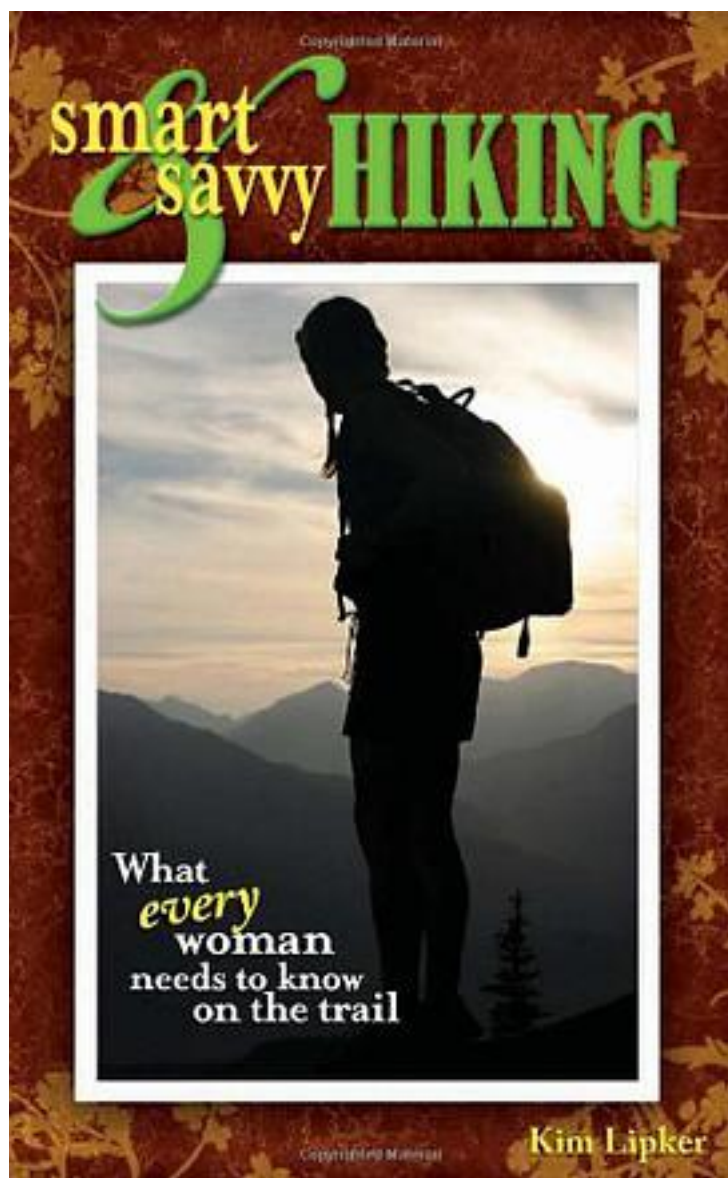


Smart and Savvy Hiking



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Smart & Savvy Hiking will walk readers through the basics of the outdoor world and how to have a fulfilling outdoor experience. Information will be presented in a way that offers women unique ways to experience the outdoors, through journaling, goal setting, and checklists. Women of all outdoor-ability levels will be engaged.

Hiking mistress and trail master Kim Lipker starts with the assumption that, Yes!, females are indeed at home in the wilderness. This unique guide is packed with essential how-to information, wit, wisdom, and tips on everything from safety, to basic equipment, to hiking while pregnant. Whether new to the sport or a veteran, Smart & Savvy Hiking prepares females to have fun, enjoy, and be safe on a day hike through the woods, weekend blast in the desert, or extended journey on a long trail. Daring? Of course. Dangerous? No way. Divine? In every possible way.

作者介绍:

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