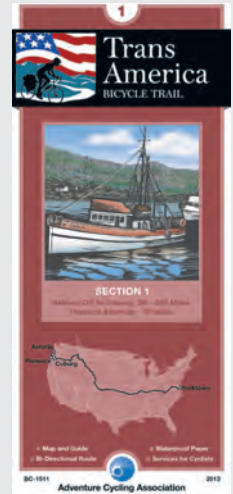
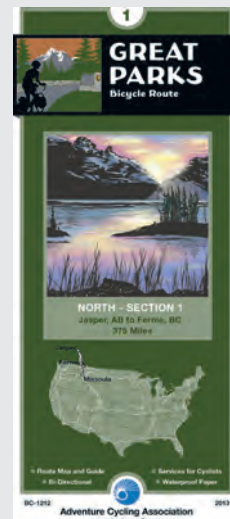
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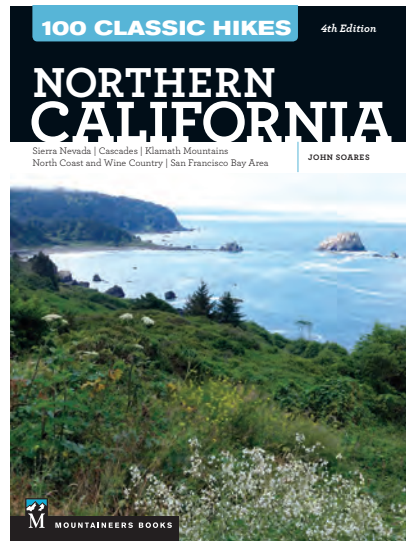
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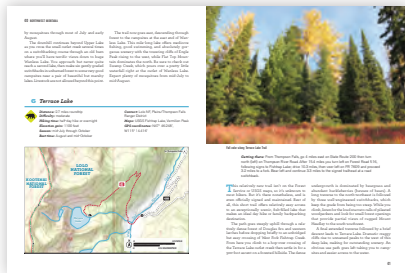
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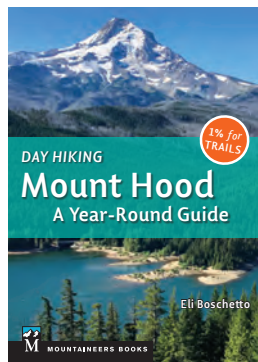
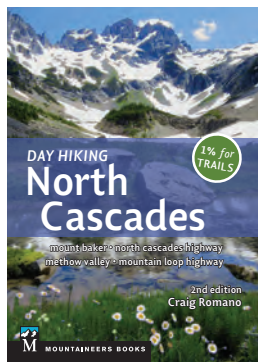
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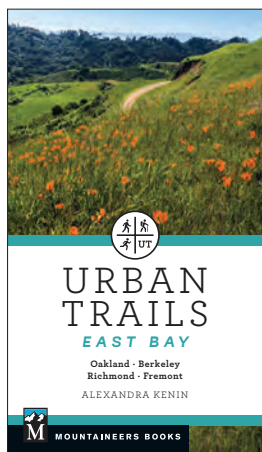
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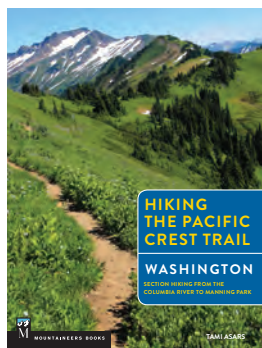
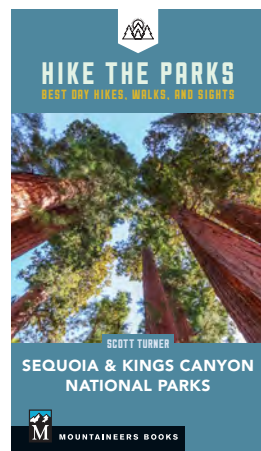
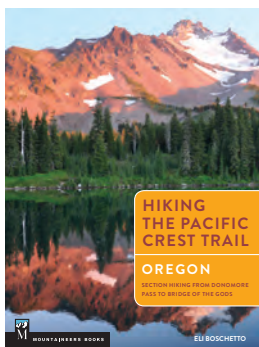
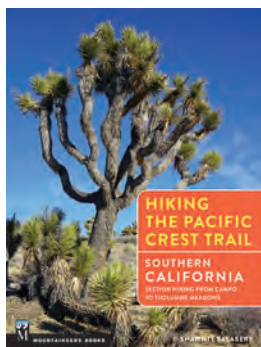
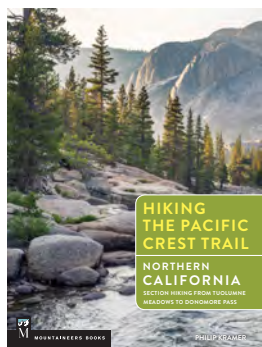
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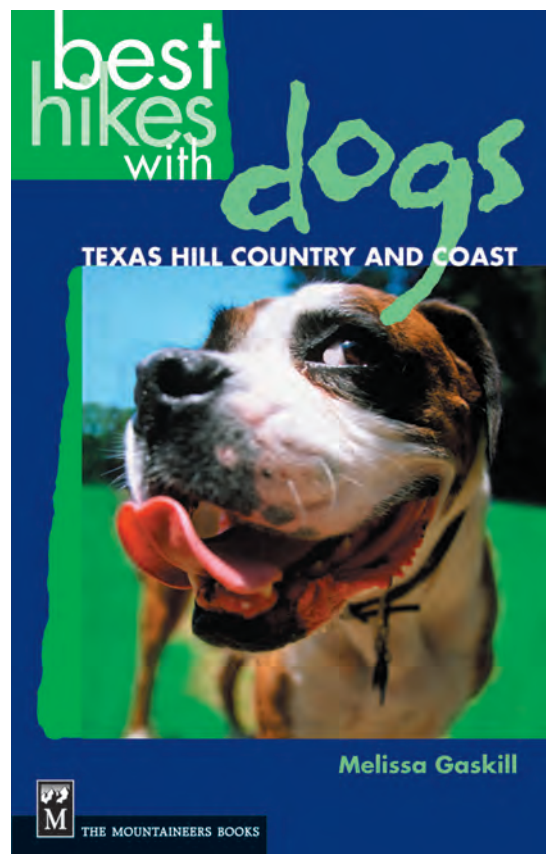
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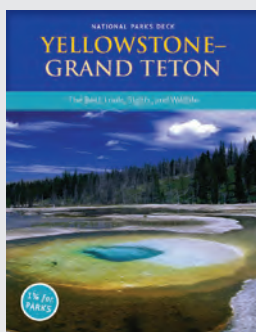
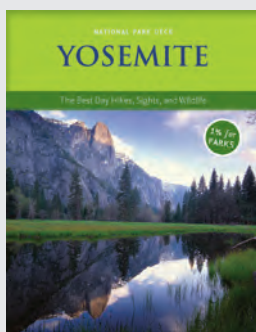
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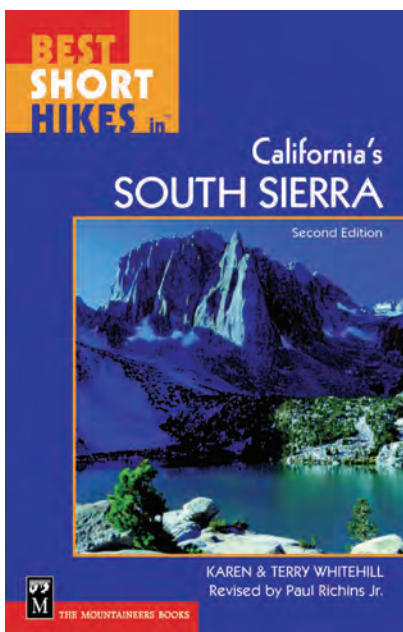


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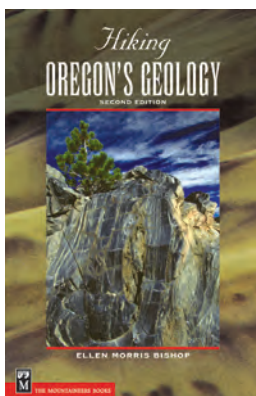
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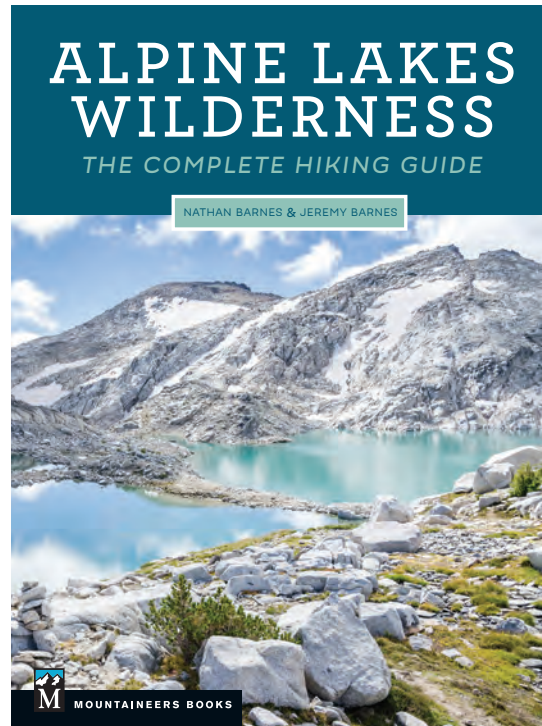
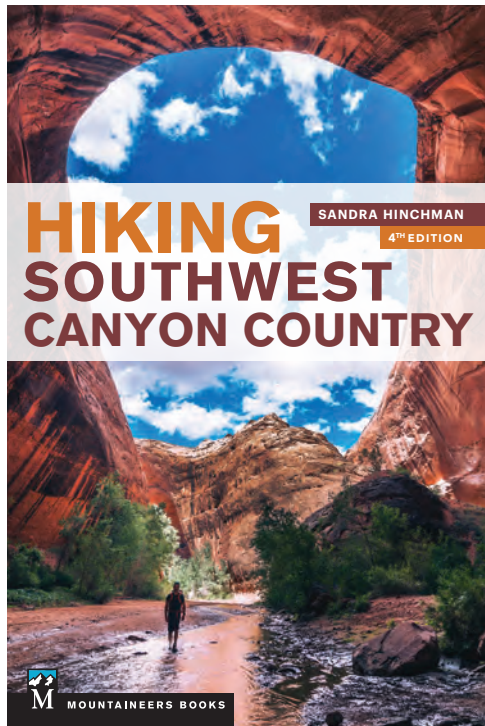
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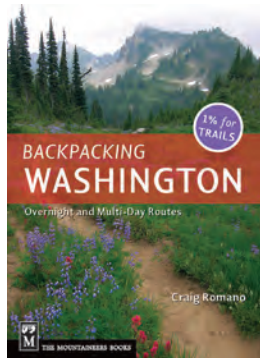
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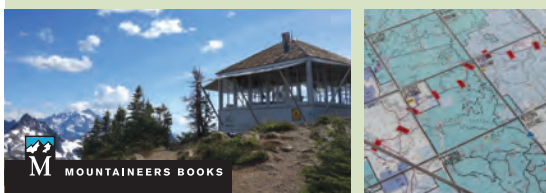
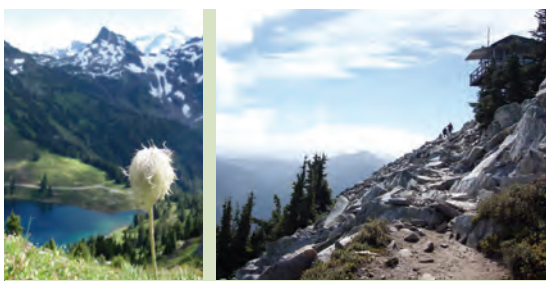
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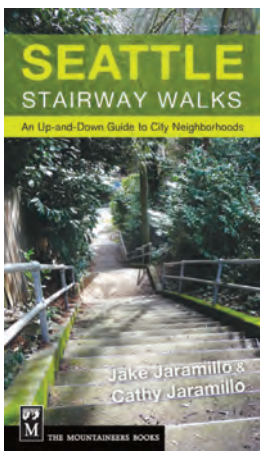
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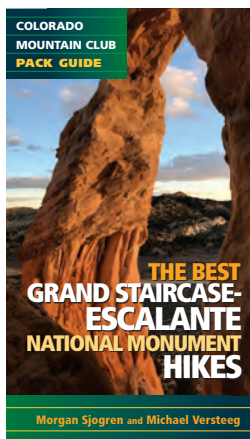
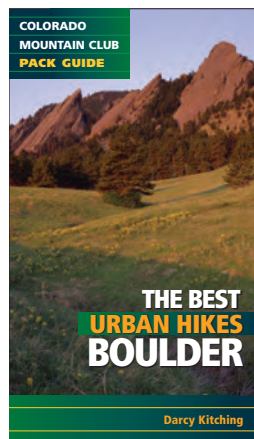
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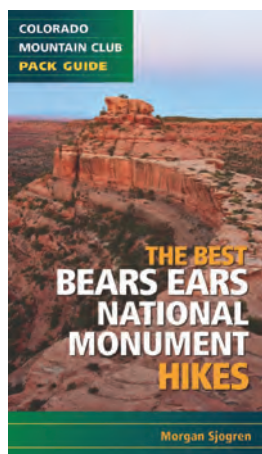
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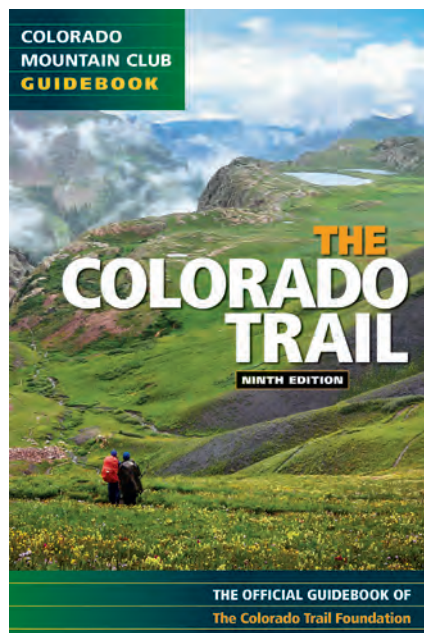
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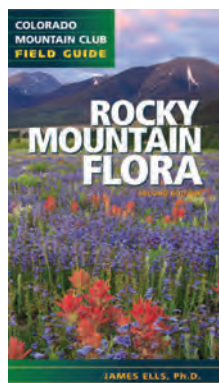
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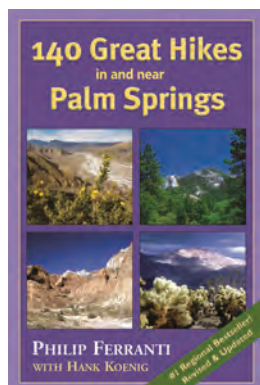
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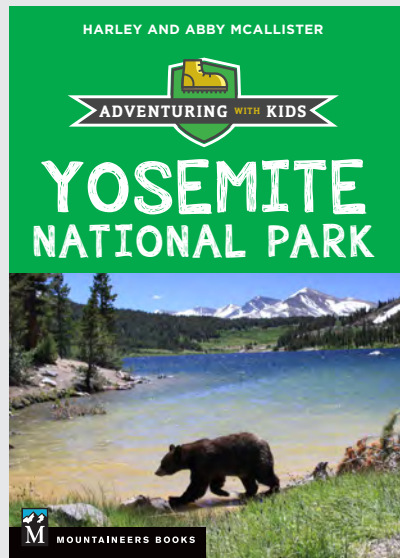
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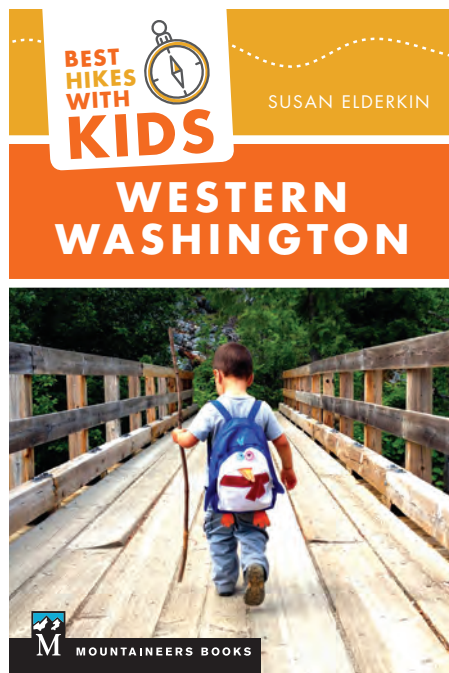
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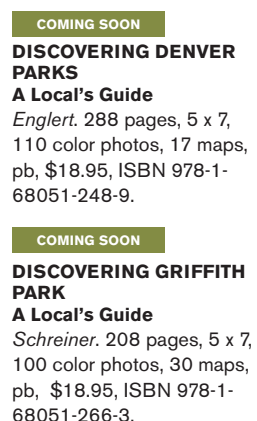
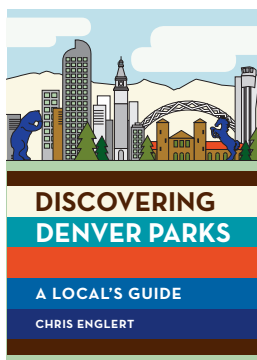
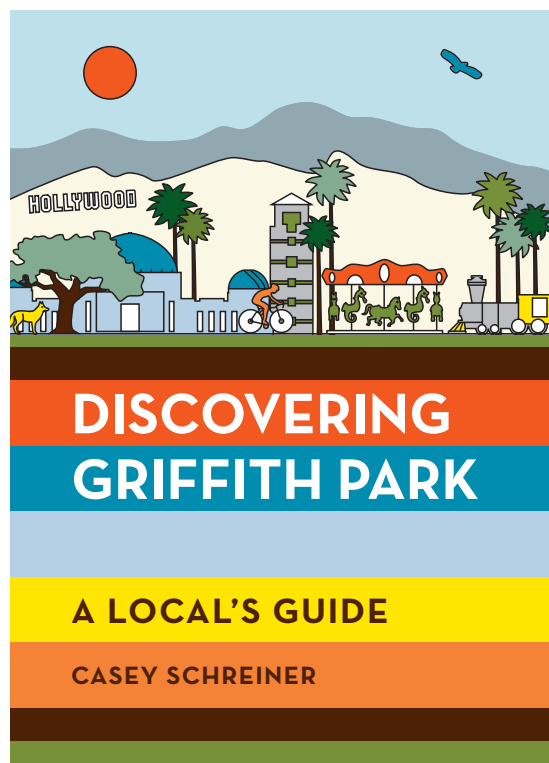
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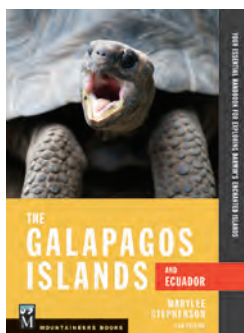
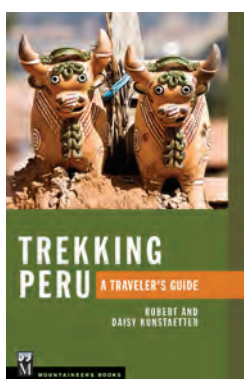
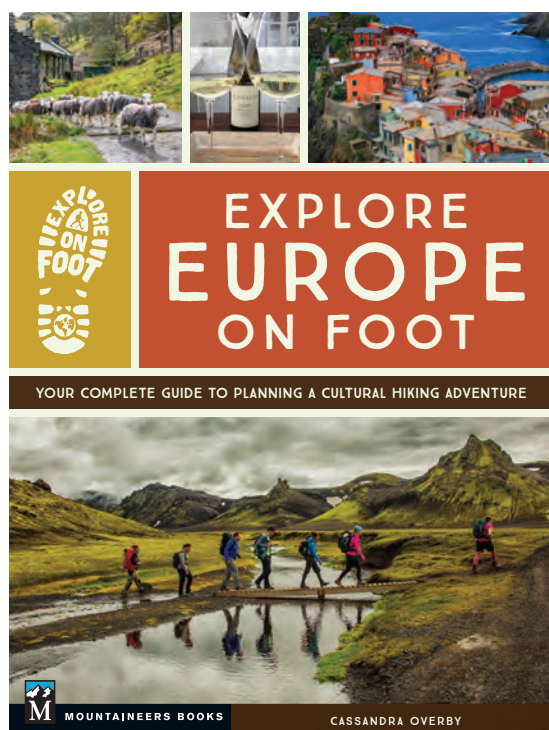


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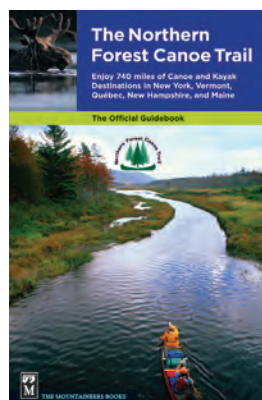
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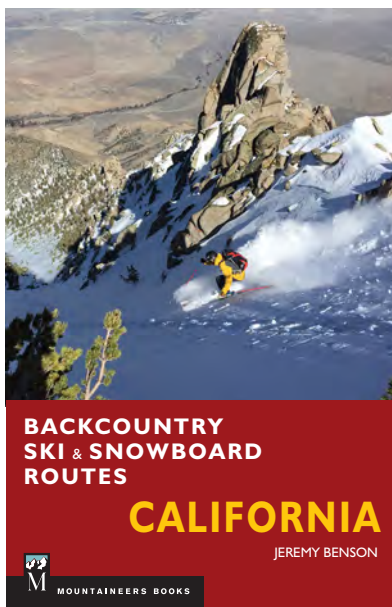
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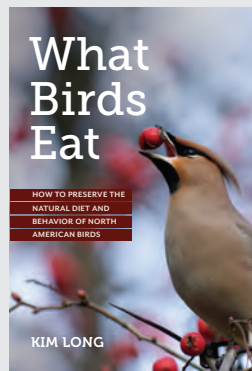
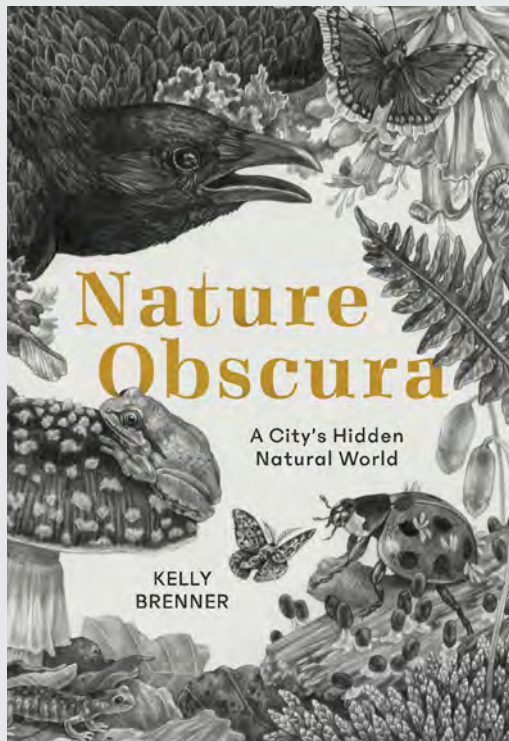
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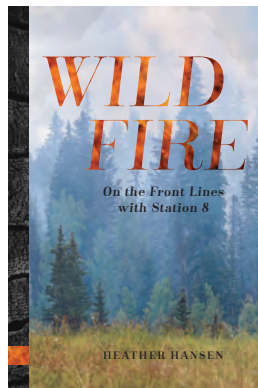
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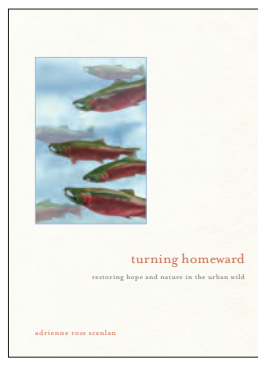
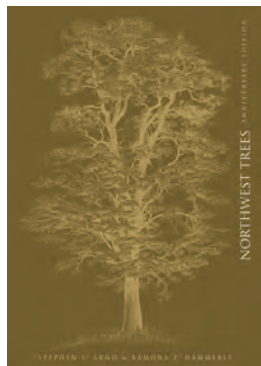
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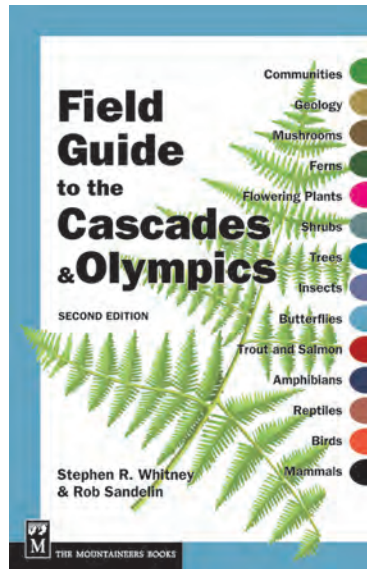
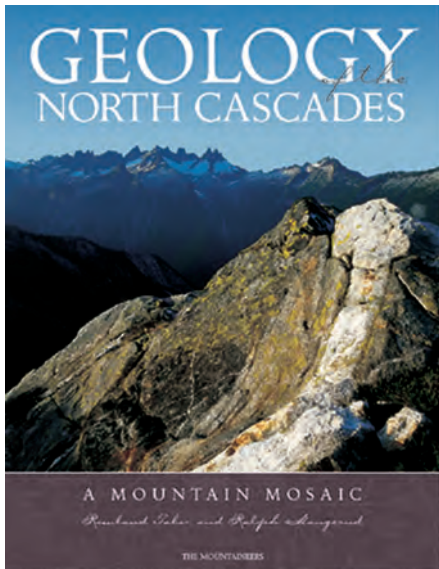
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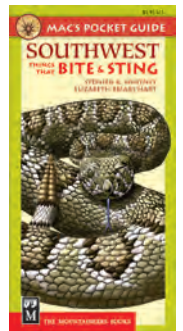


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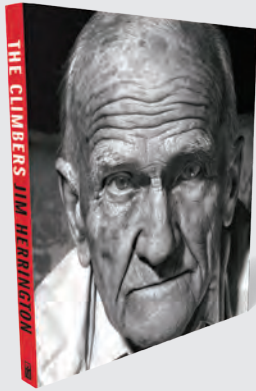
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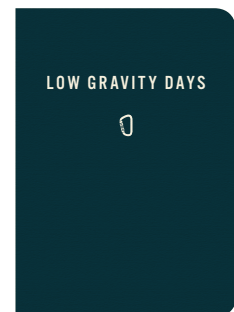
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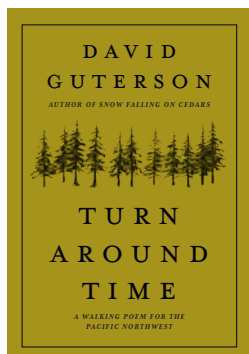
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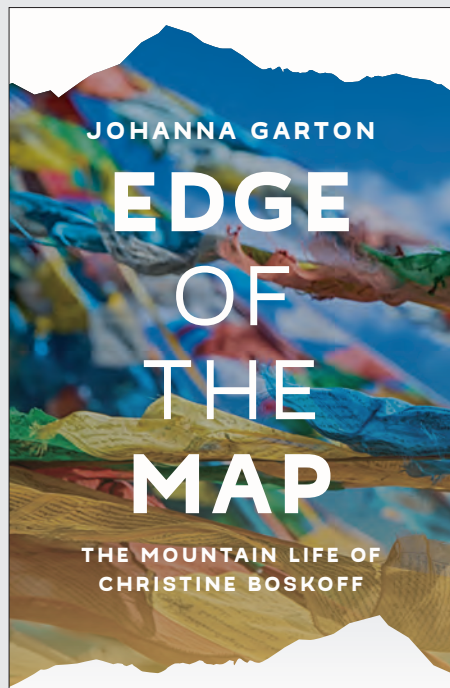


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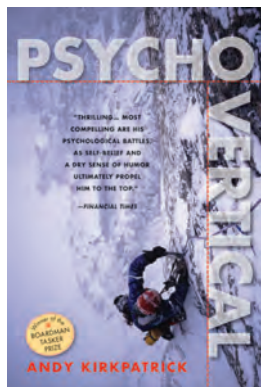
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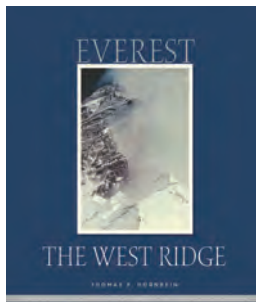
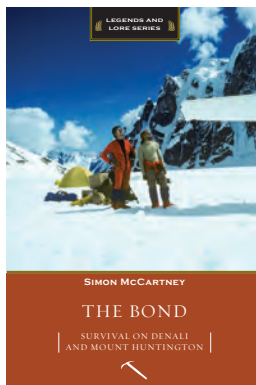
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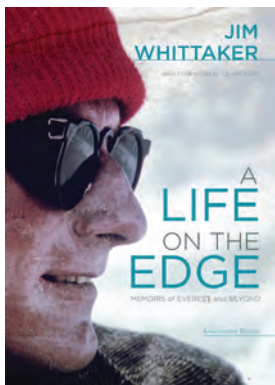
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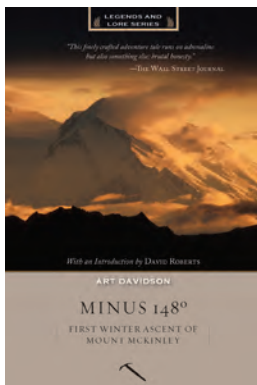
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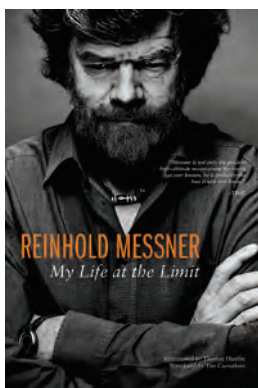
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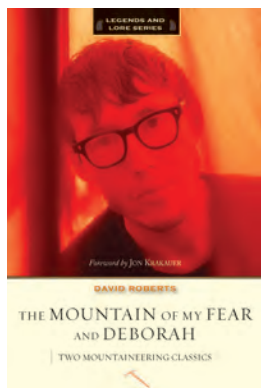


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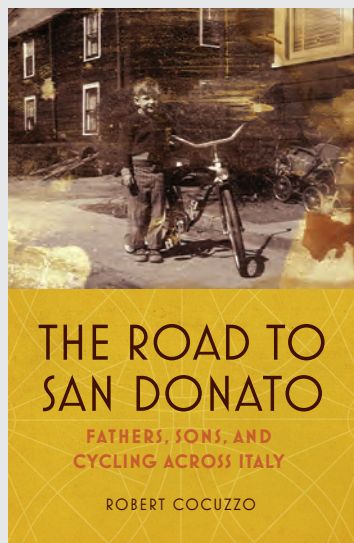
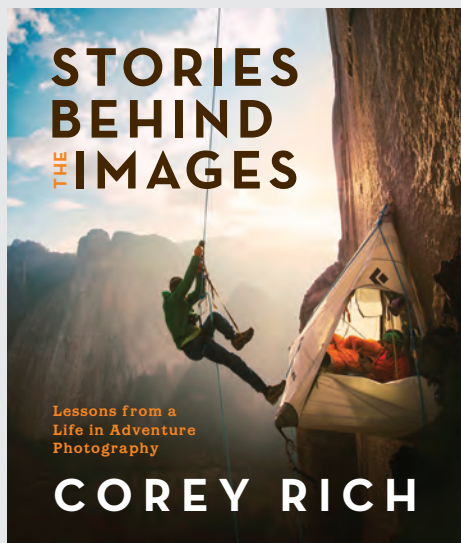
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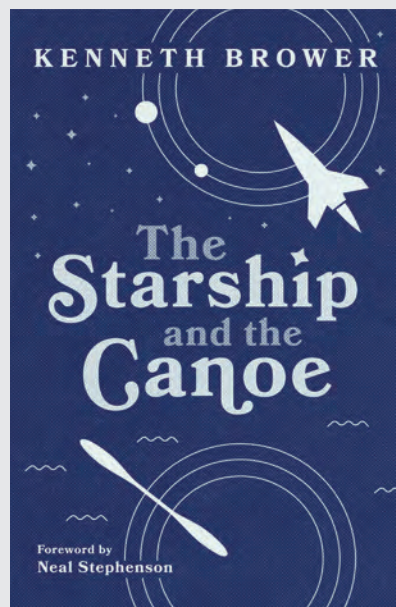
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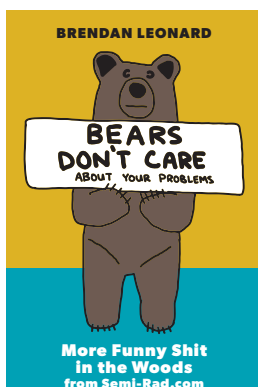
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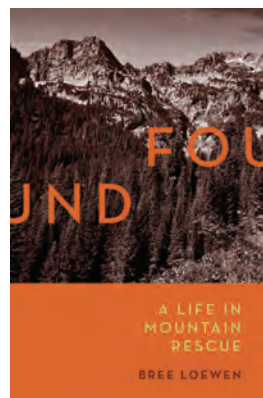
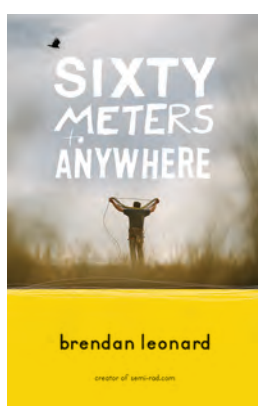
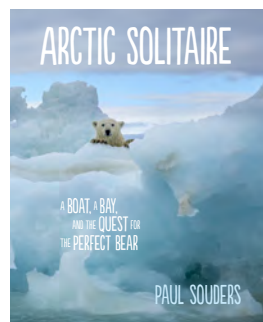
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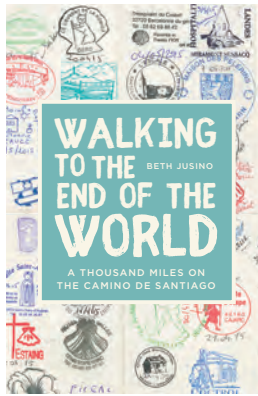
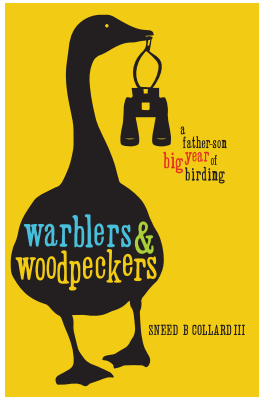
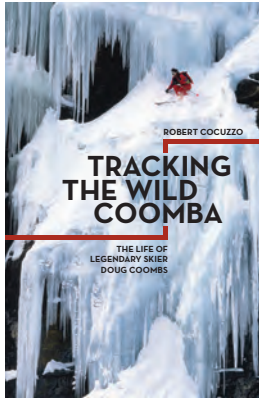
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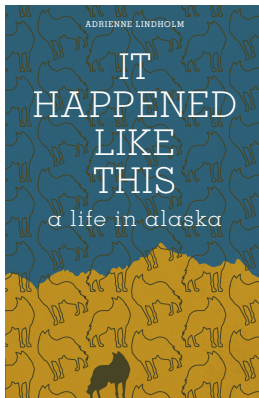
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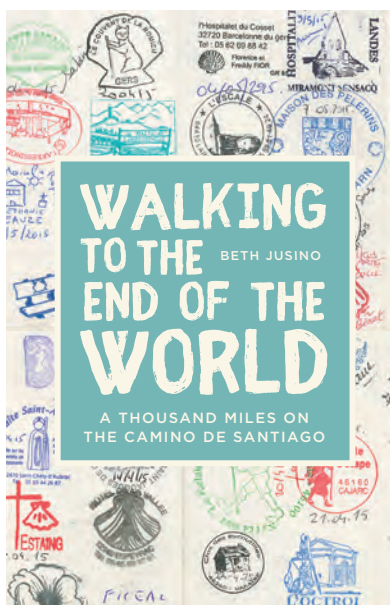
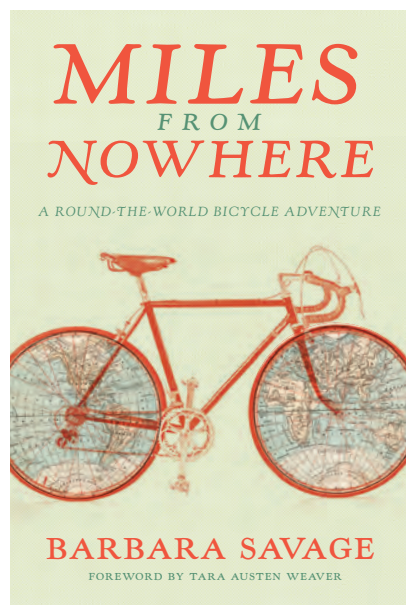
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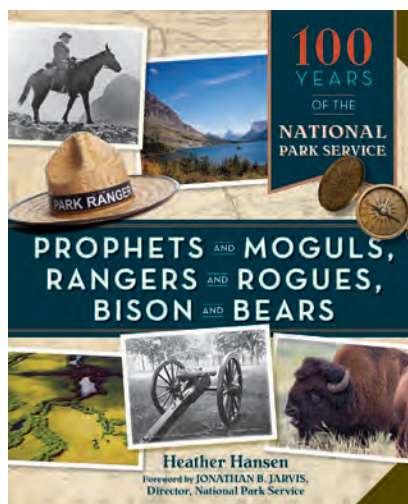
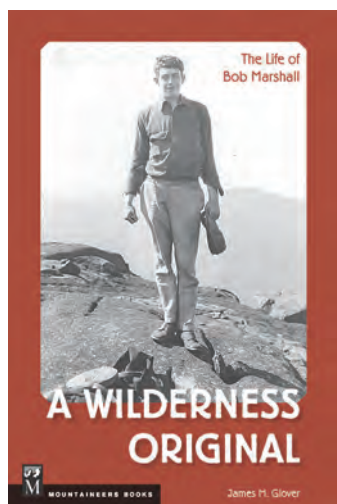
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Following is an index of titles sorted by region. We've indexed guidebooks here to make it easy to find the ones that are near you. Also included are some narrative adventures, because it's always fun to read stories that took place near where you 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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1. Osceola, Wisconsin -
Escanaba, Michigan (392 miles)
2. Escanaba, Michigan - Mackinaw
City, Michigan (151 miles)
3. Mackinaw City, Michigan -
Monroeville, Indiana (545 miles)
Northern Tier Bicycle Route, 41
1. Anacortes, Washington -
Sandpoint, Idaho (462 miles)
2. Sandpoint, Idaho - Cut Bank,
Montana (447 miles)
3. Cut Bank, Montana - Dickinson,
North Dakota (544 miles)
4. Dickinson, North Dakota
- Fargo, North Dakota (351 miles)
5. Fargo, North Dakota - Walker,
Minnesota (175 miles)
6. Walker, Minnesota - Stillwater,
Minnesota (262 miles)
7. Stillwater, Minnesota -
Muscatine, Iowa (391 miles)
8. Muscatine, Iowa - Monroeville,
Indiana (402 miles)
9. Monroeville, Indiana - Orchard
Park, New York (409 miles)
10. Orchard Park, New York -
Ticonderoga, New York (421
miles)
11. Ticonderoga, New York - Bar
Harbor, Maine (402 miles)
Pacific Coast Bicycle Route, 41
1. Vancouver, British Columbia -
Astoria, Oregon (402 miles)
2. Astoria, Oregon - Crescent
City, California (408 miles)
3. Crescent City, California - San
Francisco, California (412 miles)
4. San Francisco, California -
Santa Barbara, California (384
miles)
5. Santa Barbara, California -
Imperial Beach, California (249
miles)
Route 66 Bicycle Route, 41
1. Chicago, Illinois - St. Louis,
Missouri (329 miles)
2. St. Louis, Missouri - Joplin,
Missouri (327 miles)
3. Joplin, Missouri - Adrian, Texas
(567 miles)
4. Adrian, Texas - Gallup, New
Mexico (500 miles)
5. Gallup, New Mexico - Oatman,
Arizona (404 miles)
6. Oatman, Arizona - Santa
Monica, California (360 miles)
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1. Sumas, Washington -
Mt. Rainier National Park,
Washington (447 miles)
2. Mt. Rainier NP, Washington
- Crater Lake NP, Oregon (446
miles)
3. Crater Lake NP, Oregon -
Truckee, California (459 miles)
4. Truckee, California - Lake
Isabella, California (558 miles)
5. Lake Isabella, California -
Tecate, California (486 miles)
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1. San Diego, California - Tempe,
Arizona (413 miles)
2. Tempe, Arizona - El Paso,
Texas (524 miles)
3. El Paso, Texas - Del Rio, Texas
(522 miles)
4. Del Rio, Texas - Navasota,
Texas (432 miles)
5. Navasota, Texas - New Roads,
Louisiana (385 miles)
6. New Roads, Louisiana -
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7. DeFuniak Springs, Florida - St.
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3. Baker City, Oregon - Missoula,
Montana (419 miles)
4. Missoula, Montana - West
Yellowstone, Montana (329 miles)
5. West Yellowstone, Montana -
Rawlins, Wyoming (351 miles)
6. Rawlins, Wyoming - Pueblo,
Colorado (387 miles)
7. Pueblo, Colorado - Alexander,
Kansas (289 miles)
8. Alexander, Kansas - Girard,
Kansas (331 miles)
9. Girard, Kansas - Murphysboro,
Illinois (409 miles)
10. Murphysboro, Illinois - Berea,
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3. Owensboro, Kentucky -
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5. Erie, Pennsylvania - Owen
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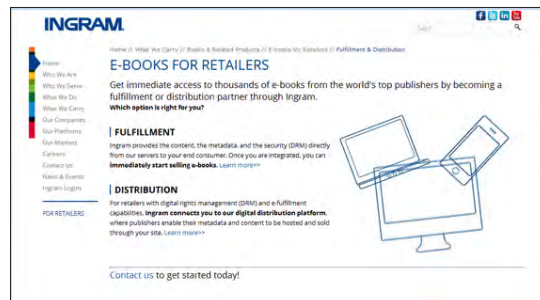
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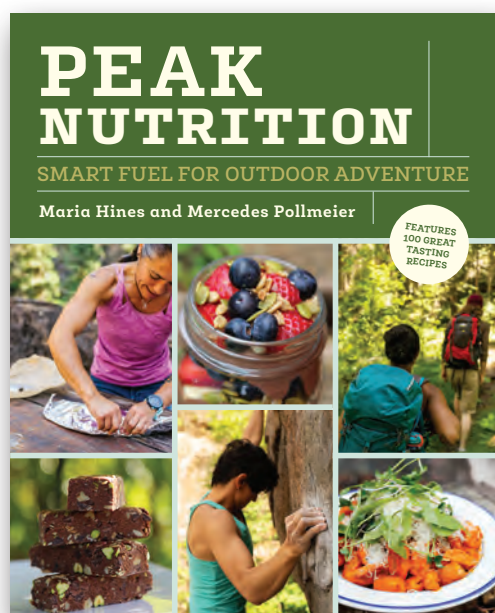


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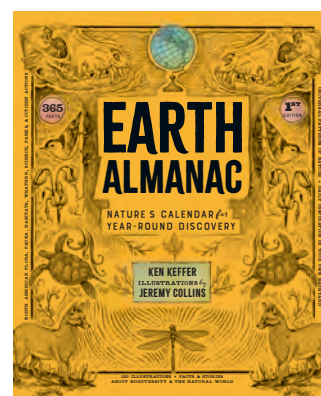
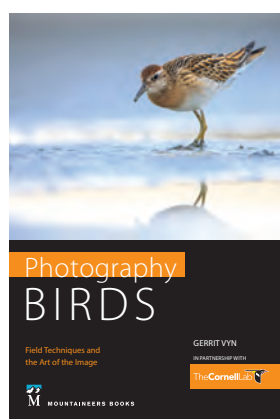
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