



Magazines for Mountaineers:

Find all of your inspiration in these up-to-date publications at Timberland Regional Library. Click the title to start your exploration!

- ✓ Place holds on specific issues & get notification when your holds come in.
- ✓ See **online articles** from the comfort of your home.

- Interested in **Hiking, Climbing & Scrambling**? Take a look at these magazines:

[Backpacker](#) (1-2 years of issues at Lacey, Olympia, Tumwater, Shelton, and Yelm Libraries. From 1994-present online via TRL Databases.)

[Climbing](#) (1 year of issues at Lacey Library. From 1999-present via TRL Databases.)

[Rock & Ice](#) (5 years of issues at Olympia Library.)

Coming this Spring: [Alpinist](#) (Olympia Library).



- **Kayaking?**

[Canoe and Kayak](#) (1-3 years at Olympia, Lacey, Tumwater, Aberdeen & Montesano Libraries. From 2010-present via TRL Databases.)

[Kayak](#) (From 2005-present via TRL Databases.)

[Paddler](#) (1-5 years at Olympia and Shelton Libraries)

[Sea Kayaker](#) (2-3 years at Olympia & Aberdeen Libraries)



- **Outdoor pursuits?**

[Outside](#) (1-3 years at Olympia, Shelton, Centralia & other Libraries.)



- **Skiing?**

[Ski](#) (From 1988-present online via TRL Databases.)

[Skiing](#) (1-3 years at Olympia, Lacey, Tumwater, and Shelton Libraries. From 1988-present online via TRL Databases.)



Follow your dreams with these other sports & fitness interests:

- **Running & Triathlons**

[Runner's World](#) (1-3 years at Olympia, Lacey, Tumwater, Aberdeen and Shelton Libraries. From 1993-last month's issue online via TRL Databases.)

[Triathlete](#) (1 year at Olympia Library)



Cycling & Mountain Biking

[Bicycling](#) (1-3 years at Olympia, Lacey, Tumwater, Centralia and Shelton Libraries. From 1993-present online via TRL Databases.)

[Bike Magazine](#) (From 1999-present online via TRL Databases.)

[Mountain Bike](#) (1 years at Ocean Park. From 1999-last month's issue online via TRL Databases.)

[Mountain Bike Action](#) (2 years at Tumwater, Shelton and Aberdeen Libraries.)



- **Yoga**

[Yoga Journal](#) (1-3 years at Lacey, Tumwater, Shelton, Yelm, Aberdeen and other Libraries. From 1998-present online via TRL Databases.)

Coming this Spring: [Yoga International](#) (Olympia Library)



- **Fitness & health**

[Men's Health](#) (1-2 years at Lacey, Tumwater, and Shelton Libraries. From 1993-present online via TRL Databases.)

[Men's Fitness](#) (1-3 years at Olympia, Lacey, and Centralia Libraries.)

[Natural Health](#) (1-2 years at Olympia, Lacey, Shelton and more Libraries. From 1993-present online via TRL Databases.)

[Self](#) (1-2 years at Olympia, Lacey, Tumwater, Centralia, Shelton and other Libraries. From 1997-present online via TRL Databases.)

[Total Health](#) (3 years at Olympia Library.)



Looking for more?

- **Timberland Regional Library magazines** are findable online @ www.trl.org.
- Click on “Research”, “Reference Databases”, then “TRL Magazines & Newspapers”.
- Log in with your library card number & PIN (last four digits of your phone number).

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