



Raincoast Books

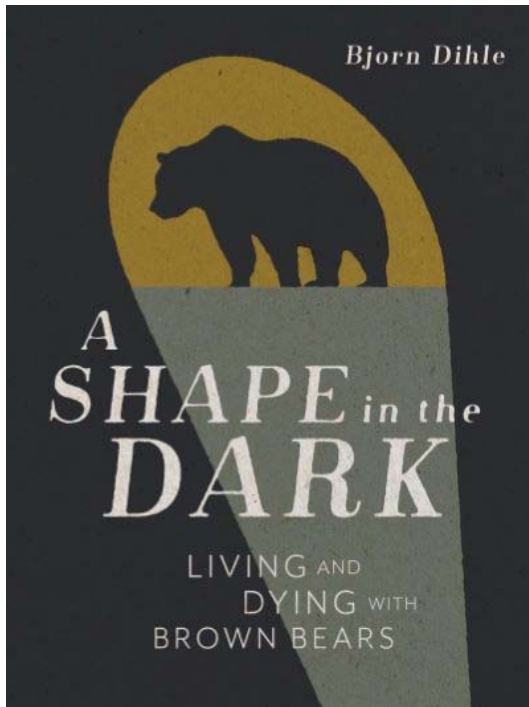
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# EARLY SPRING 2021 MOUNTAINEERS

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**This edition of the catalogue was printed on August 21, 2020.**

To view updates, please see the Early Spring 2021 Raincoast eCatalogue or visit [www.raincoast.com](http://www.raincoast.com)



The Mountaineers Books  
 On Sale: Feb 1/21  
 6 x 8 • 208 pages  
 1 map  
**9781680513097** • \$25.95 • pb  
 Biography / Personal Memoirs

## Notes

## Promotion



## A Shape in the Dark

Living and Dying with Brown Bears

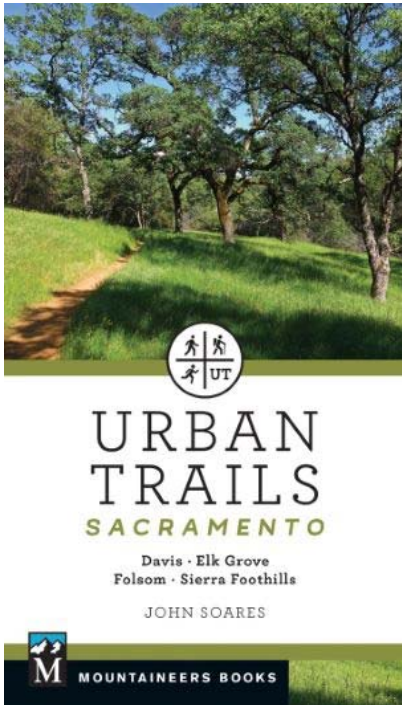
by Bjorn Dihle

In *A Shape in the Dark*, wilderness guide and lifelong Alaskan Bjorn Dihle weaves personal experience with historical and contemporary accounts to explore the world of brown bears - from encounters with the Lewis and Clark Expedition, frightening attacks including the famed death of Timothy Treadwell, the controversies related to bear hunting, the animal's place in native cultures, and the impacts on the species from habitat degradation and climate change. Much more than a report on human-bear interactions, this compelling story intimately explores our relationship with one of the world's most powerful predators. An authentic and thoughtful work, it blends outdoor adventure, history, and elements of memoir to present a mesmerizing portrait of Alaska's brown bears and grizzlies, informed by the species' larger history and their fragile future.

## Author Bio

Writer and wilderness and wildlife film guide, **Bjorn Dihle** is a contributing editor for *Alaska Magazine* and *Hunt Alaska Magazine* and has been published in *Outdoor Life*, *Sierra*, *High Country News*, and *Birdwatching*, among others. He is the author of two books, *Haunted Inside Passage: Ghosts, Mysteries, and Legends of Southeast Alaska* and *Never Cry Halibut: And Other Alaska Hunting and Fishing Tales*. A native of Southeast Alaska, he lives on Douglas Island with his family.





The Mountaineers Books  
 On Sale: Mar 1/21  
 4 x 7 • 208 pages  
 50 color photos; 36 maps  
**9781680512847** • \$24.95 • pb  
 Sports & Recreation / Hiking

## Notes

## Promotion



### Urban Trails: Sacramento

Davis • Elk Grove • Folsom • Sierra Foothills

by John Soares

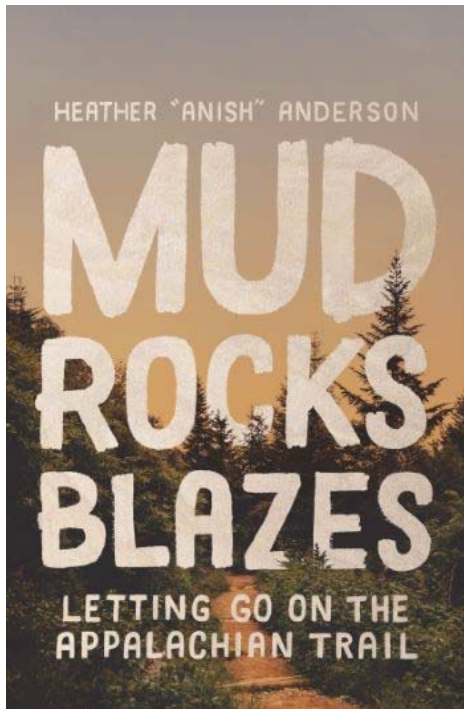
The city of Sacramento, sitting at the confluence of the Sacramento and American Rivers, has a rich history as the state's capitol and regional transportation hub. With a half million residents and a diverse, professional workforce, Sacramento is a dynamic and growing urban area - one whose walkers, runners, and hikers will welcome a guide to the best paths, parks, and trails! Features include:

- 35 trails in city and nearby towns, hills, valleys
- At-a-glance chart for easy trail selection
- Detailed route descriptions, including distance, elevation, difficulty, trail amenities
- Family- and dog-friendly options
- Sidebars highlighting area history
- Full-color photos and maps

### Author Bio

**John Soares** grew up near Redding, hiking in the Sierra before going on to explore trails all over the world. He is the author of several guidebooks, including *100 Classic Hikes: Northern California*, now in its fourth edition, and *Day Hiking: Mount Shasta, Lassen & Trinity Alps Regions*. Visit him online at [NorthernCaliforniaHikingTrails.com](http://NorthernCaliforniaHikingTrails.com) and on Facebook @JohnSoaresHikingGuidebookAuthor.





The Mountaineers Books

On Sale: Mar 1/21

5.5 x 8.5 • 224 pages

1 map

9781680513363 • \$27.95 • pb

Biography / Personal Memoirs

## Notes

## Promotion



## Mud, Rocks, Blazes

Letting Go on the Appalachian Trail

by Heather Anderson

Despite her success setting a self-supported Fastest Known Time record on the Pacific Crest Trail in 2013, Heather Anish" Anderson still had such deep-seated insecurities that she became convinced her feat had been a fluke. So two years later she set out again, this time hiking through mud, rocks, and mountain blazes to crush her constant self-doubt and seek the true source of her strength and purpose.

The 2,180 miles of the Appalachian Trail, from Maine to Georgia, did not make it easy. Anderson struggled with its infamous rain, humidity, insects, and steep grades for 54 days. But because she had to fight for every step, she knew when she reached the summit of Springer Mountain, the AT's southern terminus, that she had fully earned the trail. Of greater value, she learned to love herself and her body, and to feel the depth of her power. Examining emotional scars as well as her relationship with her mother, Anderson's deeply internal yet highly physical journey in *Mud, Rocks, Blazes* is an essential story.

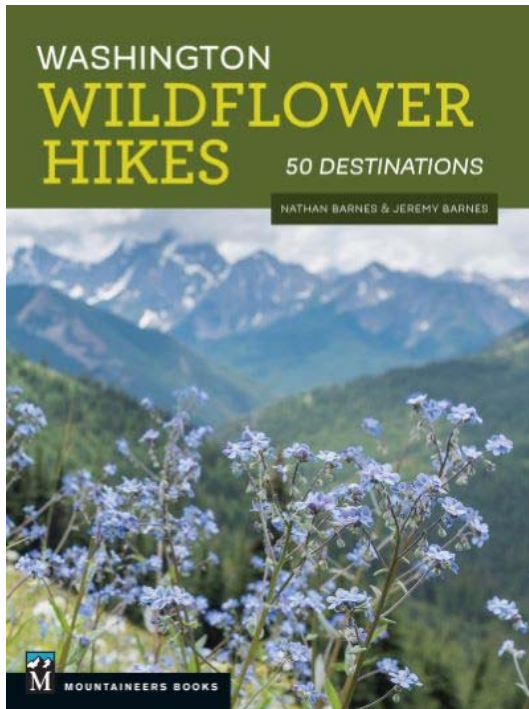
## Author Bio

**Heather Anderson** is a certified personal trainer, through-hiker, ultrarunner, mountaineer, climber, endurance adventurer, and wilderness lover. She is the first female to complete the Triple Crown in a calendar year. When she is not on the trail, she lives in Washington State. Follow her adventures at [anishhikes.wordpress.com](http://anishhikes.wordpress.com) and [@AnishHikes](https://www.instagram.com/AnishHikes).



Raincoast Books

Sales Rep



The Mountaineers Books  
 On Sale: Apr 1/21  
 6.75 x 9 • 272 pages  
 150 color photos; 51 maps  
**9781680510959** • \$35.95 • pb  
 Sports & Recreation / Hiking

## Notes

## Promotion



## Washington Wildflower Hikes

50 Destinations

by Nathan Barnes and Jeremy Barnes

From flower-filled alpine meadows to streams lined with delicate Scouler's corydalis blooms, and from lakes covered in water lilies to Dr. Seussian drifts of bear grass, Washington offers something for every hiker - and flower lover. Brothers Nathan and Jeremy Barnes lead hikers on 50 trails to seasonal floral displays, ranging across varied landscapes. Features include:

- Basics of wildflower identification
- Tips for photographing wildflowers
- Hike Finder," which includes flowering season, trail difficulty, distance, and more
- 50 detailed wildflower profiles, including common and botanical names, description, botanical background
- Stunning images throughout

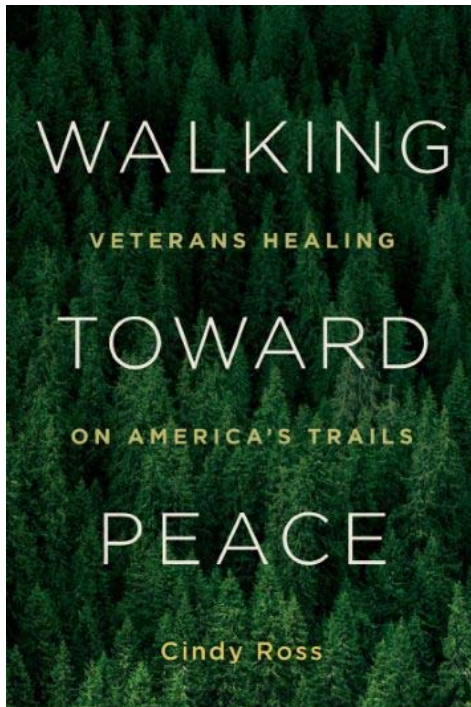
Along with its showcased species, each handpicked route includes a detailed topo map, turn-by-turn route description, history of the area, and list of other wildflowers found along the trail.

## Author Bio

**Nathan and Jeremy Barnes** founded the popular website and blog [hikingwithmybrother.com](http://hikingwithmybrother.com) in 2009 as a resource for hikers. Nathan graduated from the University of Washington with an undergraduate degree in history and political science and later returned to the UW School of Law to earn his Juris Doctor. Jeremy also graduated from the UW with a degree in industrial engineering. They both live in West Seattle. Learn more at [www.hikingwithmybrother.com](http://www.hikingwithmybrother.com).







The Mountaineers Books  
 On Sale: Apr 1/21  
 6 x 9 • 240 pages  
**9781680513035** • \$28.95 • pb  
 Nature / General

## Notes

## Promotion



## Walking Toward Peace

Veterans Healing on America's Trails

by Cindy Ross

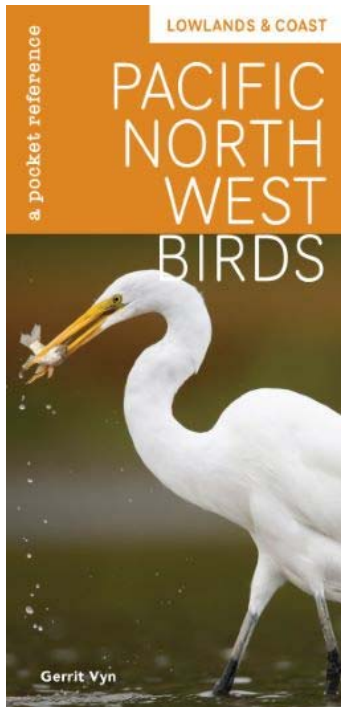
*Walking Toward Peace* shares the intimate stories of veterans who, post-deployment, have wrestled with post-traumatic stress disorder (PTSD). Through a process called "ecotherapy," spending time in nature to promote healing and mental health, they have found new tools to deal with issues that have resulted from combat experiences: survivor's guilt, nightmares, lack of trust, depression, hypervigilance, thoughts of suicide, and lack of purpose. Some veterans profiled here have gone to extremes, spending months on long-distance expeditions, like hiking the 3,100-mile Continental Divide Trail or canoeing the 2,320-mile Mississippi River. For many others, however, brief excursions in the outdoors offer an opportunity for healing. Author Cindy Ross examines current research and perspectives of professional therapists and provides information on organizations devoted to healing veterans in the outdoors. Each featured veteran is depicted in an illustrated portrait.

Veterans share their stories, frequently as they sit by a campfire, describing wartime traumas and their present lives. Through their collective voices what becomes clear is that anyone suffering from any form of PTSD may discover the powerful comfort and healing that can be found in the outdoors.

## Author Bio

Cindy Ross has written about adventure, sustainable living, and raising children alternatively via outdoor adventures and travel for a variety of publications, including the Los Angeles Times, the Toronto Star, and Backpacker magazine. The author of six published books, including the award-winning *The World Is Our Classroom*, she has lectured on the virtues of sustainability for twenty-five years. Cindy lives in New Ringgold, Pennsylvania.





The Mountaineers Books  
 On Sale: Apr 1/21  
 12 pages  
 45 color photos; 1 map  
**9781680515251** • \$11.95  
 Nature / Animals / Birds

## Notes

## Promotion



## Pacific Northwest Birds

A Pocket Reference

by (photographer) Gerrit Vyn

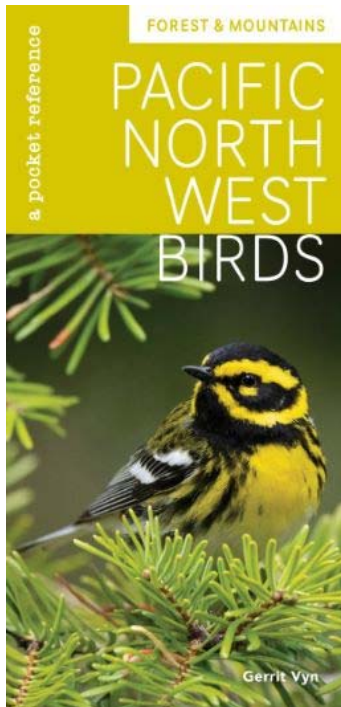
This full-color visual guide to birds is a handy pocket reference, particularly useful for novice or casual birdwatchers. Guide consists of folded and laminated panels showcasing 40 of the most common species found across Washington and Oregon - including perennial favorites such as Belted Kingfisher, Pigeon Guillemot, and White-crowned Sparrow. Features include:

- Clear color photos of each species
- Icons for habitat, conservation status
- Concise field listings detail common and Latin names, brief description, where to look for it, what it sounds like, fun facts
- Mini eco-regional map
- Ideal for hikers, backpackers, car campers, paddlers, beach-goers, climbers, park visitors

## Author Bio

**Gerrit Vyn** is wildlife photographer and cinematographer for the Cornell Lab of Ornithology, a Senior Fellow at the International League of Conservation Photographers and has been photographing birds and wildlife professionally for the last 25 years. His most recent book, *The Living Bird*, was a *New York Times* Bestseller and National Outdoor Book Award winner. Gerrit's work is published regularly in magazines, including *National Geographic*, *BBC Wildlife* and *Audubon*, and has been featured in media outlets including NPR's *Fresh Air* with Terry Gross, Morning Edition, and *The Seattle Times*. Visit him online at [GerritVynPhoto.com](http://GerritVynPhoto.com) and on Instagram @gerritvyn.





The Mountaineers Books  
 On Sale: Apr 1/21  
 3.25 x 6.75 • 12 pages  
 45 color photos; 1 map  
**9781680515268** • \$11.95  
 Nature / Animals / Birds

## Notes

## Promotion



## Pacific Northwest Birds: Forest & Mountains

A Pocket Reference

by (photographer) Gerrit Vyn

This full-color visual guide to birds is a handy pocket reference, particularly useful for novice or casual birdwatchers. Guide consists of folded and laminated panels showcasing 40 of the most common species found across Washington and Oregon - including perennial favorites such as American Dipper, Mountain Chickadee, and Varied Thrush. Features include: • Clear color photos of each species

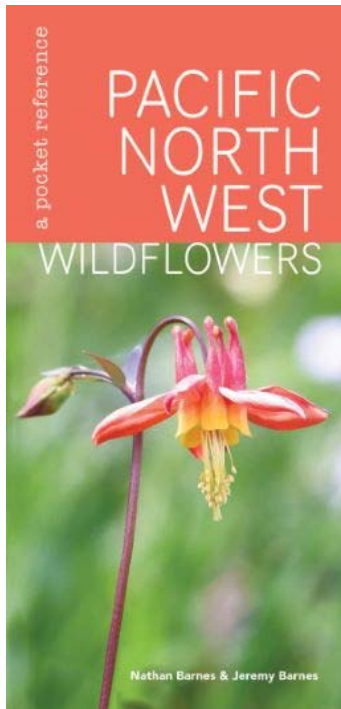
- Icons for habitat, conservation status
- Concise field listings detail common and Latin names, brief description, where to look for it, what it sounds like, fun facts
- Mini eco-regional map
- Ideal for hikers, backpackers, car campers, paddlers, beach-goers, climbers, park visitors

## Author Bio

**Gerrit Vyn** is wildlife photographer and cinematographer for the Cornell Lab of Ornithology, a Senior Fellow at the International League of Conservation Photographers and has been photographing birds and wildlife professionally for the last 25 years. His most recent book, *The Living Bird*, was a *New York Times* Bestseller and National Outdoor Book Award winner. Gerrit's work is published regularly in magazines, including *National Geographic*, *BBC Wildlife* and *Audubon*, and has been featured in media outlets including NPR's *Fresh Air* with Terry Gross, Morning Edition, and *The Seattle Times*. Visit him online at [GerritVynPhoto.com](http://GerritVynPhoto.com) and on Instagram @gerritvyn.







The Mountaineers Books  
 On Sale: Apr 1/21  
 12 pages  
 12 panels; 45 color photo  
**9781680515282 • \$11.95**  
 Nature / Flowers

## Notes

## Promotion



### Pacific Northwest Wildflowers

A Pocket Reference

by Nathan Barnes and Jeremy Barnes

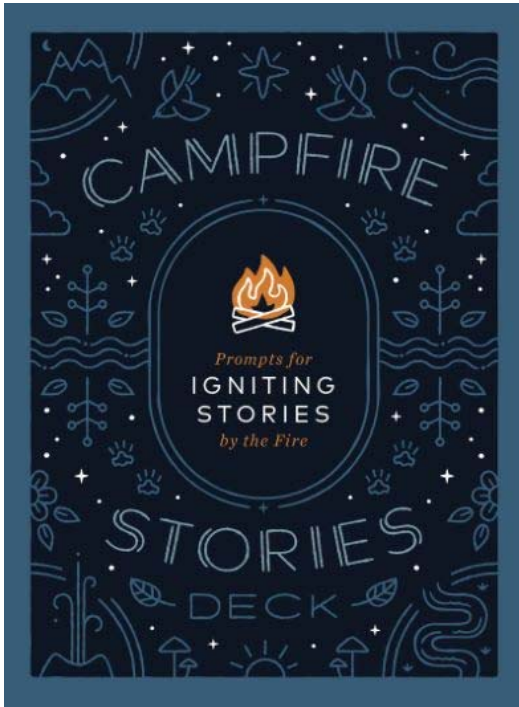
This handy, visual, pocket-sized guide to wildflowers is particularly useful for novice or recreational wildflower enthusiasts. Laminated panels showcase 40 of the most common species found in Washington and Oregon. Features include:

- Stunning color photos of each species
- Icons for best flowering season, conservation status
- Concise field listings detail common and botanical names, description, where to look for it, alternate names, fun fact
- Mini eco-regional map
- Ideal for hikers, backpackers, car campers, paddlers, park visitors

### Author Bio

**Nathan and Jeremy Barnes** founded the popular website and blog [hikingwithmybrother.com](http://hikingwithmybrother.com) in 2009 as a resource for hikers. Nathan graduated from the University of Washington with an undergraduate degree in history and political science and later returned to the UW School of Law to earn his Juris Doctor. Jeremy also graduated from the UW with a degree in industrial engineering. They both live in West Seattle. Learn more at [www.hikingwithmybrother.com](http://www.hikingwithmybrother.com).





The Mountaineers Books

On Sale: Apr 1/21

4.25 x 5.75 • 56 pages

9781680515329 • \$19.95 • card deck

Sports & Recreation / Bodybuilding & Weight Training •

Non Returnable

## Notes

## Promotion



## Campfire Stories Deck

Prompts for Igniting Conversation by the Fire

by Ilyssa Kyu and Dave Kyu

*Campfire Stories Deck* is a collection of 50 cards with storytelling prompts to help people of all ages find engaging and meaningful ways to connect with family and friends. While the glow of a campfire is the iconic setting for intimate stories, these cards can be used anywhere - on a camping trip, in the backyard, around the dining room table, or even an online hangout - to spark a story. The cadence and authenticity of personal stories can help us reveal ourselves, allay fears, bring comfort, and pass the time. For example, "Tell a story about a time when you left something behind" might lead to a tale about a teddy bear, favorite shirt, well-worn book, or grandmother's ring. Many of the deck's prompts look to nature for inspiration: "Tell a story about your first visit to a national park" - or your first time in a tent, first encounter with a wild animal, or favorite beach experience. People dream of their next adventures by reminiscing about past ones, and these cards help bring those memories - and rich stories - to light, whether around a candlelit dinner table or under the stars. Additional cards explain fun ways to use the deck and offer storytelling tips.

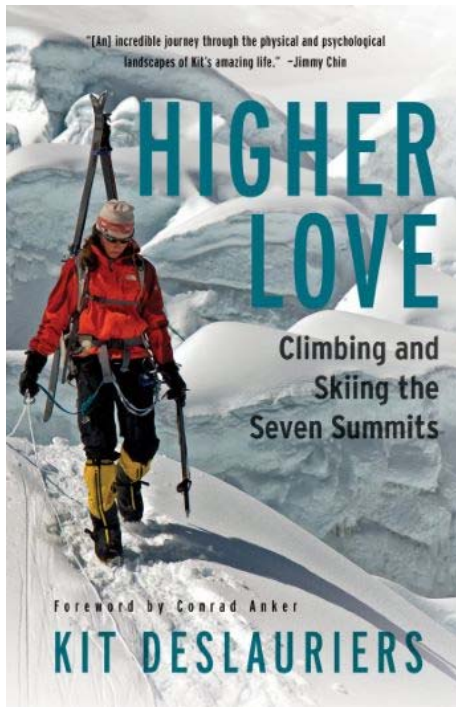
## Author Bio

**Ilyssa Kyu** is a user experience designer and strategist, with an education in industrial design. Her work with design agencies over the years has helped purpose driven organizations further their positive impact in the world. She is currently working on projects that support and bring design-thinking to environmental conservation efforts. **Dave Kyu** is an artist and writer. Born in Seoul, South Korea, and raised in the United States, he explores the creative tensions of identity, community, and public space in his work. He has managed public arts projects for the Mural Arts Program, and the City of Philadelphia.



Raincoast Books

Sales Rep



The Mountaineers Books  
 On Sale: Apr 1/21  
 6 x 9 • 312 pages  
 14 color photos  
**9781680515350** • \$28.95 • pb  
 Biography / Adventurers & Explorers

## Notes

## Promotion



## Higher Love

Climbing and Skiing the Seven Summits

by Kit DesLauriers

In 2006 Kit DesLauriers made history by becoming the first person to climb - and then ski - from the summit of each continent's highest mountain, the famed Seven Summits. Centered on this quest, her book *Higher Love* represents a hero's journey, rich with personal insights, life-threatening consequences, and a thrilling crescendo. Spanning seven continents in just two years, this deeply personal memoir recounts Kit's initially secret journey that would change her life forever. From braving Antarctica's bone-chilling temperatures to trudging through an African rainforest, from corn snow on the slopes of Australia to blue ice on Everest, Kit leads you up each mountain and gives you a heart-racing ride back down. This candid, fast-paced story shows how inspiration, teamwork, and honoring our true nature blazes the trail to every summit, on or off the mountain.

## Author Bio

**Kit DesLauriers** is a world-class athlete, wife, mother, and woman on a mission to serve the planet by raising awareness of climate change and working to preserve and protect our wild habitats. In her self-appointed role of planetary park ranger," she's an ambassador for 1% for the Planet, member of Protect Our Winters Riders Alliance, and a board member for the American Alpine Club and Alaska Wilderness League. She lives in Teton Village, Wyoming, with her husband and two daughters.

