



## A Trailside Guide Hiking Backpacking New Edition Trailside Guides

By Karen Berger

W. W. Norton & Company. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.2in. x 5.5in. x 0.6in. Smart, instructive, and beautifully designed, every book in the Trailside Guide series contains the essential information readers need to master outdoor activities and have fun in the process. Norton proudly reissues these best-selling guides with fully revised Sources and Resources sections (including where to find the Web sites, gear, services, books, clubs, and organizations that make for foolproof outings); updates to reflect the latest in gear technology, wilderness medicine, and first aid; and advances in techniques. You can take it with you: Trailside Guides are designed to be used on the trail. Their handy size makes them easy to take along on outdoor adventures. Picture this: Trailside Guides show you how its done. Each book has more than 100 color photographs and dozens of informative, full-color technical illustrations you'll refer to again and again. Buying Guide: Each Guide has all the information readers need to make informed decisions about what gear is available, and what they should buy. Step-by-step: Tutorials take readers through every aspect of a given outdoor activity. Each Guide covers planning and preparing for a trip, getting in shape, technique,...



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