



Joy Of Hiking: Hiking The Trailmaster Way

John McKinney

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Get more out of life--take a hike! *The Joy of Hiking* is a comprehensive guide to hiking and the "hiking lifestyle," chock-full of advice for both novice and experienced hikers--plus everyone in between. It's a compendium of wise words and inspirational advice from the Trailmaster himself, the hiking columnist for the Los Angeles Times for 18 years. McKinney's engaging, supportive tone will convince you that America's most popular form of outdoor recreation is ideal for fun, fitness, spiritual renewal, and reconnecting with friends and family.

The Joy of Hiking covers where to go, how to prepare, what to take, and how to find your way. Learn everything from safely removing a tick to hiking mindfully, from hiking for weight loss to hiking for mental health, from selecting a local hiking spot to planning a nature adventure in Europe. It also features fun facts (did you know there are six different kinds of rainbows?), kid-friendly trip ideas, and plenty of anecdotes, quotes, and trail humor to inspire hikers and would-be hikers to lace up their boots and hit the trail.

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