

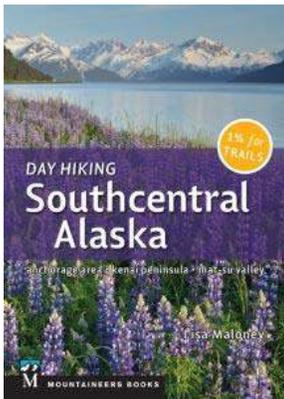
## Best Front Range Bird Hikes

by Norm Lewis

The Mountaineers Books • On Sale: Mar 1/19 • 6 x 9 • 240 pages  
9781937052560 • \$34.95 • pb • Sports & Recreation / Hiking

Hiking and birding are two of the most popular pastimes in Colorado and across the country. The Best Front Range Bird Hikes is the first book to bridge these activities with information about the best trails for finding birds, as well as information about what trails might host species of particular interest.

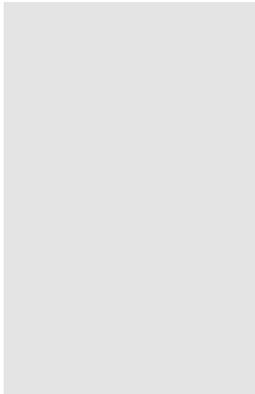
Covering the region from Colorado Springs to Fort Collins, emphasis is placed upon describing trails that combine great scenery, historic interest and, of course, great birding. This is (...)



## Day Hiking Southcentral Alaska

The Mountaineers Books • On Sale: Apr 1/19 • 5 x 7 • 320 pages  
9781680510669 • \$26.95 • pb • Sports & Recreation / Hiking

Day Hiking: Southcentral Alaska features 100 day hikes in the populous region around the Greater Anchorage area. Starting with the immense and accessible Chugach State Park, the guide includes hikes north of the city to include the Matanuska–Susitna Valley and Hatcher Pass areas, as well as trails near Eagle River, Palmer, and Wasilla. There are hikes along Cook Inlet and Turnagain Arm, including near Girdwood, Portage Glacier, and Whittier, as well as all of the Kenai Peninsula–Chugach National Forest, Kenai National Wildlife Refuge, Kachemak Bay State Park and (...)

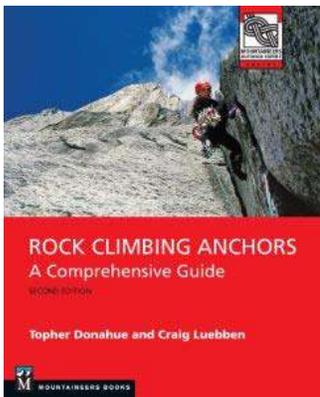


## My Old Man and the Mountain

by Leif Whittaker

The Mountaineers Books • On Sale: Mar 1/19 • 6 x 9 • 288 pages  
9781680510690 • \$26.95 • pb • Biography / Adventurers & Explorers

My Old Man and the Mountain is Leif Whittaker's engaging and humorous story of what it was like to "grow up Whittaker"—the youngest son of Jim Whittaker and Dianne Roberts, in an extended family of accomplished climbers. He shares glimpses of his upbringing and how the pressure to climb started early on. Readers learn of his first adventures with family in the Olympic Mountains and on Mount Rainier; his close yet at times competitive relationship with his brother Joss; his battle with a serious back injury; and his efforts (...)



## Rock Climbing Anchors

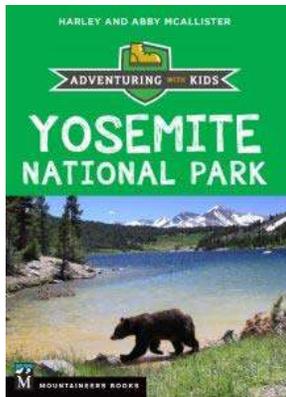
2nd Edition. A Comprehensive Guide  
by Topher Donahue and Craig Luebben

The Mountaineers Books • On Sale: Apr 1/19 • 6.75 x 8.5 • 288 pages  
9781680511406 • \$34.95 • pb • Sports & Recreation / Mountaineering

For this new edition of Rock Climbing Anchors, climber and writer Topher Donahue carefully reviewed each of the techniques and lessons, making them even easier to understand and learn. Key updates include:

- Improved content hierarchy, reading efficiency, and technique emphasis
- Pros vs. Cons comparison lists
- Technological advances and changes in gear and standards
- Graphic illustrations of force movement, "right" vs "wrong" technique, and more





## Yosemite National Park

Adventuring with Kids

by Harley McAllister and Abby McAllister

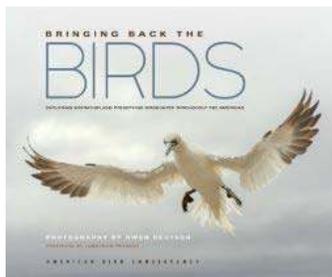
The Mountaineers Books • On Sale: Apr 1/19 • 5 x 7 • 208 pages

9781680511529 • \$24.95 • pb • Family & Relationships / Activities • Adventuring with Kids

Spot climbers on El Cap, hike to rushing Yosemite Falls, float in the refreshing Merced River, visit Tuolumne's alpine meadows, take an afternoon bicycle ride around the Valley—Yosemite has much to offer visitors, including its youngest ones. With an emphasis on outdoor education and fun, authors Harley and Abby McAllister write with parental practicality: kids aren't going to be excited about views, and even teenagers get cranky when they're cold or hungry (...)



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## Bringing Back the Birds

Exploring Migration and Preserving Birdscapes throughout the Americas

by American Bird Conservancy

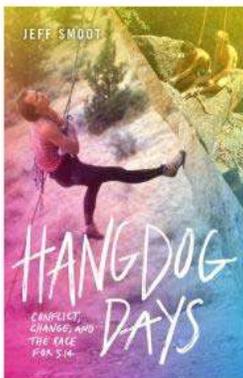
The Mountaineers Books • On Sale: Mar 1/19 • 12 x 10 • 208 pages

9781680512113 • \$50.00 • cl • Photography / Subjects & Themes / Plants & Animals

We are captivated by birds for many reasons, but especially their ability to fly. Vast migrations across immense distances contrast a bird's apparent frailty with its super-human strength and resilience. With species ranging from tiny iridescent-green hummingbirds to giant, gangly flightless rheas, the Americas feature an astonishing array of birds that rely upon the tremendous diversity of habitats found here. Some terns migrate the length of these continents, while certain grebes spend their entire lives on a single lake. Treasured



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## Hangdog Days

Conflict, Change, and the Race for 5.14

by Jeff Smoot

The Mountaineers Books • On Sale: Apr 1/19 • 6 x 9 • 320 pages

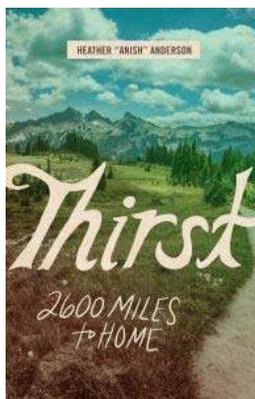
9781680512328 • \$31.95 • pb • Biography / Adventurers & Explorers

Hangdog Days chronicles the era when rock climbing exploded in popularity, attracting a new generation of talented climbers eager to reach new heights via harder routes and faster ascents. This contentious, often humorous period gave rise to "sport climbing," climbing gyms, and competitive climbing—indelibly changing the culture of the sport, transforming it into what we know it as today.

One of those young climbers, writer Jeff Smoot traces the development over time of traditional climbing "rules" enforced first through peer (...)



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## Thirst

2600 Miles to Home

by Heather Anderson

The Mountaineers Books • On Sale: Mar 1/19 • 5.5 x 8.5 • 208 pages

9781680512366 • \$25.95 • pb • Biography / Personal Memoirs

In her new memoir, Thirst: 2600 Miles to Home, Heather, whose trail name is "Anish," conveys both her athleticism and wilderness adventures, but also shares her distinct message of courage, her willingness to turn away from the predictability of a more traditional life in an effort to seek out what most fulfills her. Amid the rigors of the trail—the pain, fear, loneliness, and dangers—she discovers the greater rewards of community and of self, conquering her doubts and building confidence. Ultimately, she realizes that records are merely a catalyst (...)



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