

Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

Trail TestedThe Pacific Crest Trailside Reader, Oregon and WashingtonTrekking WashingtonDay & Section Hikes Pacific Crest Trail: OregonPacific Crest Trail: Northern CaliforniaThe Great AlonePacific Crest Trail Data Book105 Hikes in and Around Southwestern British ColumbiaWildDances with MarmotsTorchHiking the Pacific Crest Trail: OregonGirl in the WoodsHiking the North CascadesPacific Crest Trail: Southern CaliforniaBackpacking WashingtonBig SurHiking the Pacific Crest Trail: Northern CaliforniaThe Pacific Crest TrailPacific Crest Trail: Northern CaliforniaMount Adams and Goat RocksDay Hiking Central CascadesPacific Crest TrialsHiking the Pacific Crest Trail: WashingtonWild. Film Tie-InTrekking the Planet100 Hikes in Washington's Alpine LakesDay & Section Hikes Pacific Crest Trail: WashingtonDay Hiking Mount RainierJohn Muir TrailWanderlust USAPacific Crest Trail: Southern CaliforniaPacific Crest Trail: Oregon and WashingtonSoul, Sweat and Survival on the Pacific Crest TrailSkywalkerDay Hiking Columbia River GorgeHiking Trails of the Pacific NorthwestDay and Section Hikes Pacific Crest Trail: Southern CaliforniaMoon Drive & Hike Pacific Crest TrailHiking the Pacific Crest Trail: Southern California

Trail Tested

Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada—a coming of age story, a survival story, and a triumphant story of overcoming emotional devastation. On her second night of college, Aspen was raped by a fellow student. Overprotected by her parents who discouraged her from telling of the attack, Aspen was confused and ashamed. Dealing with a problem that has sadly become all too common on college campuses around the country, she stumbled through her first semester—a challenging time made even harder by the coldness of her college's "conflict mediation" process. Her desperation growing, she made a bold decision: She would seek healing in the freedom of the wild, on the 2,650-mile Pacific Crest Trail leading from Mexico to Canada. In this inspiring memoir, Aspen chronicles her journey, a five-month trek that was ambitious, dangerous, and transformative. A nineteen-year-old girl alone and lost, she conquered desolate mountain passes and met rattlesnakes, bears, and fellow desert pilgrims. Exhausted after each thirty-mile day, at times on the verge of starvation, Aspen was forced to confront her numbness, coming to terms with the sexual assault and her parents' disappointing reaction. On the trail and on her own, she found that survival is predicated on persistent self-reliance. She found her strength. After a thousand miles of solitude, she found a man who helped her learn to love and trust again—and heal. Told with elegance and suspense, Girl in the Woods is a beautifully rendered story of eroding emotional and physical boundaries to reveal the truths that lie beyond the edges of the map.

The Pacific Crest Trailside Reader, Oregon and Washington

Hike some of the most famous trails in the world, with the region's top guides right by your side. This official book celebrates the trails of the Pacific Northwest with stunning photography, maps, rarely seen archival photos, and information-packed text by top regional hiking authors that brings the history

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

of the trails to life. The backcountry of the Pacific Northwest covers millions of acres of wild lands protected within vast national parks, provincial parks, and wilderness areas--and thousands of miles of trails, including the Pacific Crest, Pacific Northwest, and Trans Canada Trails. This is a must-have for anyone who dreams of summiting peaks in North America's most beloved region.

Trekking Washington

This comprehensive guide provides in-depth coverage of the Pacific Crest Trail (PCT) from the Tuolumne Meadows in Yosemite National Park to the Oregon border. Plan day hikes, weekend backpacks, or an extended thru-hike adventure with this indispensable guidebook. This book helps you locate the PCT and side-trips, find water sources, and access supply routes. Jeffery P. Schaffer also describes the rich geological and natural history of these mountains. Information of camping, permits, and the best seasons to go is provided along with over 200 maps. Winner of the Classic Award in the 2008 National Outdoor Book Awards.

Day & Section Hikes Pacific Crest Trail: Oregon

* 81 of the best day hikes in Washington's southern Cascades * Hike to the top (12,280 feet) of one of Washington's five active volcanoes * By the author of the bestselling *Hiking the Wonderland Trail* Mount Adams is one of Washington's treasured big volcanic peaks, while the Goat Rocks area is a favorite of serious hikers and backpackers. *Day Hiking: Mount Adams and Goat Rocks* provides routes to the 81 best day hikes throughout this region, which also includes the Indian Heaven Wilderness, White Pass, the area east and north of Yakima, as well as a few hikes in the Tatoosh Wilderness and Tieton area. In addition to the plethora of day hikes, this guide also includes the South Spur summit route of Mount Adams, which can be done in one long day.

**Mountaineers Books designates 1 percent of the sales of select guidebooks in our Day Hiking series toward volunteer trail maintenance. Since launching this program, we've contributed more than \$14,000 toward improving trails. For this book, our 1 percent of sales is going to Washington Trails Association (WTA). WTA hosts more than 750 work parties throughout Washington's Cascades and Olympics each year, with volunteers clearing downed logs after spring snowmelt, cutting away brush, retreading worn stretches of trail, and building bridges and turnpikes. Their efforts are essential to the land managers who maintain thousands of acres on shoestring budgets.

Pacific Crest Trail: Northern California

The PCT's #1 Guide for More Than 45 Years First published in 1973, *The Pacific Crest Trail, Vol. 1, California* quickly established itself as the book trekkers could not do without. Now thoroughly updated and redesigned, *Pacific Crest Trail: Southern California* starts at the Mexican border and guides you to Yosemite's beautiful backcountry. It winds past deserts, scales high peaks, and cools off in Sierra lakes. Let PCT gurus Laura Randall, Ben Schiffrin, Ruby Johnson Jenkins, Thomas Winnett, and Jeffrey P. Schaffer share more than four decades of expertise with you. They'll help you with everything you need to know about this 942.5-mile section of the 2,650-mile trail, which traverses 24 national forests, 37 wilderness areas, and 7 national parks. In this book, you'll find All-in-one guide by accomplished hikers who have logged over 5,000 trail miles Detailed trail descriptions and alternate routes Full-color

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

customized maps, drawn to scale with one another Need-to-know information for day hikes, weekend backpacks, and an ambitious thru-hike Tips for locating the trail, water sources, and resupply access routes This guidebook will be your truest companion. So now's the time to get going. The trail awaits!

The Great Alone

Following the successful *The Appalachian Trail*, and New York Times bestseller *America's Great Hiking Trails*, this is the official book on one of America's most iconic hiking trails, and is published in conjunction with the Pacific Crest Trail Association. With a foreword by Cheryl Strayed, maps, rarely seen archival photos and historical ephemera, and stunning contemporary photography, this photo- and information-packed book is an inspirational bucket list for everyone who wants to get out on the trail--from day hiker to thru-hiker. This official book celebrates the history, beauty, and importance of the West Coast's most iconic hiking trail. Designated as one of the first two national scenic trails in 1968, the Pacific Crest Trail is a continuous footpath of more than 2,650 miles--from the Mexican border to the Canadian border through California, Oregon, and Washington. Hikers from all over the world are drawn to this trail to experience true American wilderness and to challenge themselves--whether for two miles or two thousand. The only illustrated book officially published with the Pacific Crest Trail Association, *The Pacific Crest Trail* explores this legendary footpath with more than 250 spectacular contemporary images, unpublished historical photos and documents from the PCTA archives, and even the official trail map folded into an inside pocket. This book is perfect for anyone interested in conservation, outdoor recreation, and for all those who dream of one day becoming thru-hikers themselves.

Pacific Crest Trail Data Book

- Inspirational full-color guides with over 150 color photographs in each *Hiking the Pacific Crest Trail: Washington* is written by Tami Asars. Tami grew up in western Washington playing in the North Cascades. She teaches classes on backpacking basics, lightweight backpacking, and more. A former employee of REI, she now dedicates her time to outdoor writing and photography and is the author of two guidebooks, including *Hiking the Wonderland Trail*. Tami lives in the Cascade foothills with her husband, Vilnis, and their rough collie, Scout. She can be found at www.tamiasars.com and www.hikingthewonderlandtrail.com. The Pacific Crest National Scenic Trail (PCT) meanders from the California-Mexico border north to the border of Washington and Canada. It's a rigorous trail, first envisioned in 1926 and now encompassing some 2,650 miles. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features: • 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

105 Hikes in and Around Southwestern British Columbia

This exclusive travel guide guides the visitor through the most incredible activities to be found in Shanghai: savour the food of world-class chefs in Asia's

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

most romantic two-seater salon; eat at the best holes-in-the-walls and discover local street food haunts; find the best tailors and quality cashmere, satins and brocades by the yard; expert

Wild

Proceeds will support trail maintenance in Washington Features weekend backpacking trips, with info on how to extend most routes Guidebook covers the entire state of Washington Veteran guidebook author Craig Romano hits the trail again——this time to uncover amazing backpacking opportunities all over Washington's wilderness. Backpacking Washington details 70 routes, from the lush Hoh River Glacier Meadows to the open ridges of the Columbia Highlands and beyond. With an emphasis on weekend trips, routes range from overnight to weeklong treks and often include options for extending trips or choosing camp spots. Features: detailed route descriptions and trail maps mileage logs with campgrounds, water, and other trail elements icons for choosing family- and dog-friendly trips recommended nearby day hikes info on the state's three long-distance trails: Pacific Crest Trail, Pacific Northwest Trail, and Wonderland Trail

Dances with Marmots

The inspiring account of a 2650 mile solo hike from Mexico to Canada along the Pacific Crest Trail. Despite never having hiked before, George Spearing decided to take 'leave of absence' from his job as a firefighter in the New Zealand Fire Service and walk the length of America. This is the story of his five month journey, travelling entirely on foot and off-road through the desert areas and High Sierra Nevada of California, the Cascade ranges of Oregon and Washington, finally emerging in the Okanogan Forest of British Columbia, Canada. The diverse mix of dry Mojave desert, High Sierra snows and the characters and wildlife met along the way, provide an often humorous look at the US and its wilderness through the eyes of a New Zealander. The lively and easily read style, including illustrations, will appeal to both adventurer and armchair adventurer alike.

Torch

Soon to be a major motion picture starring Kate Bosworth, Josh Lucas, Anthony Edwards, and Radha Mitchell "Each book by Jack Kerouac is unique, a telepathic diamond. With prose set in the middle of his mind, he reveals consciousness itself in all its syntactic elaboration, detailing the luminous emptiness of his own paranoid confusion. Such rich natural writing is nonpareil in later half XX century, a synthesis of Proust, Céline, Thomas Wolfe, Hemingway, Genet, Theloniou Monk, Basho, Charlie Parker, and Kerouac's own athletic sacred insight. "Big Sur's humane, precise account of the extraordinary ravages of alcohol delirium tremens on Kerouac, a superior novelist who had strength to complete his poetic narrative, a task few scribes so afflicted have accomplished——others crack up. Here we meet San Francisco's poets & recognize hero Dean Moriarty ten years after On the Road. Jack Kerouac was a 'writer,' as his great peer W.S. Burroughs says, and here at the peak of his suffering humorous genius he wrote through his misery to end with 'Sea,' a brilliant poem appended, on the hallucinatory Sounds of the Pacific Ocean at Big Sur." —Allen Ginsberg

Hiking the Pacific Crest Trail: Oregon

Discover the best of the PCT for day hikes or weekend jaunts With sweeping views, glorious meadows, towering peaks, and countless lakes and waterfalls, Oregon's portion of the 2,650-mile Pacific Crest Trail includes some of the most beautiful hikes in the country. Let local expert Paul Gerald guide you on 29 unforgettable day and overnight trips. This comprehensive guidebook includes trail maps and elevation profiles, as well as ratings for scenery, trail condition, difficulty, solitude, and accessibility for children. You'll also find driving directions to trailheads, GPS coordinates for key locations, permit and fee information, and details about what to expect on the trail. The 29 trail profiles are in geographical order from south to north. Traverse the "high road" through Oregon as the PCT crosses Mount Hood National Forest, the Three Sisters Wilderness, Crater Lake National Park, and so much more. Every trip is another adventure!

Girl in the Woods

The final two (of four) volumes for the entire 2,650-mile Pacific Crest Trail (PCT) All-color photos, maps, elevation profiles, charts, and more Dream books—and precious gifts—for trail lovers everywhere From the preeminent outdoor publisher in the West come the latest volumes in this new, unparalleled series of guidebooks to the region's most famous trail. The Pacific Crest National Scenic Trail meanders north from California's border with Mexico to the entrance of Manning Provincial Park in British Columbia, on the Washington State–Canada border. It's a rigorous trail that has evolved since its earliest envisioning in 1926 to encompass approximately 2,650 miles of rich and varied terrain, traveling through some of the West Coast's most beautiful country. It inspires hikers of all ages and abilities to imagine the ultimate wilderness journey. The Southern California and Northern California guides of Hiking the Pacific Crest Trail complete the four-volume set written for hikers planning to just tackle the trail sections in their nearby region, those who will chip away at pieces of the whole trail over a lifetime, or trekkers who set out in the SoCal desert and charge all the way to Canada. These are lushly attractive guidebooks--good reads and gorgeous to page through to boot—but they also offer invaluable hiking beta. Each volume focuses on section-by-section routes in each state (or region), and provides important details to help hikers plan and organize multi-night backpacks. Here's what's included with each expertly written guidebook:

- Trail sections that promote 4- to 10-night trips
- Smaller section legs allowing for easier planning and trail-time management
- Detailed camp-to-camp route descriptions
- Easy-to-understand route maps
- Clear references to the PCT's established system of section letters, designating trail segments from south to north, Mexico to Canada, so hikers can easily cross reference other trail resources
- Details on specific campsites
- Most reliable water sources
- Access to and from various trail sections
- Info on permits, hazards, restrictions, and more
- Alternate routes and connecting trails
- Key wilderness sights along the way
- Suggested itineraries

Unlike other PCT guidebooks, this series focuses on section hikers, who make up the vast majority of adventurers on the trail. Only a handful of folks complete a thru-hike of the trail in one trip, but the trail's popularity continues to grow. In 2015, long-distance hikers and horseback riders from all 50 states and 34 countries were issued permits to vacation on parts of the PCT. It is one of the seminal bucket list items for outdoor lovers, whether that means completing just your own state . . . and then the next . . . and then the next . . . or as far as your dreams will take you.

Hiking the North Cascades

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

Pacific Crest Trail: Southern California

- Inspirational full-color guides with over 150 color photographs in each Hiking the Pacific Crest Trail: Oregon is written by Eli Boschetto. A hiker, writer, and photographer, Eli reveled in going deep for Oregon! Since 2011, he has been the editor of Washington Trails magazine, which he manages from his home in Portland, Oregon. Eli is also a regional correspondent for Backpacker magazine. The Pacific Crest National Scenic Trail (PCT) meanders from the California-Mexico border north to the border of Washington and Canada. It's a rigorous trail, first envisioned in 1926 and now encompassing some 2,650 miles. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features: • 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

Backpacking Washington

The Pacific Crest Trail was designated as one of the first National Scenic Trails way back in 1968. As it traverses the "high road" from Mexico to Canada, incredible views are not only commonplace but also uniquely diverse, because the trail connects six of North America's seven eco-zones. The PCT's familiar, well-worn path is a special place for hikers from all walks of life on walks of all lengths and for all reasons. Instead of guiding you through the arduous task of hiking the entire PCT, the goal of this book is to help you plan trips that incorporate hiking on the PCT in Southern California, whether you have just an afternoon to spare or you want to escape for the entire weekend. Carefully edited maps and elevation graphs generated with GPS data collected by the author on the trail will help make your trip a success. This cargo-pocket guide offers author-tested advice to help you make the most of your time away from civilization, however long (or short) that stretch may be.

Big Sur

Whether you're day hiking or taking a weekend getaway, hit the road and hit the legendary trail in California, Oregon, and Washington with Moon Drive & Hike Pacific Crest Trail. Make your escape on shorter trips from nearby cities, hit all the national parks along the PCT, or drive the entire two-week route from California to Washington Find your hike along the Pacific Crest Trail with detailed trail descriptions, difficulty ratings, mileage, and tips for picking

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

the right section of the trail for you Discover adventures on and off the trail: Watch the bubbling mud pots below Lassen Peak or admire Joshua trees in the sparse and peaceful Mojave Desert. Savor artisan, homemade-style pies of all kinds in Julian, sample craft beers in Bend, or gorge yourself at Timberline Lodge's gourmet brunch buffet. Cross the Columbia River on the historic Bridge of the Gods, climb into the massive granite peaks of the North Cascades, or catch a magical sunrise over the eastern edge of Oregon's Crater Lake Take it from avid hiker Caroline Hinchliff, who shares her insight on the best spots for wildlife-watching, glamping, or having a Wild moment Full-color photos, strategic itineraries, easy-to-use maps and site-to-site driving times Get the lowdown on when and where to get gas, how to avoid traffic, and braving different road and weather conditions, plus tips for LGBTQ travelers, seniors, and road-trippers with kids With Moon Drive & Hike Pacific Crest Trail's practical tips and local know-how, you're ready to lace up your hiking boots, pick a trailhead, and embark on your adventure. For more epic getaways, check out Moon Drive & Hike Appalachian Trail.

Hiking the Pacific Crest Trail: Northern California

A powerful, blazingly honest, inspiring memoir: the story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe--and built her back up again.

The Pacific Crest Trail

Originally published: Livermore, CA: Bittersweet Pub. Co., 1994.

Pacific Crest Trail: Northern California

Bill Walker likes to walk. Everywhere. So he walked the Appalachian Trail, although he had never spent a night outdoors or backpacked before. Producer Nagle lets Bill explain the adventure in his own words. Adapted from container.

Mount Adams and Goat Rocks

In her debut novel, the bestselling author of *Wild* weaves a searing and luminous tale of a family's grief after unexpected loss. "Work hard. Do good. Be incredible!" is the advice Teresa Rae Wood shares with the listeners of her local radio show, *Modern Pioneers*, and the advice she strives to live by every day. She has fled a bad marriage and rebuilt a life with her children, Claire and Joshua, and their caring stepfather, Bruce. Their love for each other binds them as a family through the daily struggles of making ends meet. But when they received unexpected news that Teresa, only 38, is dying of cancer, their lives all begin to unravel and drift apart. Strayed's intimate portraits of these fully human characters in a time of crisis show the varying truths of grief, forgiveness, and the beautiful terrors of learning how to keep living.

Day Hiking Central Cascades

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

This comprehensive guide provides in-depth coverage of the Pacific Crest Trail (PCT) from the Mexican border to Tuolumne Meadows in Yosemite National Park. Plan day hikes, weekend backpacks, or an extended thru-hike adventure with this indispensable resource. Our PCT gurus supply maps, photos, resupply access routes, side trips, and updated trail data. Learn about rocks, plants, animals, and human history along the trail. Plan for, troubleshoot, and enjoy your PCT adventure with this authoritative guide. Over 200 maps included. Winner of the Classic Award in the 2008 National Outdoor Book Awards.

Pacific Crest Trails

Long-distance trekking, short day trips out of town, an extended weekend escapade; the first series installment of our bestselling Wanderlust has it all. Experienced outdoor enthusiasts and those lacing-up their boots for their first time: prepare to hike the diverse American landscape. Whether aiming to conquer epic expeditions, or simply complete a day hike to recharge, paths of every size await the intrepid wayfarer in Wanderlust USA, a book that serves as a blueprint for adventurous souls in search of new summits. Stunning photography and insightful tips from veteran long-distance hiker Cam Honan bring many bucolic treks to life, including the unmissable California ancient redwoods and misty waterfalls of Yosemite Park, as well as Utah's dramatic canyons, and the Atlantic cliffs of Maine.

Hiking the Pacific Crest Trail: Washington

Mile-by-mile descriptions, maps, and elevation profiles for more than 100 hikes eliminate the guesswork, but not the challenge, of hiking in this mountain paradise.

Wild. Film Tie-In

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.

Trekking the Planet

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.

100 Hikes in Washington's Alpine Lakes

Justin Lichter, a.k.a. Trauma, divulges hundreds of valuable tips and advice based on his more than 35,000 miles of hiking across the country and beyond. Trail Tested is a comprehensive guide to hiking and backpacking. Whether you're a new hiker looking for expert advice, an experienced hiker looking to hone your skills, or a thru-hiker gearing up for a 6-month trip, this book is packed with priceless information to make your trip a successful and comfortable one. Vibrant images from Trauma's treks will entice all readers of all skill levels to get out and enjoy the backcountry. You'll learn why getting the right gear and learning outdoor skills are integral to making the most out of your next backpacking trip. Some topics included in this guide are: * Gear advice, including backpacks, sleeping bags, tents, ultralight shelters, and clothing * Gear maintenance and repair * Ultralight tips for novices to gram-counters * Low-impact camping and hiking * Campsite selection * Hiking with dogs * Navigating the backcountry * Winter camping * First aid * Weather forecasting * Advanced techniques for creating routes, cross-country hiking, fording rivers, multi-sport adventures, and animal encounters

Day & Section Hikes Pacific Crest Trail: Washington

Thru-hiking the Pacific Crest Trail is 90% mental. Each year, thousands of backpackers take to the Pacific Crest Trail with the intention of successfully thru-hiking the 2,650-mile footpath that extends from Mexico to Canada. Despite months of research, thousands of dollars poured into their gear, and countless hours dedicated to grinding away on the StairMaster, most hikers fall short of their goal. Why? They neglected to prepare for the most challenging element of a five month backpacking trip. While the PCT presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, Pacific Crest Trials gives readers the mental road map they'll need to hike from Mexico to Canada. Following up on his wildly popular guide to thru-hiking the Appalachian Trail in Appalachian Trials, Zach Davis has teamed up with 2015 PCT thru-hiker Carly Moree to bring readers the ultimate psychological and emotional guide to prepare for the Pacific Crest Trail. In Pacific Crest Trials readers will learn:- Goal setting techniques that will assure hikers reach Canada- The common early stage pitfalls and how to avoid them- How to beat "the Death of the Honeymoon"- The importance and meaning of "hiking your own hike"- How to adapt amongst drastically different terrains, weather patterns, gear and logistical needs- Five strategies for unwavering mental endurance- How to save money on gear purchases- Tips for enjoying rather than enduring each of the five million steps along the journey- Advice for staving off post-trail depression from one of the country's most respected trail angels- Nutritional guidance for avoiding post-trail weight gain. Additionally, readers will receive an in-depth guide to choosing the right gear for their PCT thru-hike from Triple Crown, Liz "Snorkel" Thomas. In this chapter full of valuable insights, Snorkel walks readers through what features to look for in quality gear, how to save money, how to lessen the load without compromising on safety or comfort, and offers crucial advice on how to properly use and care for your gear. Furthermore, Thomas offers several specific product recommendations, giving readers a helpful head start on their shopping list. Note: This is an adaptation of Appalachian Trials. Although this book is written with the Pacific Crest Trail thru-hiker in mind, the principles are largely similar. If you own Appalachian Trials do not buy this book. Five percent of the proceeds of your purchase of Pacific Crest Trials will go to the Pacific Crest Trail Association, the non-profit that oversees and protects the Pacific Crest Trail.

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

Day Hiking Mount Rainier

The PCT's #1 Guide for More Than 45 Years First published in 1973, The Pacific Crest Trail, Vol. 1, California quickly established itself as the book trekkers could not do without. Now thoroughly updated and redesigned, Pacific Crest Trail: Northern California starts in Yosemite National Park's beautiful backcountry and guides you to the California-Oregon border. It winds past rivers, peaks, forests, meadows, fascinating geological formations, and other natural wonders. Let PCT gurus Jordan Summers and Jeffrey P. Schaffer share more than four decades of expertise with you. They'll help you with everything you need to know about this 776.4-mile section of the 2,650-mile trail. You'll pass through Emigrant, Desolation, and Marble Mountain wildernesses; Shasta-Trinity National Forest; and Lassen Volcanic National Park; and you'll see Lake Tahoe, Burney Falls, Mount Shasta, and Castle Crags. In this book, you'll find All-in-one guide by accomplished hikers who have logged over 5,000 trail miles Detailed trail descriptions and alternate routes Full-color customized maps, drawn to scale with one another Need-to-know information for day hikes, weekend backpacks, and an ambitious thru-hike Tips for locating the trail, water sources, and resupply access routes This guidebook will be your truest companion. So now's the time to get going. The trail awaits!

John Muir Trail

* Unique woodcut illustrations decorate both volumes * Trail map to follow story locations in each volume * For both hikers and armchair adventurers of the PCT Exploring the people, places, and history of the Pacific Crest Trail as it ranges 2,600 miles from Mexico to Canada, THE PACIFIC CREST TRAILSIDE READER EBOOK brings together short excerpts from classic works of regional writing with boot-tested stories from the trail. The heart of this anthology is these real trail tales, stories taken from PCT hikers: trailside humor and traditions, "trail angels" and "trail magic," encounters with wildlife and wild weather, stories of being lost and found, rescues, and unusual incidents. Revealing a larger context are historical accounts of events such as Moses Schallenberger's winter on Donner Pass and pioneer efforts like the old Naches Road that ended up creating access to today's trails; Native American myths and legends such as that of Lost Lake near Mount Hood; and selections from highly-regarded environmental writers who have captured the region in print, including Mary Austin in *The Land of Little Rain*; John Muir in *The Mountains of California*; and Barry Lopez in *Crossing Open Ground*. Readers will also enjoy a few more surprising contributions from the likes of Mark Twain and Ursula Le Guin. For this digital edition of the PCT READER, we combined our two print volumes into a single, robust ebook that features stories from both the CALIFORNIA and OREGON & WASHINGTON volumes. Because the two-volume set is a compilation of old and new essays, however, the editors were not able to obtain digital publication rights for some of the previously published material. So while this combination ebook includes all the newly commissioned stories, as well as many other pieces for which the editors did have digital access, there are approximately four contributions from each of the printed books that do not appear here.

Wanderlust USA

In 2011, 25-year corporate veteran Sandy Van Soye had a dream to travel with a purpose. Out of this vision came the Trekking the Planet expedition. Sandy and her husband Darren left their jobs and traveled 14 months to 53 countries on six continents, bringing the subject of geography to life through stories,

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

pictures, and videos from the road. Following their travels were 55,000 students in 20 countries. Darren and Sandy traveled to such places as the Phongsali province of Laos, the countries of Kyrgyzstan and Uzbekistan, the Tigray region of Ethiopia, and the Amazon Rainforest of Brazil. An integral part of their journey was a goal to complete 500 miles of demanding trekking in 12 of the most remote locations on the planet. More than just about their expedition, *Trekking the Planet* is the story of Sandy's perseverance in making her dream come true. This was put to the test while trekking in difficult conditions, narrowly missing a plane crash in Nepal, and being bitten by a vampire bat in Brazil. This book not only details these challenges, but how the dream of traveling with a purpose ended up giving back in its own special way, changing her life forever.

Pacific Crest Trail: Southern California

The all-new, expanded follow-up to southwestern British Columbia's best-selling hiking guidebook—now featuring trails on the islands and northern Washington. For nearly fifty years, David and Mary Macaree's iconic *103 Hikes in Southwestern British Columbia* has been the province's most popular and most trusted hiking guide, with more than 100,000 copies sold to date. Author Stephen Hui carries on the Macarees' legacy in *105 Hikes in and around Southwestern British Columbia*—an all-new, expanded follow-up inspired by their beloved classic. With an additional selection of trails on the Gulf Islands and in Washington's North Cascades, options for hiking with children, and rainy day recommendations, *105 Hikes* covers a wider area and wider range of abilities than its predecessor. Like the Macarees, Hui provides detailed information about how to get to each trailhead (including transit options, where available), distance and elevation gains, estimated hiking times, and points of natural or historical interest. But he also includes all-new features such as an at-a-glance summary of all the hikes in the book; tips for hiking safely and ethically; clear, topographical color maps; a rating system for hike quality and difficulty; Indigenous place names where appropriate; and shorter or longer options for every outing.

Pacific Crest Trail: Oregon and Washington

****UPDATE**** We have a correction regarding Hike #39, Grassy Knoll and Big Huckleberry Mountain (page 137) To download the updated driving directions for the trailhead please click [HERE](#) [CLICK HERE](#) to download the "Hardy Ridge" hike as well as the hike up "Mount Defiance" from Day Hiking Columbia River Gorge The Columbia River Gorge National Scenic Area is the single biggest visitor destination in Oregon 25 of these hikes are published here for the first time Caters to the greater Portland, Oregon–Vancouver, Washington metro area The Columbia River Gorge forms much of the long border between Washington and Oregon, offering hikers a multitude of beautiful trails. Famous for its cascading waterfalls, the region offers spectacular views of the mighty river and its windswept bluffs, as well as stunning panoramas of the surrounding landscape and peaks including Mount Hood, Mount St. Helens, Mount Adams, and the Sisters. Day Hiking Columbia River Gorge, by well-known hiking author Craig Romano, features: 100 day hikes on both sides of the river extensive year-round hiking options trails in the National Scenic Area, Silver Star Scenic Area, Trapper Creek, Clark County, and beyond easy-to-read icons for waterfalls, views, dog-friendly trails, and more detailed driving directions and trail maps info on flora and fauna, the unusual Gorge winds, and its abundance of waterfalls Learn more about author Craig Romano at his website or connect with him one step further by "liking" his page on Facebook. ****Mountaineers Books** designates 1 percent of the sales of select guidebooks in our Day Hiking series toward volunteer trail maintenance. . For this book, our 1 percent of sales is going to Washington Trails Association (WTA). WTA hosts more than 750 work parties throughout

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

Washington's Cascades and Olympics each year, with volunteers clearing downed logs after spring snowmelt, cutting away brush, retreading worn stretches of trail, and building bridges and turnpikes. Their efforts are essential to the land managers who maintain thousands of acres on shoestring budgets.

Soul, Sweat and Survival on the Pacific Crest Trail

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.

Skywalker

Why does a 44-year-old father leave his family for six months to walk 4,286 km across America on the Pacific Crest Trail? What effect does it have on his marriage? on his children? and on himself? Following his intuition, Tim Voors decided to embark on a life-changing hike, feeling alive, being afraid, pushing through pain, confronting emptiness and starting a passionate romance with the wilderness. Tim Voors takes us through the physical, mental and spiritual journey he experienced on this epic hike. Climb into his backpack as he takes you through deserts, mountains, forests and raging rivers, where he forges magical friendships, rediscovers who he used to be, and implements those lessons on returning home.

Day Hiking Columbia River Gorge

Hiking Trails of the Pacific Northwest

"(These) books deliver . . . you pay to read about 100 hikes and that is what you get, in detail. . . Handy, if not indispensable."--"Outside" magazine. 16-page color photo insert.

Day and Section Hikes Pacific Crest Trail: Southern California

CLICK HERE to download two hikes — "Yellowstone Cliffs & Windy Gap" & "Box Canyon" — from Day Hiking Mount Rainier * 70 national park trails, each rated on an overall-quality scale of 1 to 5 * Hikes-at-a-Glance chart, topographic maps, GPS waypoints, and elevation profiles * Crystal-clear directions with drive-times from major cities and junctions * 1% of sales donated to the Washington Trails Association for trail maintenance The tallest

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

mountain in the Cascade Range has long beckoned hikers to its many trails. Compact, portable, and beautifully packaged, Day Hiking Mount Rainier provides the most thorough coverage of Mount Rainier National Park to date, including the park's four main entrances—Nisqually, Carbon River, White River/Sunrise, and Stevens Canyon/Ohanapecosh -- as well as Cayuse Pass and Highway 123, the Grove of the Patriarchs, Camp Muir, parts of the Wonderland Trail, Longmire, and Paradise. Nearby camping options are included, plus info on how to extend your hike, a full-color photo insert and overview map, quick-reference icons for kids, dogs, views, and much more.

Moon Drive & Hike Pacific Crest 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*

Hiking the Pacific Crest Trail: Southern California

Washington is a dynamic state to say the least. It's amazing how quickly the landscape can change; fires rage in the summer, closing trails and burning huge swaths of forest, bridges get washed away in massive floods, and avalanches knock trees over like matchsticks, taking out entire sections of trail with them. The second edition of Day and Section Hikes Pacific Crest Trail: Washington, by local author Adrienne Schaefer provides hikers with updated trail and road conditions, places to visit in the great mountain towns surrounding them and information on some of the major environmental events that have happened over the past four years, which includes the largest wildfire season in Washington State history. The second edition also includes five new hikes, one of which travels along the glaciated flanks of Glacier Peak through a breathtaking section of the PCT that was closed from 2003-2011. With new maps, photos, and updated trail information, this guide highlights sections of the PCT in the Columbia River Gorge, Gifford Pinchot National Forest with views of Mount Adams, Mount Rainier National Park, and Pasayten wildernesses. The guide includes ratings for scenery, trail condition, difficulty, solitude, and accessibility for children. In addition, it has driving directions, GPS waypoints, and permit and fee instructions.

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

How To Download eBook Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003

[Read More About Pacific Crest Trail Washington South Snoqualmie Pass To Cascade Locks National Geographic Topographic Map Guide 1003](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)