



Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail

Tami Asars

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"There's no other trip, trail or peak that any backpacker should rank higher on his life list than 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 93-mile trek, 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 extensions at hikingthewonderlandtrail.com

Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of 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 native Tami Asars, a 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 reduce pack weight, prevent 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 suggested 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 workshops and in the field. *Hiking the Wonderland Trail* distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

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Reading can called thoughts hangout, why? Because if you find yourself reading a book particularly book entitled Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail your brain will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely can be your mind friends. Imaging just about every word written in a e-book then become one web form conclusion and explanation in which maybe you never get previous to. The Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail giving you yet another experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us demonstrate the relaxing pattern this is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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Dina Hirsch:

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