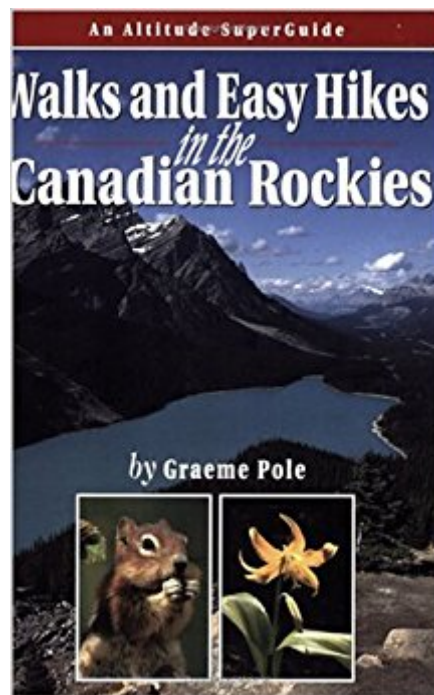




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Walks & Easy Hikes In The Canadian Rockies: An Altitude SuperGuide (Recreation Superguides)



Synopsis

This guide is designed as a companion to Classic Hikes in the Canadian Rockies. It focuses on short but pleasant hikes with easy access from the highway. The hikes range from a few minutes' duration to only a couple of hours. --This text refers to an alternate Paperback edition.

Book Information

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Customer Reviews

A comprehensive guide to all the best walks and easy hikes in Canada's Rocky Mountains. This book is ideal for casual explorers of all ages, abilities and interests. In fact, Walks and Easy Hikes provides all the information you need to experience the magnificent mountain environment of the Canadian Rockies from trails and paths that start right beside the road. Each hike is introduced with detailed route and trailhead instructions. Full colour maps indicate the location and direction of each hike and point out the outstanding landscape features. The hike descriptions are supplemented with important information on history, geology and nature. The book includes information on wheelchair accessible trails, as well as walks for the elderly and those with young families. This book is ideal for all those who love experiencing the outdoors - from novice hiker to seasoned back-country veteran.

Graeme Pole has been writing professionally since 1989. He is the best-selling author and photographer of six non-fiction books that describe the human history and the natural history of western Canada: Canadian Rockies SuperGuide (1991, 1997), The Canadian Rockies: A History in Photographs (1991), Walks and Easy Hikes in the Canadian Rockies (1992, 1996), Classic Hikes in

the Canadian Rockies (1994, 2003), The Spiral Tunnels and The Big Hill (1996) and David Thompson (2003). He has written and published one novel, Healy Park (1998). His wilderness essays and photography have been widely circulated. Graeme's books have aggregate annual sales of more than thirty thousand copies. Three of his titles have been finalists in the Banff Mountain Book Festival. Classic Hikes in the Canadian Rockies won the Mountain Exposition category at the inaugural festival in 1994. Graeme has been a runner-up for the Andy Russell Nature Writers' Award (1995), a finalist in the Crown of the Continent Nature Writing Award (1998), and in 1997 received a Northwest Outdoor Writers' Association "Excellence in Craft Award," and the inaugural Teddi Brown Award for Nature Writing, for which he was also runner-up. Healy Park was a "Staff Pick" at the Calgary Public Library, and was published to favourable reviews in 1998.

Just what you need for telling what is there, length and difficulty. What it lacks are maps with detail, there is a little general map showing the general direction of the path.

The title says it all: "Walks and Easy Hikes." This is a nearly perfect guide for travelers with limited time, physical handicaps, or small children. Even short walkways to overlooks are included in the book. The extensive descriptions of the natural history of each trail area make this guide equally ideal for less restricted hikers who simply want to slow down and fully appreciate what they're seeing. Unlike some other "easy hike" guides, the author uses both distance and changes in terrain to grade each hike as "easy" to "harder." However, the elevation changes for the hikes are not noted. The maps are small but legible. They indicate stream, lakes, and parking areas but not elevations. It's important to note that--unless a trail is a loop trail--distances are one way. U.S. users can easily translate the author's standard distances of 1.6 and 3.2 kilometers to 1 and 2 miles. It's unfortunate that this is the only guide of its kind covering a number of national parks in North America.

For the person who isn't satisfied with a bus tour, or with simply driving around and snapping a photo from a parking lot or a roadside, this is an indispensable book. There are many dozens of hikes, from wheelchair access, through easy walks, to strenuous non-technical climbs. They're well described, and they're ranked by ease of use. The maps are very basic and sketchy, and some knowledge of the roads and the general relationships of towns and cities is assumed - so you'll need a more detailed map, or even better a few topographic maps.

We are spending a week with children in the Canadian Rockies and this was the PERFECT choice to lead us to short hikes, walks and points of interest. Great descriptions and photos. I read it cover to cover in a night and felt like I had a good handle on what to see in each park.

This is the perfect hiking/walking guide for travelers who aren't in the best physical condition. We, along with my parents who are in their 70's, spent an intense 10 days in the parks covered by this book. We took nearly all the hikes that the author noted as his favorites, plus a few more, and had no other hiking guides other than what was available on the Parks Canada web page. We found the book fairly accurate as to photography notes, difficulties, and geographics. For those wanting to take only the shorter or easier hikes, this is a great value of a book.

If you are looking for more hiking information, "Popular Day Hikes 2: Canadian Rockies" is a better choice, but the book gives a good overview with pictures. No maps for hikes.

Fantastic reference for my hiking trip in the Rockies.

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