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.

It's all about the outdoors.

Mountaineers Books is an independent nonprofit publisher.
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**S K I P S T O N E** 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.

**B R A I D E D  R I V E R** 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.
STORIES BEHIND THE IMAGES
Lessons from a Life in Adventure Photography
COREY RICH

AVAILABLE IN SEPTEMBER

288 pages | 8 ½ x 10 | $29.95 | paperback
130 color photos
ACTION SPORTS/PHOTOGRAPHY | Rights: World

No one has documented the growth of outdoor adventure culture quite like Corey Rich.

The author is one of the most sought-after photographers in action sports.
Energetic, thoughtful, and humorous essays reveal how iconic images of climbers, kayakers, surfers, explorers, runners, and more were captured.
Extreme environments require an extreme photographer!

From his early days working out of his dorm room and shooting on film to becoming a Nikon ambassador and official photographer of the historic Dawn Wall ascent, Corey Rich has been capturing iconic shots of adventure superstars for more than two decades. Now Corey tells how he got some of his favorite images of climbers, adventurers, skiers, performance artists, and more. He shares insights into the business of photography, photography tips, outdoor lessons, and what he has learned about human nature along the way. Featured outdoor athletes include:

- Tommy Caldwell
- Project Bandaloop
- Beth Rodden
- Lynn Hill
- Ashima Shiraishi
- Kelly Slater
- Bear Grylls
- Alex Honnold
- Fred Beckey
- and many more

COREY RICH’s career began in the ’90s when, as a college kid, he traveled the country in a beat-up Honda Civic, photographing rock climbers. As his skills and reputation grew along with the popularity of climbing and other action sports, Corey was there to tell the stories of some of the world’s best athletes. Corey’s work has appeared on nearly 100 magazine covers and in the pages of the New York Times Magazine, Sports Illustrated, and National Geographic. He lives in South Lake Tahoe with his family.

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• Tommy Caldwell
• Project Bandaloop
• Beth Rodden
• Lynn Hill
• Ashima Shiraishi
• Kelly Slater
• Bear Grylls
• Alex Honnold
• Fred Beckey
• and many more
When I was thirteen years old, I won a pull-up contest. I did thirty-five and shattered the school record. It ended up being one of the more pivotal moments of my life.

It wasn’t classmate recognition that made this moment memorable, however. It was what happened next. A teacher, Bob Porter, took notice of my thirty-five pull-ups and invited me to go rock climbing with him. “Not bad, kid. You ever climb rocks?” he asked. The following Saturday, at 5 a.m., my father dropped my older brother, Scott, and me off at the parking lot of the Quartz Hill High School in Antelope Valley, California. Bob and the math teacher, George Egbert, were already there waiting.

We loaded up into our teacher’s truck. As soon as we pulled out of the lot, Bob ripped open a box of forty powdered donuts and placed them on the center console. “Help yourselves, fellas!” he said.

Moments later, he had a large coffee from 7-Eleven in one hand, and a can of Budweiser in the other, and he was steering with his knees. Given that I don’t know the statute of limitations for this sort of behavior, let’s be safe and say that the can of beer was closed, OK? Sugar, caffeine, alcohol, and danger—and no parents in sight. I instantly knew this was the life for me.

We spent the day climbing at Dome Rock, just down the road from the more famous Needles. I fell in love with climbing immediately. It was a physical, mental, and emotional experience—challenging in every meaningful way. And it was all taking place in a beautiful, wild setting unlike any I’d seen before. Most important, I was having an experience that would become a story that I could call my own.

I picked up my first camera the very next week.

To me, climbing and photography will forever be two passions intertwined. They are merely the weird, quirky, and sometimes adventurous vehicles that have allowed me to do what I really love most: explore the world and come home with good stories.

Stories Behind the Images is a culmination of a passion that was first instilled in me when I was thirteen years old, climbed my first real rock climbs, and picked up my first camera. What it has become is a testament to the power of adventure, creativity, and passion—and the fact that owning a camera is a pretty damn great excuse to go out there, explore the world, and start collecting stories of your own.

(This excerpt has been edited for length.)
**TURN AROUND TIME**

*A Walking Poem for the Pacific Northwest*

DAVID GUTERSON  
ILLUSTRATIONS BY JUSTIN GIBBENS

AVAILABLE IN SEPTEMBER

144 pages | 5 x 7¼ | $21.95 | hardcover  
NORTHWEST/REGIONAL LITERATURE/GIFT  
Rights: English language

The ultimate Northwest gift: a narrative poem about trails and hiking, wilderness and wonder, aging and myth—by one of the region’s most beloved writers

---

- Reflections on life and landscape expressed in elegant verse  
- By the New York Times best-selling author of *Snow Falling on Cedars*  
- Beautiful, illustrated package

Most outdoor enthusiasts understand the phrase “turn around time” as that point in an adventure when you must cease heading out in order to have enough time to safely return to camp or home—regardless of whether you have reached your destination. For award-winning novelist David Guterson, it is also a metaphor for where we find ourselves in the middle of our lives, and his new narrative poem explores this idea through a lyrical journey along a trail, much like those in Washington’s mountain ranges he hiked while growing up.

Even outdoor-lovers who are not normally readers of poetry will relate to the physicality of hiking represented here, from endless trail switchbacks to foot and ankle pains. There is a fast-moving, propulsive quality to David’s writing, with lush language, vivid imagery, and pacing that resonates as a journey on foot. His words are brought further to life by the delicate yet mythical illustrations by award-winning artist Justin Gibbens.

---

**DAVID GUTERSON** is a novelist, short story writer, poet, essayist, and journalist. He is best known for his award-winning debut novel, *Snow Falling on Cedars*, which won both the PEN/Faulkner Award and the American Booksellers Association Book of the Year Award. It has sold more than four million copies and was adapted as a major motion picture. He lives on Bainbridge Island near Seattle with his wife Robin. They have five children.

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@davidgutersonauthor

The work of artist **JUSTIN GIBBENS** is collected by individuals and institutions, including Washington Arts Consortium, Grinnell College, Microsoft, and the Tacoma Art Museum. He is represented by G. Gibson Gallery in Seattle and Elizabeth Leach Gallery in Portland and lives in Thorp, Washington.

**ONLINE:**  
JustinGibbens.com
**THE ROAD TO SAN DONATO**

*Fathers, Sons, and Cycling Across Italy*

ROBERT COCUZZO

**AVAILABLE IN SEPTEMBER**

224 pages | 5½ x 8½ | $24.95 | hardcover
25 color photos | 1 map
ISBN 978-1-68051-244-1 | ebook 978-1-68051-245-8

**MEMOIR/ADVENTURE TRAVEL/CYCLING**

Rights: English language

A father–son adventure story set under the warm Tuscan sun, and exploring Italy's famed cycling community and the long, historic reach of World War II

- Cycling together reveals new aspects of a father–son relationship
- The village of San Donato is full of unexpected family and history
- Italy is one of the top cycling destinations in the world

The Road to San Donato is an adventurous and nostalgic bicycling memoir of an American father and son tracing their Italian heritage. Riding rental bikes and carrying a bare minimum of supplies, Rob Cocuzzo and his sixty-four-year-old father, Stephen, embark on a 425-mile ride from Florence to San Donato Val di Comino, an ancient village in the mountains outside of Rome from which the Cocuzzo family emigrated a hundred years earlier.

Prompted by Rob's ailing grandfather, who regrets having never visited his home village, the two cyclists pledge to make the trip in the old man's honor. Despite an expired passport, getting lost, some near misses, and other misadventures, the father and son finally reach the quirky village of San Donato. For Italian Jews in the 1940s, the road to San Donato was one of exile, and many of the people in the village banded together to protect nearly a hundred Jews. While meeting his many new “cousins,” Rob attempts to unlock this history and glean what role his family played at the time—resistors or collaborators? The Road to San Donato is a generational story that many Americans share and a travel adventure not to be missed.

**ROBERT COCUZZO** is an editor, journalist, and author of the critically acclaimed *Tracking the Wild Coomba: The Life of Legendary Skier Doug Coombs*. He is also the editor of Nantucket Magazine and has written for *Outside, Town & Country, Departures, Luxury*, and *Boston Common*. Rob and his wife, Jenny, live with their daughter in Arlington, Massachusetts.

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**MORE ADVENTURES**
BRENDAN LEONARD

BEARS DON’T CARE ABOUT YOUR PROBLEMS

More Funny Shit in the Woods from Semi-Rad.com

BRENDAN LEONARD
FOREWORD BY STEVE CASIMIRO

AVAILABLE IN AUGUST

224 pages | 5½ x 8½ | $18.95 | paperback
80 color illustrations
OUTDOOR ADVENTURE/HUMOR | Rights: World

There’s a reason Semi-Rad has thousands of followers—Brendan Leonard’s observations about life are both hilarious and thoughtful.

More than 1.5 million visitors have shared Semi-Rad.com posts, creating some of the most viral outdoor content on the internet

75 essays and 80 illustrations

If you’ve ever considered the absurdity of sleeping on the ground in a place where bears live, pooping in a bag on a glacier, or trying to teach someone you love a sport that scares them to the point of loudly threatening to kill you in front of strangers, Bears Don’t Care About Your Problems will make you laugh. Author and creator of Semi-Rad, Brendan Leonard is part Dave Barry, part Gary Larson, and 100 percent twisted in his own fresh way. The Semi-Rad perspective has become the funny, introspective voice of outdoor Everyman and Everywoman adventurers.

BRENDAN LEONARD is the creator of Semi-Rad.com and the author of eight books, including Funny Shit in the Woods and the acclaimed Sixty Meters to Anywhere. His work has appeared in Alpinist, CNN, Outside, Men's Journal, National Geographic Adventure, Backpacker, Adventure Cyclist, and dozens of other publications, and he is a contributing editor at Adventure Journal and The Dirtbag Diaries podcast. Brendan and his wife live in Denver.

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ALSO BY BRENDAN LEONARD

SI 6Y M ETR S ANYWHERE

CLASSIC FRONT RANGE RAD CLIMBS

Brendan Leonard
Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport’s aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film Wide Boyz. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for:

- Jamming (finger, hand, fist, foot, arm, leg, body)
- Crack types (chimneys, liebacks, underclings, roof cracks)
- How to safely lead and place protection
- Efficient positioning and movement
- Strength recovery while climbing

Renowned crack climber **PETE WHITTAKER** regularly teaches climbing courses and presents at climbing events around the world, from festivals such as the Kendal Mountain Film Festival, The Telegraph London Outdoor Show, and Banff Mountain Film and Book Festival, to local climbing clubs, gyms, and walls. He makes his home in Sheffield, England.

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**YOU MAY ALSO LIKE**
Hiker Trash
Notes, Sketches, and Other Detritus from the Appalachian Trail

Sarah Kaizar
Photography by Nicholas Reichard

Available in September

128 pages 10 x 8 $21.95 hardcover
45 color photos 35 color illustrations 1 map
Hiking/Art Rights: World

A visual ode to the oldest long-distance trail in the United States—and to the community that keeps it thriving

Sarah Kaizar is an artist, illustrator, and web and graphic designer living in Philadelphia. She holds a BFA from Tyler School of Art. Before thru-hiking the AT in 2015, Sarah worked as a web producer for Philadelphia’s local public broadcasting station WHYY. Post-trail, she started her own company, Rally Caller, which offers a line of eco-friendly art prints, stationery, and novelties featuring her illustrations of rare and endangered species.

Online:
RallyCaller.com
SarahKaizar.com
@rallycaller

You may also like

Perfect keepsake for anyone who has hiked the Appalachian Trail (AT), plans to hike it, or knows someone who has

2.5 million people hike a portion of the AT each year

Gorgeous and uplifting presentation

A collage of backpacking culture, Hiker Trash offers a glimpse of the off-beat, diverse community that is drawn to thru-hiking the country’s oldest long-distance trail. It features a collection of original illustrations by author and artist Sarah Kaizar, as well as color photos by Nicholas Reichard and excerpts from the Appalachian Trail’s famed shelter log books that highlight hikers’ thoughts, fears, frustrations, and joys.

Kaizar thru-hiked the AT in 2015, a six-month, 2,200-mile journey through fourteen states during which she had plenty of time to reflect and heal following the death of her father. Intricate and arresting, her drawings are created in pen-and-ink with colorful acrylic washes; they capture the character of the trail and its shelters as well as the hikers who find respite under the roofs and in the log pages. Fellow AT thru-hiker and professional photographer Nicholas Reichard’s images provide another layer of perspective and community.
When I returned home from the trail and finally sat down to put pen to paper to illustrate my journey, it was the shelters that, perhaps inevitably, took shape first. I found myself constantly pulled back to my memories of the hikers and the rotating community these shelters housed. These were the places where I found connection, and these were the people who shaped my trail experience.

I met many people on the AT seeking some sort of recalibration during a significant life transition—whether they were recently retired or divorced, newly graduated from college or high school, pursuing sobriety, or like me, seeking relief from grief. Some were working through a midlife crisis or, most commonly, dealing with a more general existential angst. One hiker nervously confessed as we were approaching the end of the trail together, “I realized I’ve been obsessed with finishing this thing because I assumed that I’d have everything figured out once I reached the end. Now I’m not sure if the answer is there, and I don’t know what to do.”

I met thru-hikers who came from Australia, Germany, Norway, and Sweden. These foreign travelers hiked the AT because they believed it was the best way to see America.

One hiker I met early on was a member of the Wounded Warrior Project, an organization serving “veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.” This hiker explained to me that he couldn’t sleep in the community shelters because he had night terrors so severe that he worried he would unintentionally attack someone in his sleep. Another veteran on the trail warned everyone at camp to announce themselves from a distance if they were hiking behind him, because he wasn’t yet able to control his reactions if startled.

I met hikers who came for the sense of adventure or simply as a way to embrace life.

I crossed paths with poets, photographers, writers, musicians, filmmakers, artists. I met a lot of software engineers.
WE ARE PUGET SOUND

DAVID WORKMAN, WITH LEONARD FORSMAN AND MINDY ROBERTS
PHOTOGRAPHY BY BRIAN WALSH AND OTHER CONTRIBUTORS
FOREWORD BY MARTHA KONGSGAARD

AVAILABLE IN OCTOBER

208 pages | 10 x 9 | $29.95
Paperback with flaps | 125 color photos
ISBN 978-1-68051-258-8
NATURAL HISTORY/CONSERVATION | Rights: World

The health of Puget Sound is in jeopardy and its future depends on the collaboration of dedicated individuals and organizations.

- Part of a multi-year, multimedia campaign by the Washington Environmental Council to engage the whole region in saving Puget Sound
- A rich blend of history, natural history, and an earnest examination of the choices that must be made to protect this precious place on the planet

Puget Sound is a magnificent and intricate estuary, the very core of life in Western Washington. Yet it's also a place of broader significance: rivers rush from the Cascade and Olympic mountains and Canada's coastal ranges through varied watersheds to feed the Sound, which forms the southern portion of a complex, international ecosystem known as the Salish Sea.

A rich, life-sustaining home shared by two countries, as well as 50-plus Native American Tribes and First Nations, the Salish Sea is also a huge economic engine, with outdoor recreation and commercial shellfish harvesting alone worth $10.2 billion. But this spectacular inland sea is suffering. Pollution and habitat loss, human population growth, ocean acidification, climate change, and toxins from wastewater and storm runoff present formidable challenges.

We Are Puget Sound amplifies the voices and ideas behind saving Puget Sound, and it will help engage and inspire citizens around the region to join together to preserve its ecosystem and the livelihoods that depend on it.

Journalist and editor DAVID WORKMAN has been a communications and education director for state agencies in Washington. He lives in Olympia.

Award-winning photographer BRIAN WALSH is an environmental planner who has served in a variety of state departments. He lives in Olympia.

LEONARD FORSMAN is the chairman of the Suquamish Tribe and has served on the tribal council for more than two decades.

DR. MINDY ROBERTS leads the Puget Sound program at the Washington Environmental Council, advocating for clean water, healthy habitat, and renewed leadership to recover and protect Puget Sound. She lives in Seattle.

ONLINE:
WeArePugetSound.org

YOU MAY ALSO LIKE
THE BIG THAW

Ancient Carbon, Modern Science, and a Race to Save the World

ERIC SCIGLIANO, WITH DR. ROBERT MAX HOLMES, DR. SUSAN NATALI, AND DR. JOHN SCHADE

PHOTOGRAPHY BY CHRIS LINDER

EPILOGUE BY THEODORE ROOSEVELT IV

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176 pages | 10 x 9 | $35 | hardcover

120 color photos | 1 map


NATURAL HISTORY | Rights: World

A team of scientists is urgently working to understand the ticking carbon bomb locked in permafrost soils which are thawing at an alarming rate.


Dr. Robert Max Holmes is deputy director and senior scientist at the Woods Hole Research Center in Massachusetts. He lives in Falmouth, Massachusetts.

Dr. Susan Natali is an associate scientist at the Woods Hole Research Center. She lives in Falmouth, Massachusetts.

Chris Linder is a professional photographer, filmmaker, and lecturer, with a master’s degree from the Massachusetts Institute of Technology and the Woods Hole Oceanographic Institution. Chris lives in Potomac, Maryland.

John Schade is a Distinguished Visiting Scientist at the Woods Hole Research Center and the Education Coordinator for the Polaris Project. He currently lives in East Falmouth, Massachusetts.

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The team of scientists is urgently working to understand the ticking carbon bomb locked in permafrost soils which are thawing at an alarming rate.

Permafrost—dark, ice-flaked, permanently frozen ground that lies under tundra and boreal forests across our northern regions—covers more than 12 percent of the earth’s land mass. It exists in places that seem otherworldly and unimaginably remote to most of us, but the changes taking place in the permafrost layer may ultimately affect the lives of every person on Earth.

In The Big Thaw, readers meet a diverse team of scientists and students who have been studying the permafrost and what lies beneath: a vast store of ancient carbon, more than four times the quantity found in all of today’s forests, which is releasing carbon dioxide and methane as the permafrost melts. The release of all this carbon would alter Earth’s climate forever. Braving endless hordes of mosquitoes, quicksand, and extreme temperatures, the researchers are racing against the clock to educate us all about the changes we must make in order to preserve Earth’s carbon balance.
LEGENDS & LORE SERIES

• Memoir of an elite alpinist
• Authentic story of rising above limitations to realize your potential

In 1986, Sharon Wood was part of a self-supported Canadian team with big ambitions: they were attempting to reach the summit of Everest via a variation on the dangerous West Ridge. And they intended that Wood would be the first North American woman to reach the summit. At the same time, however, there was an American team on the mountain with a plan to make Annie Whitehouse the first North American woman. The American climbers were attempting an easier route, but their team included, by coincidence, Wood’s ex-boyfriend, acclaimed mountaineer Carlos Buhler, now dating Whitehouse—certainly the makings of an exciting adventure and high-altitude drama!

But Sharon’s new memoir offers much more. Fast-paced and highly readable, Rising is a thoughtful literary story redolent with twists and turns, relatable characters and dialogue, and mental and emotional conflicts. Although Everest casts a long shadow, the mountain serves here as a stage for a more human story, not one of conquest.

SHARON WOOD is an internationally certified alpine guide and was recognized with the “Mountaineer of the Year Award” in 1987 by the American Alpine Club. She is a writer, business owner, and sought-after professional speaker. Her writing has appeared in The Vancouver Magazine and in Everest: The Best Writing and Pictures from Seventy Years of Human Endeavour. Sharon lives in Canmore, Alberta, where she continues to teach and guide in the Canadian Rockies.

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SharonWood.net

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RISING
Becoming the First North American Woman on Everest
SHARON WOOD

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272 pages | 6 x 9 | $24.95 | hardcover
25 b&w photos
MEMOIR/MOUNTAINEERING | Rights: US

Inspirational life story of personal growth and achievement by the first North American woman to reach the summit of Mount Everest
WILD SHOTS
A Photographer’s Life in Alaska
TOM WALKER

AVAILABLE IN SEPTEMBER

256 pages | 6 x 9 | $19.95 | paperback
40 color photos
ISBN 978-1-68051-227-4 | ebook 978-1-68051-228-1
ALASKA/MEMOIR/PHOTOGRAPHY | Rights: World

A rich, authentic, and varied memoir of life in Alaska’s wilds

• Fellow Alaska authors and photographers Nick Jans, Seth Kantner, and Carl Battreall credit Tom Walker with inspiring them.
• Each chapter focuses on a different wilderness experience, species, and landscape.

This new memoir by renowned wildlife photographer, author, and naturalist Tom Walker shares his adventures living in Alaska for more than five decades. *Wild Shots* blends natural history with stories about Walker’s wide-ranging forays into the wilderness to photograph animals—beginning as a clueless “cheechako” (newcomer), but ultimately becoming a seasoned old-timer revered by many. Vivid, clear prose beautifully captures the landscape both around his home just outside of Denali National Park and wilderness destinations across the state.

Following a loose chronology, Tom tracks his evolution as a novice wildlife watcher raised in the dusty hinterlands of Southern California to a more knowledgeable observer to homesteader and photographer to vocal conservationist. Collectively, the stories convey how, through all life’s travails, nature remains his source of inspiration, joy, and solace through visceral experience and his patient lens.

**TOM WALKER** has lived in Alaska for fifty years and is the author of more than a dozen books centered on his adopted home. A freelance photographer and writer, his work has been published in *Alaska Magazine, Field and Stream, Readers’ Digest, Newsweek, Audubon, Sierra,* and many other regional and national publications. Tom lives in Denali Park.

**ONLINE:**
TomWalkerPhotography.com

**ALSO BY TOM WALKER**

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- Hikes range from easy nature walks to more challenging trails
- Includes must-see park features
- Portable, keepsake format

Experienced hiker and guidebook author and Southern California native Scott Turner has been exploring Joshua Tree National Park for years, fostering a deep knowledge of its geography and natural and human history. Here he provides distinct guidance for choosing the perfect hike to experience the unique landscape of the Mojave and Sonoran Deserts.

Attractive, all-color guidebooks packed with info to help readers choose activities that meet their interests:

- Day hikes from 1 to 10 miles, with elevation from 250 to 1500 feet
- Distances and elevations measured in both US Standard and metric
- Information on park campgrounds and lodges

SCOTT TURNER is an avid hiker, photographer, and author who has contributed more than 225 write-ups to ModernHiker.com. When not hiking or writing, he works with adults with chronic mental illnesses as a licensed marriage and family therapist. Scott lives with his wife and son in Carlsbad, California.

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320 pages | 6 x 9 | $24.95 | paperback
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Robust, full-color new edition of a popular guidebook to all the stunning sights in the Four Corners region!

- More than 250 hikes
- Reorganized by region around local cities and towns, making it useful for visitors and residents alike
- Brand-new full-color photographs and 85 new full-color maps

Visit pueblo ruins, admire striking arches, stroll through impressive river canyons, soak in rock art, take a backpacking trip, and more. From national parks (Zion, Bryce Canyon, Arches, Canyonlands, Grand Canyon, Mesa Verde, and Petrified Forest, Capitol Reef) to national monuments (Natural Bridges, Canyon de Chelly, Bandelier, El Morro, Colorado, Dinosaur, and Bears Ears) to several state parks and more—the Four Corners region offers endless opportunities for explorers.

Hiking Southwest Canyon Country has been helping visitors and locals plan for nearly thirty years! Beyond details on hikes and sights, author Sandra Hinchman shares helpful background on geology, climate, flora and fauna, Native cultures, and much more. For many hikes, notable nearby destinations offer even more choices for expanding your itinerary.

Sandra Hinchman lives in Moab, Utah, the heart of Canyon Country, where she retired after a long career as a professor of political science. There is no place on the planet she’d rather be than the Colorado Plateau.

ALSO SEE THESE
Lake Washington’s “Eastside” has for many years been one of the fastest-growing areas of Washington State. Yet the tech-heavy region has preserved and maintained a bounty of beautiful close-to-home trails for all to enjoy. Featuring 60 trails, stretching from Mercer Island west to the Issaquah Alps and from Bellevue north to Woodinville, this new guidebook offers just what a hard-working urbanite needs to decompress with quick access to exercise and serenity.

With an emphasis on easy access to the outdoors and fitness, features of *Urban Trails* include:

- Trailhead directions, including public transit options
- “Know Before You Go” tips for park hours, events, and more
- Trail distances and high points
- Color photos and maps
- Trailhead amenities
- Info for families and dog owners
- Sidebars on area history, nature, or special sights

Covering another fast-growing part of the state, this new guide shows locals where to go for a refreshing run, long walk, or peaceful hike right in their own backyards. The 43 South Sound routes highlight Anderson Island’s trails and parks, Maple Valley’s growing trail system, Green River Gorge greenbelt trails, trails in Auburn, Federal Way, Black Diamond, Enumclaw, Lakewood, Orting, Puyallup, DuPont, and the city of Tacoma’s historic and new trails.

**AVAILABLE IN SEPTEMBER**

288 pages  |  4 x 7  |  $17.95  |  paperback
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_DarCY KITCHING_ is the Boulder Coordinator for Walk2Connect Cooperative (walk2connect.org) who regularly leads hikes for the Boulder Walks program (bouldercolorado.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. Today she enjoys sharing her passion for “Life@3MPH” with whoever will join her.

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“Step 2. Position the middle of the hip belt over the top of

“Step 3. Main weight should be on the hip belt, with minimal load or "brain" position

“Fig. 10-6. Aperture belay device: a, in regular-friction mode; the same way as a standard aperture device, but they also

“Most women prefer a women’s

“Most of these devices look similar to other aperture devices and

“Assisted-braking belay devices are specialized devices 

“Fig. 10-7, B_V-03

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**Regional Index**

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 instructional, 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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