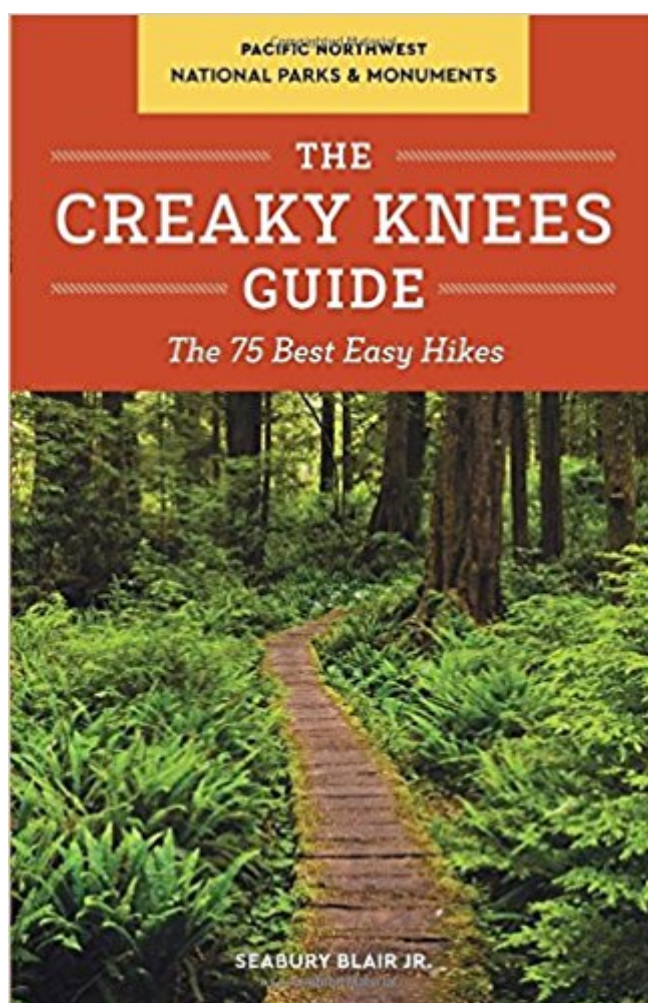




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# The Creaky Knees Guide Pacific Northwest National Parks And Monuments: The 75 Best Easy Hikes



## Synopsis

Timed perfectly with the National Park Service centennial celebration in 2016, this guidebook features the 75 best day hikes in national parks and monuments throughout Washington and Oregon including: ã ã North Cascades National Park San Juan Islands National Monument Olympic National Park Mount Rainier National Park Mount St. Helens National Monument Newberry National Volcanic Monument John Day Fossil Beds National Monument Crater Lake National Park Oregon Caves National Monument Cascade-Siskiyou National Monument ã ã Written in an informative style that will appeal to anyone, regardless of age, each trail description includes elevation gains, including a topographical map; clear, up-to-date driving directions; mileage and estimated hiking time; trail conditions; and more. Creaky Knees hiking guides are perfect for aging baby boomers, seniors, those traveling with small children, and anyone else interested more in a stroll than a climb.

## Book Information

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## Customer Reviews

"Just in time for the National Park Service centennial ã ã ã ã [this] guide, with topographical maps, focuses on hikes in parks and monuments in Oregon and Washington, including two dozen walks around iconic Mount Rainier and Mount St. Helens." ã ã ã ã •Seattle Times"Retired outdoor columnist Seabury Blair Jr. has built a second career as a guidebook author with his Creaky Knees guides...and he clearly believes that just because folks are getting a little long in the tooth or stiff in the joints doesn't mean they should be sentenced to spending their remaining years sitting in front

of the television set."•The Bookmonger, Kitsap Sun "For seniors, those with small children and probably a lot of other folks who aren't in terrific shape."•The Daily News "Even with Mt. Rainier in our backyard, some of us are not made for mountain climbing. Do not be deterred! Check out [The Creaky Knees Guide,] intended for anyone more interested in a stroll than a climb."•Tacoma Public Library "Hikers explore the splendor of the national parks and monuments of Oregon and Washington with this guide to 75 of the best easy-to-walk day hikes."•Sir Read A Lot "You'll soon find that these will be your go-to guides for enjoyable jaunts in the great outdoors."•Trailblazer Girl

Seabury Blair Jr. spent many years as the outdoor columnist for the Kitsap Sun newspaper. He is the author of The Creaky Knees Guide Washington and two guides in the Day Hike! series: Day Hike! Olympic Peninsula and Day Hike! Columbia Gorge.

It's a gift and he has already previewed it and likes it.

The book itself did not meet my expectations. There was hardly anything in my area. Everything is mostly in upper Washington. However the seller shipped the book fast and it was exactly as described.

I had great expectations of this book. The title even says Creaky Knees, which I possess. This book is not for a beginner or for someone with real disability. I have arthritis fairly bad and had hoped to find some trails I could do with my sons. Most of the trails, even the beginner trails, are longer than I can do at this point. It would be nice if the authors and publishers of this book series gave some serious thought to an aging population and the needs of the same. Not ALL of us have the ability to hike on a regular basis. Not ALL of us are in great physical shape.

Nicely done but too steep/strenuous for this oldie.

I will give it a five star but I do have an important suggestion (that also might have avoided the complaint of the one-star review of this book): Please put the rating, effort, and distance in the CONTENTS. It will make the book far more usable. I went on the Smith Creek trail and then complained to my friends about the book, only to realize later that in fact there is a rating of only 2

out of 5 for that trail, but I had overlooked it. The ratings are really a very valuable part of the book.

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