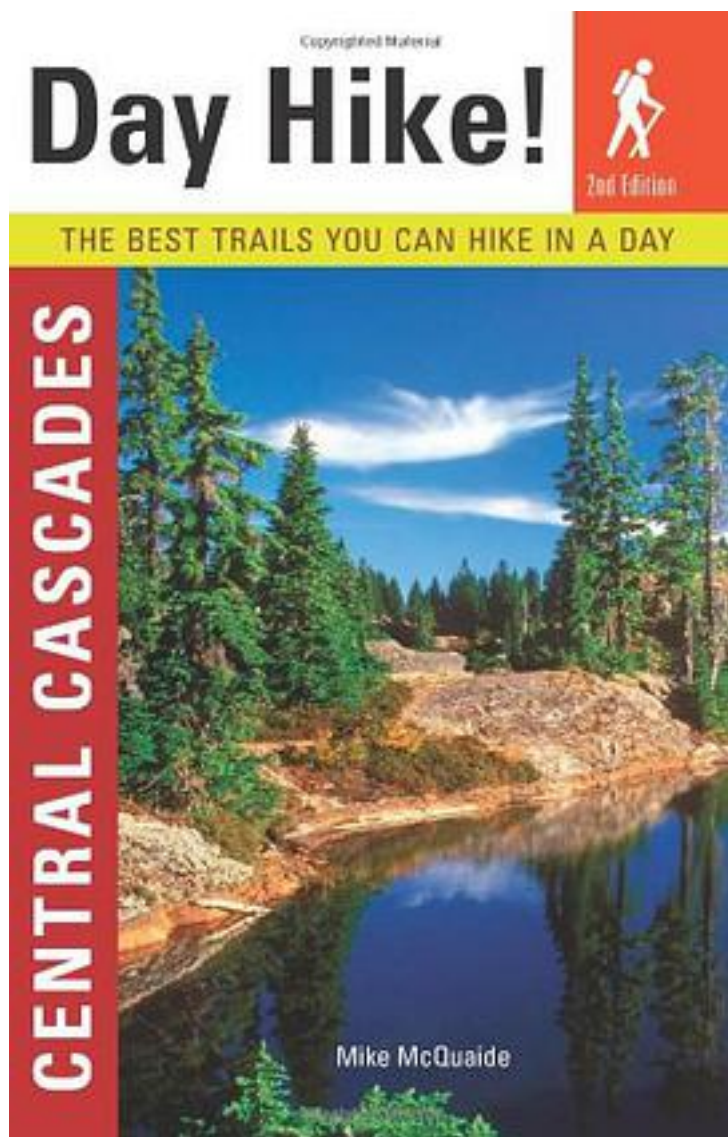


Day Hike! Central Cascades



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A guide written just for people who want to spend their days in the mountains and their nights back at home. DAY HIKE! uncovers the best trails for the day tripper, whether you're a newbie hiker or a veteran with hundreds of miles on your boots. Northwest trail expert Mike McQuaide leads us to more than 60 of the best day hike trails in the Central Cascades from the Olallie Lake Scenic Area and Mount Jefferson Wilderness in the north to the Mount Thielsen Wilderness in the south. Day Hike! Central Cascades describes classic routes—from easy to moderate to extreme—giving hikers the choices they want. Entertaining, accurate, and contemporary writing make this guide the one to keep near the water bottles.

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