

The Complete Guide To Trail Building And Maintenance 3rd Edition

Backpacker Magazine's The Complete Guide to Backpacking combines and distills the most useful and relevant skills necessary for backpacking in one easy to use guide, from the most respected authority on backpacking— Backpacker magazine. From detailed descriptions of what to pack and how to pack it, to navigation and campsite cooking, to managing outdoor hazards and more, The Complete Guide to Backpacking is the definitive resource for Backpacking-related know-how.

Whether you are looking for a weekend hike in the woods, a family outing, or great locations to study the local flora and fauna, Indiana state parks provide something for everyone. Visiting all 25 state parks in Indiana, Nathan Strange and Matt Williams profile and photograph the features that make Indiana parks beautiful and unique. Each park profile includes an engaging history of the park's origins and interviews with dedicated staff members about their favorite landscapes, wildlife, and adventures available in each park. This complete guidebook also offers extensive descriptions of the best park trails, along with the authors' hiking experiences, helpful maps, and directions. Featuring 109 exquisite full-color photographs and inside facts, The Complete Guide to Indiana State Parks is a must-have for every Hoosier and visitor to the state.

One of the most beautiful footpaths in the country, the Knobstone Trail offers a spectacularly rugged, 58-mile trek through 40,000 acres of forested land in southern Indiana. A comprehensive guide to this scenic footpath, A Guide to the Knobstone Trail provides readers with all they need to know to make the best of hiking this challenging trail. Charts indicate camping and water locations, while up-to-date maps provide topographical information, elevations, and where horse trails intersect hiking trails. First-person accounts, trip diaries, local lore about trees, wildflowers, and animal life, plus the latest GPS information and elevation data are included. Well illustrated with more than 60 photographs and 19 maps, this easily portable guide is an essential backpacker's tool for a safe and memorable adventure.

A guide so thorough it will send you packing... Backpacking remains one of the most popular, and inexpensive, outdoor activities in America. The Complete Idiot's Guide (r) to Backpacking and Hiking helps anyone prepare and plan for a rewarding adventure. Covers planning, training, shopping and packing for the trip. -How to live on the trail -First aid and other safety tips -Practical time- and money-saving hints -What gear is necessary and what isn't -Special considerations when travelling with groups or pets

Joshua Tree National Park

The Complete Guide to Day-Riding and Thru-Biking

Hiking Idaho

The Essential Guide to Hiking with Dogs

The Official Guide for Hikers, Mountain Bikers and Equestrians

Biking the Arizona Trail

Since the passage of the Wilderness Act of 1964, Congress has designated 41 wilderness areas in Colorado, totaling some 3.4 million acres ranging from desert sagebrush to alpine crags. In addition, other undeveloped areas and national parklands have been proposed for wilderness status. In its newly revised second edition, The Complete Guide to Colorado's Wilderness Areas continues to serve as the foremost guide to these magnificent wild places.

This award-winning guide, completely updated for the 2017 edition, includes more than 450 new photographs, 160 revised maps, and 50 hiking tables, making it the only guidebook you'll need to explore the United States National Parks. An all new design with the same intuitive layout keeps the step-by-step itineraries, kid-friendly activities, and most popular ranger programs at your fingertips to help plan your next family vacation. Thousands of hotels, restaurants, and attractions beyond the parks and 11 suggested road trips make it the ultimate dashboard companion. Exhaustive activity information--including hiking tables, easy-to-find trailhead markers, outfitter details, and backpacking essentials--serves as blueprint for an adventure of a lifetime. With something for everyone, this is Your Guide to the National Parks.

The landscape of New Mexico inspires a sense of peace, awe, and grandeur unlike any other state -- and it contains some of the country's most remote and unexplored natural areas. For day hikers, campers, or backpackers planning a long trek, this guide is absolutely essential for charting your way through this rugged and dramatic landscape. Well-known writer Bob Julyan's precise and entertaining prose, combined with Tom Till's extraordinary photographs, lead the reader through hundreds of miles of breathtaking scenery.

Everything you need to know to complete your thru-hike. The AT is a life changing experience and an amazing accomplishment. Half of the battle is proper preparation. This book is everything I wish I would have known before setting off on my thru-hike. Complete with personal tips and experiences. Learn how to budget wisely, save money and not waste cash. Know how to allocate 6 months of your time and plan your exit. Master your gear with a massive guide on everything from your spork to your tent. Understand clothing, layering and materials. Hear about what life is really like on the trail. Know which direction to go, when and why. Familiarize yourself with a state by state breakdown of the trail. Learn how to mentally prepare an optimistic framework for the "I-wanna-quit-days". Understand the physical demands and methods to prevent injury. Prepare yourself for the nutritional needs with food ideas and favorite meal plans. Know the REAL dangers on the AT. "Female Needs" section from AT record-holder Heather 'Anish' Anderson. And a whole lot more...

Hiking and Backpacking Big Sur

The Complete Hiking Guide

The Complete Hiker's Guide to the Backbone Trail

A Guide To The State's Greatest Hiking Adventures

Backpacker The Complete Guide to Backpacking

The Complete Katy Trail Guidebook

Amc's Complete Guide to Trail Building & Maintenance

Discover the best of Zion National Park in this full-color, photo-filled travel guidebook! From hiking Angels Landing to exploring The Narrows to biking through Zion Canyon, Zion National Park is filled with adventures. "Zion: The Complete Guide" puts the best of Utah's most popular national park at your fingertips, helping you make the most of your time in Zion. Whether you're here for desert adventures or to marvel at the jaw-dropping scenery, this is the only guide you'll need. • Insider tips on how to Avoid the Crowds, even during peak season. • Fascinating chapters on History, Geology and Wildlife reveal the beauty of the scenery. • Gorgeous color photos showcase Zion's best destinations. • Detailed Color Maps make travel planning easy. Filled with tips to save you time and money!

Fully revised by a professional forester, collaborating with AMC's trails staff, the fifth edition of this authoritative guide is rooted in AMC's 140 years of experience building and maintaining trails. You will find this guide the essential reference for creating and maintaining recreational hiking and cross-country ski trails.

Amc's Complete Guide to Trail Building & Maintenance AMC Skills

With The Essential Guide to Hiking with Dogs, you and your four-legged friend can be ready for anything the wilderness might throw at you. Set yourselves and others up for the very best hiking adventures. Topics are covered for the novice hiker or new owner, from trail etiquette to leave no trace ethics, important gear and packing guides to essential commands you should train on the trail. Featuring beautiful photography, this must-have guide will inform and inspire any adventure dog and their parents. Inside you'll find: Tips for minimizing impact on the trail and practicing dog hiking etiquette. Gear and sport information including camping, backpacking, mountain biking, and paddle boarding with your dog. The very best hike to take with your dog in every state.

How to Hike the Appalachian Trail: a Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike

A Complete Guide to the Trails of Big Sur, Ventana Wilderness, and Silver Peak Wilderness

The Complete Guide to Boston's Freedom Trail

Field-Tested Gear, Advice, and Know-How for the Trail

Alpine Lakes Wilderness

Zion National Park

New Mexico's Continental Divide Trail

This manual is used by both the U.S. Forest Park Services and has been updated and expanded. Whether you are a hiker, volunteer trail maintainer or land manager, here are instructions for creating environmentally sound trails.

Pack a lunch, lace up your boots, and head out to discover the best hiking trails in the Golden State with Moon California Hiking. A Hike for Everyone: Pick the right hike for you, from breathtaking coastal walks to challenging backcountry treks, with options ranging from easy day hikes to multi-day backpacking trips Best Hikes Lists: Choose from strategic lists of the best hikes for kids, bird-watching, redwoods, vivid fall colors, waterfalls, wheelchair-accessibility, and more Essential Planning Details: Each hike is marked with round-trip distance and estimated hiking time, as well as rated for scenic beauty and trail difficulty Maps and Directions: Find easy-to-use maps, driving directions to each trailhead, and details on where to park Skip the Crowds: Have the trail to yourself with recommended off-the-radar hikes Expert Advice: Seasoned hikers Tom Stienstra and Ann Marie Brown offer their trusted insight and honest opinions on each trail Tips and Tools: Advice on gear, first aid, camping permits, and ethical hiking, plus background information on climate, landscape, and wildlife Whether you're a veteran or a first-time hiker, Moon's comprehensive coverage and honest expertise will have you gearing up for your next adventure. Exploring more of the Golden State? Try Moon California Camping. Hitting the road? Check out Moon California Road Trip.

"A show-and-tell guide to clothing, footwear, backpacks, shelter and sleep systems, camp stoves, and more, as well as tips on foot care, campsite selection, and hiking efficiency, this single book contains all the knowledge you'll need to hit the trail, "--Amazon.com.

The only comprehensive guide to Southern California's 69-mile Backbone Trail. The authors make this long trail accessible by dividing it into twenty day-hike segments, described in a detailed and colorful writing style with a touch of humor.

The Guide to the Blue-Blazed Hiking Trails of Western Connecticut

The definitive guide to the region's top multiuse trails

Tahoe Rim Trail

The Complete Guide to Colorado's Wilderness Areas

Moon California Hiking

The National Trails

A Guide to the State's Greatest Hiking Adventures

Named for the Spanish padres who established a network of missions along California's southern and central coasts, the Los Padres National Forest is the second-largest National Forest in the state, encompassing approximately 1,950,000 acres — nearly half of which is federally-designated wilderness. Hiking and Backpacking Santa Barbara and Ventura fills a huge gap in coverage of this great hiking and backpacking destination, leading the reader through the varied terrain of the forest's southern districts, from the fern-clad grottoes of the Santa Barbara frontcountry to the sweeping vistas and granite-clad ridges of the Chumash Wilderness. No other guide covers the region in such detail, and not since Dennis Gagnon's near-legendary guides in the 70s and 80s has the Santa

Barbara (and Ventura) backcountry been given the guidebook treatment ... but this book goes even further. Every official trail (and many use trails) in the Santa Barbara, Ojai, and Mt. Piños districts are covered here, including those in the southern San Rafael Wilderness, Dick Smith Wilderness, Matilija Wilderness, Sespe Wilderness, Chumash Wilderness, the Santa Ynez Recreation Area, Rose Valley, the Santa Barbara and Montecito frontcountry, the Ojai frontcountry, and the Santa Paula/Fillmore frontcountry.

This detailed guide to hiking and backpacking in Big Sur provides the latest information on the trails, roads, camps and beaches, plus all of the area's state parks and wilderness areas. Original.

Joshua Tree National Park boasts some of California's most dramatic desert scenery. From the weird and wonderful Mojave Desert to the vast and stark Sonoran Desert, Joshua Tree: The Complete Guide reveals the park's highlights and hidden gems. Whatever your interests—hiking to the top of Ryan Mountain, rock climbing the Wonderland of Rocks, watching golden sunsets from Keys View—Joshua Tree: The Complete Guide puts the best of Joshua Tree National Park at your fingertips. Gorgeous color photos showcase the park's best destinations. Fascinating chapters on History, Geology and Wildlife reveal the story behind the scenery. Detailed maps guide readers on the park's best hikes. An indispensable guide for outdoor enthusiasts and travelers on a budget, Joshua Tree: The Complete Guide is the only guide you'll need! The bestselling Joshua Tree guidebook for over a decade! Over 100 Stunning Color Photos Over 20 Detailed Maps Printed on sustainable FSC paper

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.

Trail-Tested Tips and Expert Advice for Canine Adventures

The Ultimate Hiker's Gear Guide

19 Long-Distance Routes through England, Scotland and Wales

Your Complete Guide to the Arizona National Scenic Trail

Let's Mountain Bike!

Tools & Techniques to Hit the Trail

Hiking Indiana

Lace up your boots and experience some of the best hiking in New England. Whether you are a day-tripper or long-distance hiker, old hand or novice, you'll find trails suited to every ability and interest. The Connecticut Forest & Park Association (CFPA) maintains over 825 miles of Blue-Blazed Trails in Connecticut, trails that wind through state parks and forests, land trusts, and across private land. The Connecticut Walk Book is a comprehensive guide to these trails, including detailed, full-color maps, mileage/destination tables, and a lay-flat design for ease of use. In this twentieth edition of the Connecticut Walk Book you will find descriptions of the hikes with maps that are clear and easy to read and follow, parking information, and trip-planning essentials that will bring you to every trail.

A guide to Arizona's north-south single-track bike trail includes detailed route maps, elevation profiles, and 28 day rides, including trails in the Grand Canyon and Saguaro National Park areas. Everything you need to be your best on the trails. This book contains extensive advice and tips that cover all aspects of mountain biking. The information is presented with clear and understandable language and visuals, making it easy to digest and apply. Riders of all ages, from the complete beginner to the more advanced will benefit from the information revealed in Let's Mountain Bike! It's an indispensable guide for those looking to hit the trails and become their best. Choosing the right bike Hitting the trails fully prepared Making the climbs easier Braking for efficiency, speed, and safety Negotiating obstacles Mental toughness, focus, and state of mind Avoiding accidents Proper bike care Much more Thousands of trails are waiting... so Let's Mountain Bike! Visit letsmountainbike.com to see more from this author.

Lace up your boots and sample more than 100 trails in Idaho's vast undeveloped backcountry and wilderness areas. Discover pink granite peaks of the Sawtooth Range, "big tree" country in the Selkirk Mountain rain forest, and Hells Canyon - the deepest gorge in North America. Idaho offers hikers some of the most magnificent and rugged mountain scenery in the Lower 48 as well as peaceful alpine meadows, sparkling lakes, excellent fishing, and the chance to see high-country wildlife. Use this guide for: up-to-date trail information; accurate directions to popular as well as less-traveled trails; difficulty ratings for each hike; detailed trail maps; zero-impact camping trips. Whether you are a day-tripper or long-distance hiker, old hand or novice, you'll find trails suited to every ability and interest throughout Idaho.

The Complete Guide to All 59 National Parks

The Complete Guide to Mountain Biking

Runner's World Complete Guide to Trail Running

Hiking and Backpacking Santa Barbara and Ventura

The Lone Star Hiking Trail

The Complete Guide

The Official Guide to the Longest Wilderness Footpath in Texas

The official guide to the ever-growing Bay Area Ridge Trail, a proposed 400-mile route that circles the ridgeline of the San Francisco Bay, crossing over nine counties. Five new trails and 13

more miles await discovery in this new edition, bringing the mileage of the completed Ridge Trail to 225.

If you want to experience the real freedom of running in a natural surrounding and if the ever repeating runs in the streets start to bore you, trail running is the right way to improve your running experience. The charm of starting trail running is to find your own way on lonely mountain hiking trails and to set your own goals, because no trail run can be compared to another. Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury-free running style. With his Run-Walk-Run™ method Jeff helps beginners to start trail running the right way. Advanced runners can use a specialized training program which will help them prevent overtraining, injuries, and other calamities you can encounter during intense training sessions. The book covers a wide range of trail running equipment, especially covering the whole range of trail running shoes. If you want to jump start your trail run, this is your complete guide.

Finally, the total experience of enjoying Capitol Reef National Park has been captured in one comprehensive volume. Inside you will find: Easy hikes for the whole family Moderate day-hikes for the experienced Rugged canyoneering for the more adventurous Scenic drives on paved and dirt roads Rugged desert drives Book jacket.

*Experience the sheer joy of being one with your horse and one with nature. When you're riding the trails with your horse, you enjoy a refreshing feeling of freedom, the exhilaration of exploration, and an invigorating escape from the demands of the day. You're in control--as long as you can control the 1,000-pound creature you're riding. Trail Riding: A Complete Guide takes you from the basics to more advanced trail riding skills with information on: * How to choose a horse, including basics on conformation * Finding the best trail-riding lessons, tack, and equipment * Feeding, care, grooming, health care, and stable management * Conditioning--for the horse and yourself * Trailering to trails * Advanced trail riding, including information on camping with your horse, how competitive trail riding is judged, and racing on the trail * Tips on how to find the best trails, both locally and around the country This book helps you develop the knowledge and skills that will give you a leg up every time you climb in the saddle. You and your horse will become the perfect pair for relaxing yet energizing adventures off the beaten path.*

The Complete Guide to Trail Building and Maintenance

The Complete Idiot's Guide to Backpacking and Hiking

The Complete Guide to Mount Rainier's Premier Trail

Indiana's Longest Footpath

Capitol Reef National Park

A Guide to the Knobstone Trail

The Complete Hiking and Touring Guide

Across the country, more than 1600 unused railroad corridors have been converted to level, public, multiuse trails, where people can enjoy a fitness run, a leisurely bike ride, or a family walk. In this updated guide in the popular series, the Rails-to-Trails Conservancy presents the finest rail-trails plus other great multiuse trails in three Midwestern states: Indiana, and Ohio covers more than 70 trails in the region. Many rail-trails are paved and run through the most scenic parts of towns. Others, such as the 20-mile Sam Houston Road Bike Trail, travel along lush waterways, dramatic bluffs, and steep hills. The Monoon Trail in Indiana highlights the best of midwestern rail-trails by stitching together recreational facilities, schools, and cultural centers between Indianapolis and Carmel. Rail-Trails Illinois, Indiana, and Ohio lets readers enjoy the serenity of the rural countryside. Midwest's many great multiuse trails. This full-color book includes succinct descriptions of each trail from start to finish, plus at-a-glance summary information indicating trail type, length, and directions to trailheads for each trail. Every trip has a detailed map that includes start and end points, trailhead, parking, restroom facilities, and other useful information. [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 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 trip, 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 information at hikingthewonderlandtrail.com Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its 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 State's 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 avoid 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 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 www.hikingthewonderlandtrail.com Hiking the Wonderland Trail distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

This is the most detailed guide to hiking and backpacking in Big Sur. Explore the endless hiking and backpacking possibilities in 75 trips (plus numerous side trips) on the isolated backcountry trails of Big Sur, Ventana Wilderness, and Silver Peak Wilderness. Stretching 90 miles from Carmel to San Simeon, Big Sur consists of coastal cliffs, rocky promontories, ancient redwood forests, and lush riparian woodlands. This invaluable resource gives the latest information on the trails, roads, camps, and beaches in Big Sur state parks and wilderness areas.

Discusses all aspects of trail running, from preventing injury to storing up calories for the day's adventure.

Hiking the Wonderland Trail

Zion: The Complete Guide

Rail-Trails Illinois, Indiana, and Ohio

The Complete Guide to 1,000 of the Best Hikes in the Golden State

The Complete Guide to Connecticut's Blue-Blazed Hiking Trails

The Complete Guide to Indiana State Parks

Connecticut Walk Book

100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds. Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, Alpine Lakes Wilderness, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste. Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

The 165-mile Tahoe Rim Trail is considered one of the world's premier trails. Accessible by hikers, equestrians, skiers and mountain bikers (for the non-wilderness portions), it winds completely around spectacular Lake Tahoe, the highest and largest alpine lake in North America. The trail crosses through six counties, three national forests, and two states and was completed in 2001 largely by volunteer labor. The best-selling Tahoe Rim Trail has been revised to reflect the latest conditions and routing of the trail and includes information for over 20 miles of new trail. Updated topographic maps depict the entire route, along with the easy (and fun) to read trail directions, the book includes fascinating information on the plants and animals you'll see along the trail, plus essential advice for planning a hike on the TRT, whether it's a day's outing or a 2-week circuit of the entire lake. The first and only how-to guide to this popular trail, it is the official guidebook of the Tahoe Rim Trail Association, whose mission is to improve, maintain and promote the trail.

State Hiking Series Each guide includes: - Hikes suited to every ability - Accurate directions to popular as well as less-traveled trails - Up-to-date trail descriptions with mile-by-mile directional cues - Detailed trail maps and GPS coordinates - Difficulty ratings, average hiking times, and best hiking seasons for each hike - Trail Finder for best hikes with dogs, children, great views, or wildlife viewing - Information on fees and permits, contacts, events and attractions, restaurants and accommodations, canine compatibility, and more - Zero-impact and wilderness safety tips and techniques *** This second edition of Hiking Indiana adds several new trails to the choice selection in this guide. It points readers to the often-overlooked trove of natural treasures across the Hoosier State, from the living sand dunes on the shores of Lake Michigan to the glacial lakes of the northeast to the rugged topography of the southern hill country.

An inspirational larger format guidebook to Britain's National Trails - 19 long-distance walking routes through England, Wales and Scotland. Together, these routes (National Trails in England and Wales and Scotland's Great Trails) cover well over 3100 miles (5000km), exploring the rich scenic and historic countryside of Britain. Perfect for planning, the book offers stage by stage overviews for the full breadth of the network, including the popular South West Coast Path, Hadrian's Wall Path, West Highland Way, Cotswold Way, Offa's Dyke Path, South Downs Way, Southern Upland Way and many others exploring the beauty and wild country of the British Isles. Outline schedules for each Trail allow you compare the routes and become inspired to take up the challenge, whether on a relatively short or easy trail, or to tackle a longer, more strenuous route. Basic day-by-day route descriptions for each Trail are illustrated with maps and profiles, helping you choose the best routes to walk. Information is provided on access to and from the routes, maps, public transport, guidebooks, TICs, accommodation and useful websites.

Joshua Tree: The Complete Guide

Trail Riding

Bay Area Ridge Trail

Trail Running

Your Guide to the National Parks

Connecticut Walk Book West

A Complete Guide

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.

The Official Guide