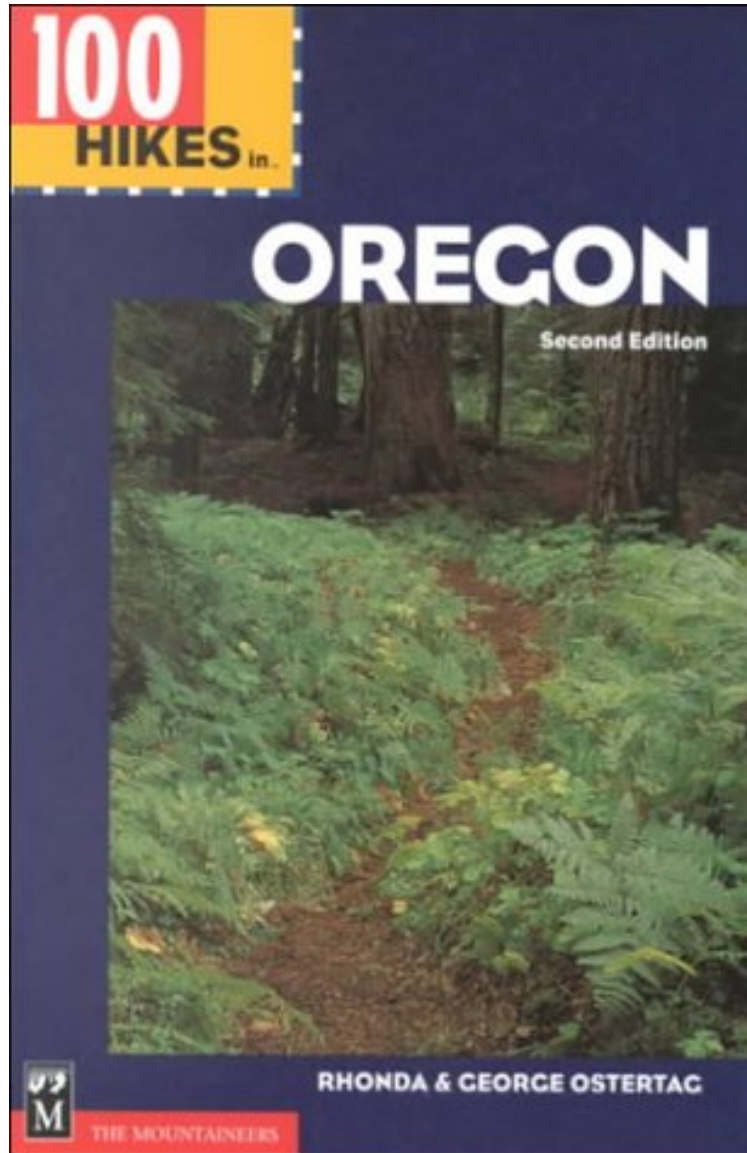


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100 Hikes in Oregon

Rhonda Ostertag, George Ostertag
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No Northwest bookshelf should be without a 100 Hikes guide. Covering the entire state, 100 Hikes in Oregon features a variety of day hikes and overnight backpacks through Oregon's diverse landscape, from western ocean and mountains to eastern river plains and canyonlands. All the essential elements for choosing a suitable hike are here: trail summaries highlight distance, degree of difficulty, elevation changes, seasonal considerations; detailed descriptions, maps, and photos give a clear picture of the trail ahead. Both serious and casual hikers will be delighted at the mix of well-tracked favorites and less-explored routes in 100 Hikes in Oregon.

.com A single trail guide for all of Oregon? In a state teeming with loops, tours, and trails in a diverse array of natural settings ranging from rugged coastline and craggy peaks to desert canyons and craters, it might seem an impossible task. But the Osterbergs have successfully showcased Oregon's most awe-inspiring trails--all in one handy guide. The book is divided geographically from west to east, moving from coastal and I-5 corridor possibilities to a hearty selection of Cascade Mountain terrain, then finishing off with tours through the Columbia Plateau, northeastern ranges, and the southeast canyonlands. So whether you're in search of a quick reprieve from freeway traffic or planning an extended backpacking excursion in the middle of nowhere, there's a suitable hike for you. Along with information on distance, elevation changes, level of difficulty, and maps, the authors also provide historical and botanical insights. You learn, for instance, that along with offering one of the best vistas in the North Coast Range, Saddle Mountain appears in the journals of Lewis and Clark and offers rare sightings of indigenous alpine flora. Don't be surprised by the peppering of reminders to "stay on the path," "opt for day hikes," and "don't visit the same area year after year." A tad preachy, yes, but in taking the long-sighted approach to these natural wonders, it's your lifelong enjoyment the Osterbergs have in mind.