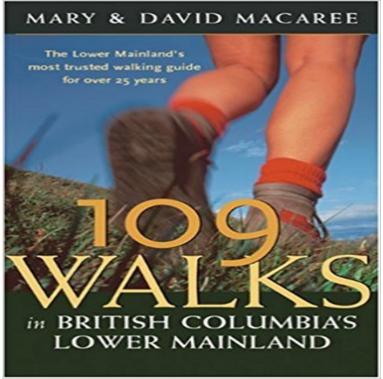
109 Walks in British Columbias Lower Mainland: The Lower Mainlands Most Trusted Walking Guide for Over 25 Years



From hidden glades within Vancouvers city limits to seaside rambles along Burrard Inlet and the Sunshine Coast, from hilltop vistas on the North Shore and near Whistler to country jaunts through the Fraser Valley, 109 Walks has something for anyone who likes to be outdoors. Since its publication in 1976, this classic guidebook has sold over 80,000 copies, leading old and young to scenic byways in all seasons. In this revised and updated fifth edition, long-time author Mary Macaree has taken a great book and made it better. Up-to-the minute trail information and newly drawn maps make route-finding easier; comprehensive indexes help ensure a trail thats right for the season, the timeframe and the fitness level of the group; and more than ten new walks provide fresh paths of discovery for readers of previous editions.

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