

John Muir Trail Data Book

A Hike for Mike Trout Fishing the John Muir Trail The Sierra High Route Your Complete Guide to the Arizona National Scenic Trail Spirituality and the State Wandering Ohio The Pacific Crest Trail: A Hiker's Companion (Second Edition) Pacific Crest Trail: Oregon and Washington John Muir Trail Data Book Hiking the Wonderland Trail Top Trails Lake Tahoe Discovering the John Muir Trail Anza-Borrego Desert Region 2021 the A.T. Guide Highs and Lows on the John Muir Trail Natural Rivals Trails of the Angeles Rail-Trails Southern New England The John Muir Trail Sequoia and Kings Canyon National Parks Guide to the John Muir Trail Almost Somewhere Yosemite in the Fifties The Wisdom of John Muir Walk the Sky John Muir Trail The Lone Star Hiking Trail Top Trails: Yosemite Wildflowers of the High Sierra and John Muir Trail One Best Hike: Mount Whitney Base Camp Las Vegas 50 Best Short Hikes: San Diego John Muir Trail Pacific Crest Trail Data Book Sierra Nevada 101 Hikes in Southern California Sierra South Hiking the Pacific Crest Trail: Southern California One Best Hike: Grand Canyon Epic Hikes of the World

A Hike for Mike

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike

includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Trout Fishing the John Muir Trail

The Pacific Crest National Scenic Trail (PCT) traces a 2,650-mile route from the California-Mexico border north to the border of Washington and Canada. While many hikers attempt a "thru-hike" every year, beginning in Campo, California and connecting their footsteps all the way to Manning Park, B.C., even more people enjoy "section hiking" - tackling the trail in bits and pieces. This guidebook serves as a road map to section hiking the Southern

California portion of the PCT, beginning at its southern terminus in Campo and ending 942.5 miles north at Tuolumne Meadows in Yosemite National Park. From the magical cactus gardens of the Mojave Desert to the snowy peaks of the High Sierra, this book covers one of the most biologically and geologically diverse portions of the PCT. Author Shawnté Salabert serves as your personal trail guide along the way, offering informative route descriptions, interesting sidebars, and colorful stories that will deepen your experience on this iconic trail, whether you're headed out for a weekend, a week, or a month. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features:

- Inspirational full-color guides with over 150 color photographs in each
- Trail sections of 4- to 10-night trips
- Detailed camp-to-camp route descriptions
- Easy-to-understand route maps and elevation profiles
- Details on specific campsites and most-reliable water sources
- Road access to and from various trail sections
- Info on permits, hazards, restrictions, and more
- Alternate routes and connecting trails
- Clear references to the PCT's established system of section letters, designating trail segments from Mexico to Canada

so you can easily cross-reference the guides with other PCT resources

- Key wilderness sights along the way
- Suggested itineraries

Download an errata for Hiking the PCT: Southern California for a profile fix [here](#)

The Sierra High Route

[CLICK HERE](#) to download the chapter on "Backpacking" from Hiking the Wonderland Trail "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine * Comprehensive and affectionate guide to one of the nation's iconic wilderness trails * Everything you need to help plan this 93-mile trek, whether done in one trip or several * Lavish, full-color design, yet informative and

practical, with 125 photographs and 18 maps * Find even more details, updates and added trip extensions at hikingthewonderlandtrail.com Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: * How to work with the Wonderland Trail permit reservation system, and when to apply * Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry * How to pack the perfect backpack * Food and fuel caching on the Wonderland, tips and instruction * Detailed camp-to-camp route descriptions and suggested itineraries * How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. Hiking the Wonderland Trail distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

Your Complete Guide to the Arizona National Scenic Trail

One of the world's most spectacular places, the Grand Canyon annually attracts over 4 million visitors who peer over the edge of the abyss. A smaller number of them trek from the rim to the banks of the Colorado River on one of the nation's best-known hikes. Many of these hikers are inadequately prepared for the rigors of what can be a deadly journey. This indispensable guide describes

the most popular route into the canyon -- the 16.2 mile round-trip route from the South Rim to the Colorado River. It addresses the many possible hazards (extreme heat, cold, elevation gain/loss of over 9,000 feet), gives advice on physical conditioning, and includes helpful charts, maps, and GPS waypoints for the best rest points. The hike itself is covered mile by mile, with expert coaching and hints along the way. Experienced and novice hikers alike will benefit from its encouraging, can-do approach.

Spirituality and the State

Trek the diverse terrain of Southern California, from desert to beach to mountaintop, on an easy stroll or overnight adventure, with this ultimate guide to the 101 best hikes in the Southland. Covers the Santa Monica, San Gabriel, San Jacinto, and San Bernardino mountains, and the Mojave and Colorado deserts. This updated and revised edition of one of our best-selling guidebooks includes 12 new hikes and updated information for hikes from the previous edition. All trips have been rehiked for this update. Each trip includes a map, photos, trail highlights, and symbols to tell you the basics of the trip at a glance. Each map now includes key GPS coordinates.

Wandering Ohio

A derivative of the comprehensive John Muir Trail by Sierra expert Elizabeth Wenk, this data book is perfect for the weight-conscious hiker. A brief introductory section provides planning data, including information on permits, trailhead transport, and food resupplies. This is followed by on-the-trail information, including custom-made topo maps, elevation profiles, data tables, and labeled panoramas from prominent passes. There are tables for trail junctions, nearly 300 campsites, ranger stations, food-storage lockers, and lateral

trails accessing the JMT. For detailed information on planning for your trip, considerations for hiking in the Sierra Nevada, or a trail description, those are only available in the comprehensive John Muir Trail book.

The Pacific Crest Trail: A Hiker's Companion (Second Edition)

Day One, and already she was lying in her journal. It was 1993, Suzanne Roberts had just finished college, and when her friend suggested they hike California's John Muir Trail, the adventure sounded like the perfect distraction from a difficult home life and thoughts about the future. But she never imagined that the twenty-eight-day hike would change her life. Part memoir, part nature writing, part travelogue, *Almost Somewhere* is Roberts's account of that hike. John Muir had written of the Sierra Nevada as a "vast range of light," and this was exactly what Roberts was looking for. But traveling with two girlfriends, one experienced and unflappable and the other inexperienced and bulimic, she quickly discovered that she needed a new frame of reference. Her story of a month in the backcountry—confronting bears, snowy passes, broken equipment, injuries, and strange men—is as much about finding a woman's way into outdoor experience as it is about the natural world she so eloquently describes. Candid and funny and, finally, wise, *Almost Somewhere* is not just the whimsical coming-of-age story of a young woman ill-prepared for a month in the mountains but also the reflection of a distinctly feminine view of nature.

Pacific Crest Trail: Oregon and Washington

Originally published in 1936 and limited to only 500 copies, this is a stunningly beautiful collection of Ansel Adams' photographs of the Sierra made early in his legendary career.

John Muir Trail Data Book

The new edition of this Sierra classic has been completely updated, and meticulously describes the entire trail. The book includes GPS coordinates for every junction, has separate descriptions for northbound and southbound hikers, and shows elevations and distance.

Hiking the Wonderland Trail

The Wisdom of John Muir marries the best aspects of a Muir anthology with the best aspects of a Muir biography. The fact that it is neither, and yet it is both, distinguishes this book from the many extant books on John Muir. Building on her lifelong passion for the work and philosophy of John Muir, author Anne Rowthorn has created this entirely new treatment for showcasing the great naturalist's philosophy and writings. By pairing carefully selected material from various stages of Muir's life, Rowthorn's book provides a view into the experiences, places, and people that inspired and informed Muir's words and beliefs. The reader feels able to join in with Muir's own discoveries and transformations over the arc of his life. Rowthorn is careful not to overstep her role: she stands back and lets Muir's words speak for themselves.

Top Trails Lake Tahoe

Running from Mount Whitney to Yosemite Valley in the Sierra Nevada, the 212 mile John Muir Trail passes through some of the most dramatic mountain terrain in the United States. Each year, thousands of backpackers traverse some or all of the trail, relying on Wilderness Press's John Muir Trail. The completely updated edition of this Sierra classic includes significant information found nowhere else. The new John Muir Trail meticulously describes the entire trail

and is written for today's hikers. The book includes GPS coordinates, not only for every junction, but also for every established campsite, bear box, and mountain pass that the trail crosses. The guide has separate descriptions for northbound and southbound hikers; for each direction, a junction chart shows all the trail's ups and downs.

Discovering the John Muir Trail

No ordinary guidebook, Sierra High Route leads you from point to point through a spectacular 195-mile timberline route in California's High Sierra. The route follows a general direction but no particular trail, thus causing little or no impact and allowing hikers to experience the beautiful sub-alpine region of the High Sierra in a unique way.

Anza-Borrego Desert Region

This lively account of a woman's trek on the John Muir Trail is a must-read for those who plan to hike the trail or armchair travelers who want to live the adventure vicariously. Written in journal style, the author's description of the majestic scenery, comradery of trail friends and challenges of the terrain are engaging and informative.

2021 the A.T. Guide

As the highest mountain in the lower 48 states, California's 14,505-foot Mt. Whitney is on the "life list" for many hikers. And it's no wonder: The views from the top of the 21-mile round-trip Mt. Whitney Trail are unbeatable, extending across the jagged granite peaks of the Sierra Nevada to the expansive Owens River Valley and beyond. While tremendously rewarding, this hike is demanding even for experienced trekkers. Would-be hikers need to be prepared

for the altitude, long distance, elevation gain, mountain weather, and other potential dangers. One Best Hike: Mt. Whitney by experienced hiker and author Elizabeth Wenk is a step-by-step guide that will tell you exactly how to tackle this trip with confidence.

Highs and Lows on the John Muir Trail

Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 94 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

Natural Rivals

America's national parks are some of the most powerful, beautiful, and inspiring spots on the earth. They are often considered "spiritual" places in which one can connect to oneself and to nature. But it takes a lot of work to make nature appear natural. To maintain the apparently pristine landscapes of our parks, the National Park Service must engage in traffic management, landscape design, crowd-diffusing techniques, viewpoint construction, behavioral management, and more—and to preserve the "spiritual" experience of the park, they have to keep this labor invisible. Spirituality and the State analyzes the way that the state

manages spirituality in the parks through subtle, sophisticated, unspoken, and powerful techniques. Following the demands of a secular ethos, park officials have developed strategies that slide under the church/state barrier to facilitate deep connections between visitors and the space, connections that visitors often express as spiritual. Through indirect communication, the design of trails, roads, and vista points, and the management of land, bodies and sense perception, the state invests visitors in a certain way of experiencing reality that is perceived as natural, individual, and authentic. This construction of experience naturalizes the exercise of authority and the historical, social, and political interests that lie behind it. In this way a personal, individual, nature spirituality becomes a public religion of a particularly liberal stripe. Drawing on surveys and interviews with visitors and rangers as well as analyses of park spaces, Spirituality and the State investigates the production and reception of nature and spirituality in America's national park system.

Trails of the Angeles

Venture with Chuck and Beth on the Ohio 1444-mile Buckeye Trail that is still young and undiscovered by the masses. The trail is perhaps the longest loop trail in the world. There are rock ledges, waterfalls, lazy rivers, rushing streams, lakes, state parks, Native American ceremonial mounds, covered bridges, canal towpaths, canal boat rides, pioneer homesteads, military campaigns, and museums of bicycles, airplanes, early forts, and U.S. presidents. Add to that, people to meet, with stories of their own to share. Backpacking along the trails and roads that make up the loop they tent camp, stay at state lodges, motels and fascinating bed and breakfasts. Come along on their 76-day adventure; perhaps you will find a section that entices you to take a walk.

Rail-Trails Southern New England

On the legendary John Muir Trail you pass through a land of 14,000-foot peaks, deep canyons, massive granite walls, and sparkling lakes. Here's the best guide to this 211-mile hiking wonderland, written by two of WP's most venerable authors.

The John Muir Trail

John Muir and Gifford Pinchot have often been seen as the embodiment of conflicting environmental philosophies. Muir, the preservationist and co-founder of the Sierra Club. Pinchot, the first chief of the U.S. Forest Service advocating sustainability in timber harvests, instituted conservation. The idealistic Muir saw nature as something special and separate; the pragmatic Pinchot accepted that people used the products of nature. The environmental movement's original sin, and the root of many of its difficulties, was its inability to reconcile these two viewpoints—and these two men. So how was it that Muir and Pinchot went camping together—and delighted in each other's company? Does this mean that the seemingly irreparable divide in environmental ethos is not as unbridgeable as it might seem? The perceived rivalry between these two men has obscured a fascinating and hopeful story. Muir and Pinchot actually spent years in an alliance that led to the original movement for public lands. Their shared commitment to the glories of natural landscapes united their disparate talents and viewpoints to create a fledgling and uniquely American vision of land ownership and management.

Sequoia and Kings Canyon National Parks

Top Trails Lake Tahoe explores the best trails for hiking and biking in the Tahoe area, including the north side's splendid backcountry, the lake's sedate western side, the picturesque and popular areas

south of the lake, including Desolation Wilderness and D. L. Bliss and Emerald Bay state parks and the relatively undeveloped eastern side. Several hikes follow sections of the Tahoe Rim Trail and Pacific Crest Trail. Veteran author Mike White has selected the 50 best trips in the area, ranging in length from a mile-long stroll through a lush, lodgepole-lined meadow to a 19-mile trek on the Tahoe Rim Trail with excellent lake views. The second edition includes six new trails, including a hike among brilliant autumn colors in Hunter Creek canyon and a stroll to delightful picnic spots near turbulent 200-foot Cascade Falls. Part of the award-winning Top Trails series, which features elevation profiles, detailed maps, driving directions, and innovative don't get lost trail milestones. Winner of the Benjamin Franklin Award for travel guides.

Guide to the John Muir Trail

Explore more than 50 top rail-trails and multiuse pathways across three states—Connecticut, Massachusetts, and Rhode Island—with this official guide. All across the country, unused railroad corridors have been converted to public multiuse trails. Here, the experts from Rails-to-Trails Conservancy present more than 50 destination rail-trails, as well as other multiuse pathways, in Connecticut, Massachusetts, and Rhode Island. Within these pages, you can explore two Hall of Fame Rail-Trails: the Minuteman Bikeway with its rich historical connections to the American Revolution and the East Bay Bike Path with its quintessential New England waterfront views. You'll discover trails that traverse the quiet woodlands of Connecticut and the charming communities of Rhode Island, and you'll learn about ambitious trail projects spanning multiple counties across Massachusetts, like the Mass Central Rail Trail and the Border to Boston Trail. These adventures and more await you on the many multiuse trails of the region. In this book, you'll find: Detailed maps for each trail, plus driving directions to trailheads

Icons indicating the activities each trail can accommodate Succinct descriptions written by rail-trail experts Rails-to-Trails Conservancy serves as the national voice for more than 160,000 members and supporters, more than 22,000 miles of open rail-trail across the country, and more than 8,000 miles of potential trails waiting to be built—with a goal of ensuring a better future for America made possible by trails and the connections they inspire.

Almost Somewhere

Jeff Alt convinced his wife, a woman raised with the belief that vacations include hot showers, beaches, and warm beds, to hike the 218-mile John Muir Trail to help her overcome the loss of her brother to suicide and to spread the word that depression is treatable. Readers walk vicariously alongside Jeff and Beth, through three national parks, ending atop the highest mountain in the contiguous United States. Their adventure included bear encounters, beautiful scenery, rugged trails, lightning bolts, and food shortages—and they are still happily married! *A Hike For Mike* is an inspiring and humorous true-life adventure of perseverance and overcoming adversity. Includes a chapter with valuable facts about depression that offers readers information, resources, and hope; which was reviewed and endorsed by James Blumenthal, Ph.D.; Professor of Medical Psychology at Duke University.

Yosemite in the Fifties

Companion to the classic *Yosemite in the Sixties*, this book uses the words of the climbers of the time and artfully restored photographs to chronicle the historic first ascents of Yosemite's "mile-high" granite walls, the legendary personalities who risked their lives to climb them, and how their endeavors initiated the birth of adventure sports. Better than half a century after the first ascent of El Capitan,

the deeds of Yosemite's 1950s-era Iron Age are no longer viewed as climbs or mere adventures. Rather, they are assaults on the human barrier, pushing that much higher. Yosemite in the Fifties gives the stage almost entirely over to the original source material, the first-person narratives, archive photos (artfully restored), and memorabilia particular to the seminal ascents of the era. These words, images, and design, when cast from critical angles, all reach across generations to resurrect vanished worlds. Yosemite in The Fifties is fashioned not so much as a book but as a wormhole back to an enchanted time in the history of exploration, and a classic era of Americana now lost in time.

The Wisdom of John Muir

Well marked and well maintained, the John Muir Trail runs 210 miles and is one of the most popular in the country. In addition to being a path through world-class, awe-inspiring scenery, the trail serves as a connection to many fine trout-fishing opportunities. This book covers: planning and preparation; fishing along the trail; fishing tackle; hiking gear; hiking tips; top 20 trout streams; fly recommendations; and more. So enjoy the scenery and enjoy the fishing, let this book be your hiking and fishing guide.

Walk the Sky

This completely revised and updated 8th edition of Sierra South now covers an expanded region of the Sierra, from the southern boundary of Yosemite National Park to southern Golden Trout Wilderness. With new trips and old favorites, Sierra South is the classic guide to backpacking in Sequoia and Kings Canyon national parks, Ansel Adams Wilderness, and Mt. Whitney.

John Muir Trail

Now in its expanded 5th edition, The Anza-Borrego Desert Region offers complete coverage of the over 1 million acres of desert lands, including Anza-Borrego State Park, Ocotillo Wells State Vehicular Recreation Area (OWSVRA), parts of the Santa Rosa and San Jacinto Mountains National Monument, and adjacent BLM recreational and wilderness lands.

The Lone Star Hiking Trail

A guide to the Pacific Crest Trail describes the route in detail, as well as the plants and animals hikers will see along the way, tells stories about local history, and suggests other ways to enrich this hiking experience.

Top Trails: Yosemite

The essential, cut-to-the-chase handbook to the Pacific Crest Trail, based on the comprehensive Wilderness Press guidebooks to the PCT, has been completely updated. Packed with trail-tested features, it's useful both on and off the trail, covering pre-trip planning for resupply stops, how to set daily on-the-trail mileage goals by knowing trail gradient and the locations of campsites, water sources, and facilities, and how to easily calculate distances between any two points on the trail, and how to planning both north-bound and south-bound hiking trips.

Wildflowers of the High Sierra and John Muir Trail

One of the hidden jewels of Texas, the Lone Star Hiking Trail is the only long-distance National Recreation Trail in the state. At 128 miles (including loop trails), it is also the state's longest continuously marked and maintained footpath. Located in the famed Big Thicket area in east Texas, the trail is well-suited for both short

and long hikes (of up to 10 days), appealing to dayhikers, overnight backpackers and long-distance hikers. The LSHT lies between the major metro centers of Houston-Galveston, Dallas-Fort Worth, Austin, and San Antonio--home to more than 8 million people just a 2-hour drive from the trail. The author, a Texas native, is an experienced long-distance hiker who has thru-hiked the Appalachian Trail, the Pacific Crest Trail, and many other nationally recognized long-distance trails throughout the U.S. This is the first guidebook to the trail and is officially endorsed and promoted by the Lone Star Hiking Trail Club.

One Best Hike: Mount Whitney

The rugged San Gabriel Mountains, rising starkly from the edge of the Los Angeles Basin, provide a sharp contrast to the hustle and bustle of the city and its surroundings. Angelinos across the county (a population of almost 10 million), as well as visitors from out of state, welcome the opportunity to escape from city chaos into the quiet wilderness. This 9th edition of the classic Wilderness Press guide has been revised and updated to reflect recent trail changes, and now includes trips in the Fish Canyon Narrows, along Alder Creek, and to Jones Peak, as well as perennial favorites such as Old Baldy, Mt. Wilson, and Devils Punchbowl. Each detailed trip description notes the distance, difficulty, and ideal season, and points out the highlights of the trail. The guide includes a companion 4-color waterproof topo map.

Base Camp Las Vegas

Situated in the heart of the magnificent Southwest, Las Vegas is surrounded by spectacular natural landscapes. Within easy reach are five national parks, including Zion, Grand Canyon, and Death Valley. Dozens of state parks, regional preserves, recreation areas,

and public lands offer amazing variety, from sand dunes and salt flats to alpine meadows, waterfalls, and ancient forests. Unique plant and animal life as well as archaeology, paleontology, and fascinating Wild West history are all waiting to be discovered in this region, making Las Vegas an ideal basecamp: Hikers can enjoy solitude and unspoiled wilderness by day and world-class urban amenities by night. Base Camp Las Vegas includes 101 of the best hiking destinations within hours of Las Vegas. The author has hiked each of the 101 featured routes more than once, and she describes each in detail, including route, elevations, terrain, flora & fauna, and historical details. She notes the best season for enjoying each one, what to wear, and what to take along. She describes any hazards or inconveniences that hikers might encounter and rates the difficulty of each hike from easy to strenuous. She's also included an easy-reference guide to the top five hikes in a variety of categories including birdwatching, stargazing, wildflowers, wetlands, kid and teen favorites, most strenuous, and most remote. Base Camp Las Vegas tells hikers where and when to go--and also how to prepare--to enjoy the best trails this unparalleled region has to offer.

50 Best Short Hikes: San Diego

50 Best Short Hikes San Diego highlights enough diverse routes in Southern California's showpiece city for a year of weekly hikes. From sidewalk strolls and historic neighborhoods, to wildflowers and waterfalls, pleasant pastimes and panoramic vistas unfold in this handy guidebook. As the title says, these routes are "short." They range from less than 1 mile to nearly 8 miles, with an average of 5 miles, each, over all 50 of the hikes. And all lie within 30 miles of San Diego's central core. Outdoor author and longtime San Diego resident Jerry Schad takes you from the beauty of Del Mar Crest and Beach on the north coast, to the inland Elfin Forest Recreational

Reserve. He guides you from walks in San Diego's Torrey Pines Beach and Reserve, to Rice Canyon in the south and the Hollenbeck Preserve in the east. Beaches, urban settings, nature preserves, and mountain peaks beckon locals to explore their own backyards and visitors to enjoy one of America's most stunning metropolitan environments. Detailed maps and enticing photos accompany each descriptive entry. Whether you have one hour or all day to stretch your legs, you'll find yourself turning to this guidebook again and again.

John Muir Trail

The John Muir Trail (JMT) is one of the world's most spectacular treks and is North America's best known mid-distance walking trail. It runs for 216 miles through the high Sierra Nevada mountains of California, from Yosemite Valley (El Capitan and Half-Dome) to the summit of Mount Whitney (14,496ft), the highest peak in the US outside Alaska. The route is described in 21 day stages. All you need to know to plan and prepare for your trip is contained within this guide, from obtaining trekking permits to buying trek food and forwarding food caches along the trail. Abundant advice is given on such topics as dealing with inquisitive bears, coping with altitude, negotiating river crossings, as well as tips on booking transport to and from the trailheads and on what equipment to take. In addition, there is a detailed description of the flora and fauna of this remarkable region. The walking trail, which is named after the great 19th-century Scottish naturalist, conservationist and writer John Muir, is entirely through the unspoilt wilderness of the American West and passes through three national parks: Yosemite, Kings Canyon and Sequoia National Parks.

Pacific Crest Trail Data Book

Photographic Essay of the John Muir Trail in California's Sierra Nevada Range; history of the trail's construction.

Sierra Nevada

Stretching over 2600 miles from the Mexican to the Canadian border, the Pacific Crest Trail (PCT) passes through some of the most breathtaking scenery in the U.S. Each year hundreds of hikers attempt to complete the entire trail while thousands of others take it in smaller sections. Designed for thru hikers, section hikers, and day hikers it describes the official route, occasional alternate routes, side trips, and resupply points. The new edition contains a 9-page update, including the rerouted portion of the trail in Washington between Indian Pass and Miners Creek. Winner of the Classic Award in the 2008 National Outdoor Book Awards.

101 Hikes in Southern California

The southern High Sierra, including Sequoia and Kings Canyon National Parks and the surrounding John Muir, Jennie Lakes, and Monarch Wildernesses, is one of the most magnificent natural areas in the world. Blessed with the largest trees on earth (giant sequoias), one of the deepest canyons in North America (Kings Canyon), and the highest mountain in the continental U.S. (Mt. Whitney), the greater Sequoia-Kings Canyon region offers unparalleled mountain majesty. Along with such superlatives, hundreds of miles of trail provides access to a boundless number of high mountain lakes, wildflower-covered meadows, cascading streams, deep forests, and craggy peaks. Mike White's guide is the only comprehensive guide to this portion of John Muir's Range of Light.

Sierra South

Jeffrey Schaffer has selected 46 "must-do" Yosemite hikes. Whether you're looking for a scenic stroll, a full-day adventure, or even a spectacular backpacking trip, you'll find it here. And with at-a-glance information for each hike, visitors can determine which hikes are most suitable to their skills, schedules, and preferences. Books in the affordable and easy-to-use Top Trails series feature elevation profiles, detailed maps, driving directions, and "don't get lost" trail milestones. Innovative trail-feature charts give information on which trails are child-friendly; which allow horses; where to see giant sequoias, waterfalls, lakes, wildflowers, and autumn colors; which trips have the best photo opportunities; and which have camping, running, or biking opportunities.

Hiking the Pacific Crest Trail: Southern California

Now, for the first time, Arizona visitors and residents can set out on any part of the Arizona National Scenic Trail with a 'bible' of the trail's twists and turns, its flora and fauna, and its geology. In an easy-to-use format, *Your Complete Guide to the Arizona National Scenic Trail* serves up the 800-mile trail, section by section (43 altogether) so that day-hikers as well as thru-hikers can feel confident about the route. Inspired by the magnificence of the scenery, wildlife, and diversity of terrain, this new book is an irreplaceable source for any hiker, mountain biker, or equestrian heading for the Arizona National Scenic Trail.

One Best Hike: Grand Canyon

From beginners to thru-hikers, *Discovering the John Muir Trail* has something for anyone that wants a connection with what *Backpacker Magazine* has called "The best hike in the world." Taking on the JMT is a pilgrimage because of both its beauty and accessibility. Let Damon Corso guide you across the best trails that

the John Muir Trail has to offer. Complete with full-color photography of the Sierra Nevada Mountains from acclaimed photographers like Galen Rowell and Jimmy Chin, you'll also have hikes suited to every ability, mile-by-mile directional cues, sidebars, and maps.

Epic Hikes of the World

This new book by Sierra expert Elizabeth Wenk includes photos and descriptions of approximately 300 species of wildflowers and flowering shrubs in the High Sierra. Focused on areas above 8,000 feet in elevation from Yosemite south through the Whitney Region, by restricting the collection of species to higher elevations, the book can include all commonly seen species and nearly half of all higher elevation species in a compact guide. Make plant identification more approachable to hikers, this book differentiates between species using features easily identifiable to a non-botanist. Descriptions include the species' common and scientific names, family name, growth form, flowering time, elevation range, region, specific locations on popular trails, and how to identify the plant using color, petal number, leaf shape, height, and more.

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