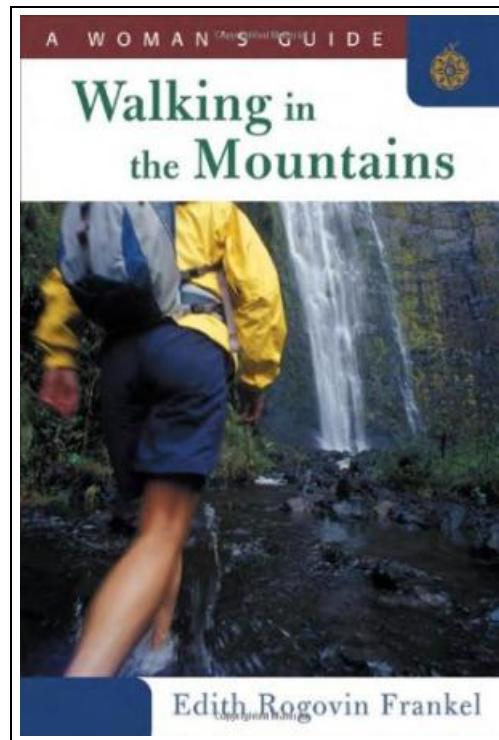


## Walking in the Mountains: A Woman s Guide (Paperback)



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Derrydale Press, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book. Though this book was written with women in mind (there is a section on hiking while pregnant, for example), men will enjoy the ins and outs of proper equipment and how to use it, difficulty level of various mountains, the kinds of terrain a child may or may not be able to handle, and the health and spiritual benefits of walking in the mountains. Addressing both the unrepentant couch potato as well as the absurdly fit, the author prescribes various exercise regimes according to the fitness level of the individual. Subsequent chapters explain map reading, what to wear, what to carry in a backpack, and recommended treks in the U.S., Himalayas, and Europe; a comprehensive appendix lists climbing clubs and rental opportunities.



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