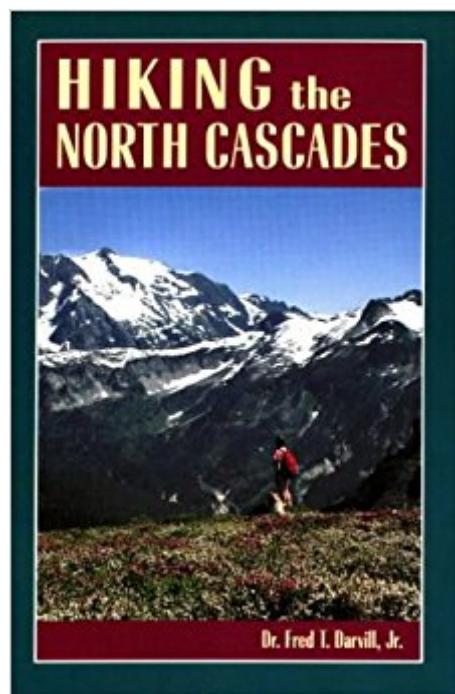


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# Hiking The North Cascades



## Synopsis

& 20 b/w photos & 30 drawings & 5 x 8. Natural history and scenic attractions of the "Wilderness Alps".& Expert information on preparations, safety, and hiking regulations & Detailed area maps for each section of North Cascades Park The North Cascades National Park, a 684,000-acre region between Seattle and Vancouver, British Columbia, offers an extraordinary opportunity for wilderness exploration. Drawing on more than forty years of hiking and research in these mountains, author Fred Darvill, Jr., presents a comprehensive listing of the 100 best hiking trails in the park, including walking times, elevations, altitude, difficulty, and map references for each hike. He also describes in detail the plants, animals, and landforms. Special attention is given to the history and ecology of the park and how hikers can help in its preservation. Dr. Fred Darvill, Jr. was instrumental in creating North Cascades National Park and is a tireless activist for its protection. He lives in Mount Vernon, Washington.

## Book Information

Paperback: 2 pages

Publisher: Stackpole Books (June 1, 1998)

Language: English

ISBN-10: 0811727912

ISBN-13: 978-0811727914

Product Dimensions: 8.3 x 5.6 x 1.2 inches

Shipping Weight: 1.1 pounds

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Best Sellers Rank: #3,824,844 in Books (See Top 100 in Books) #39 in Books > Travel > United States > Washington > North Cascades #2103 in Books > Travel > Canada > General #7472 in Books > Sports & Outdoors > Hiking & Camping > Excursion Guides

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