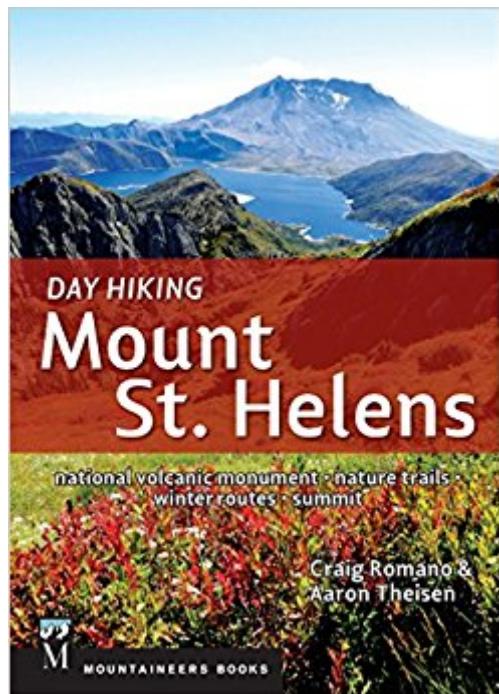


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# Day Hiking Mount St. Helens



## **Synopsis**

Explore one of the Cascades' most precious volcanic jewels! Come hike the Mount St. Helens National Volcanic Monument and surrounding wild areas with award winning guidebook author, Craig Romano and co-author Aaron Theisen. Day Hiking Mount St. Helens (The Mountaineers Books) spotlights every trail within the Mount St Helens National Volcanic Monument as well as many of the trails in nearby wild areas. Discover trails on dramatic ridges within the blast zone; trails to ancient forests that survived the eruption; and trails through wild lands that harbor elk, mountain goats and Sasquatch. Explore waterfalls, pumice plains, wildflower meadows, sparkling alpine lakes, volcano-created lakes, easy nature trails and challenging knife-edge ridges. Craig hiked every mile of every trail (including the winter ski and snowshoe trails) within the 110,000-acre national volcanic monument as well climbed the volcano and explored miles of surrounding trails researching this guidebook. Encompassing the entire monument, Craig and Aaron also include in the book, hikes in the adjacent Dark Divide and Siouxon Roadless areas; and the Chehalis and Cowlitz River valleys. Nowhere else in the Northwest can you witness on such a large scale the sheer destructive and rejuvenating forces of Nature than at Mount St. Helens!

## **Book Information**

Series: Day Hiking

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Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #207,574 in Books (See Top 100 in Books) #4 in Books > Travel > United States > Washington > Mount St. Helens #222 in Books > Sports & Outdoors > Mountaineering > Mountain Climbing #335 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## **Customer Reviews**

Craig Romano is Washington's most prolific guidebook author, which suits the energetic writer's

passion for hiking, running, kayaking, and cycling. Craig has written about his outdoor passions for dozens of publications, including Seattle Met, Backpacker, Paddler, Adventures NW, AMC Outdoors, Washington Trails, and CityDog. He is currently a columnist for Northwest Runner, Outdoors NW, and The Mountaineer, and is the author or co-author of 14 guidebooks. He lives with his wife Heather, son Giovanni, and cats Giuseppe and Mazie in Skagit County, Washington.

This guide book is easy to use and gives excellent trail descriptions with directions of how to get to the trailheads included. It is arranged by region with an overview map at the beginning. A chart of "Hikes at a Glance" provides a quick reference regarding difficulty, bike use, kid friendliness, dog friendliness, and wheelchair accessibility. After checking out the overview map and the "Hikes at a Glance" I was able to easily narrow down the list of hikes that appealed to me and then read the detailed descriptions for those hikes. The book includes some nice photos that give a good representation of the terrain and scenery.

What a great resource for hiking the Mt. St. Helens area. The book goes into a lot of detail about trails that you simply won't find anywhere else. I'm going to be purchasing their other day hiking books for the Pacific Northwest!

I'm amazed how many different hikes are surrounded Mt St Helens. I don't know if I will ever hike all of them but I now know they are out there.

Covers a lot of area around MSH. Nice.

Accurate guide book for hiking some of my favorite--and still unknown--trails.

Great Book

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