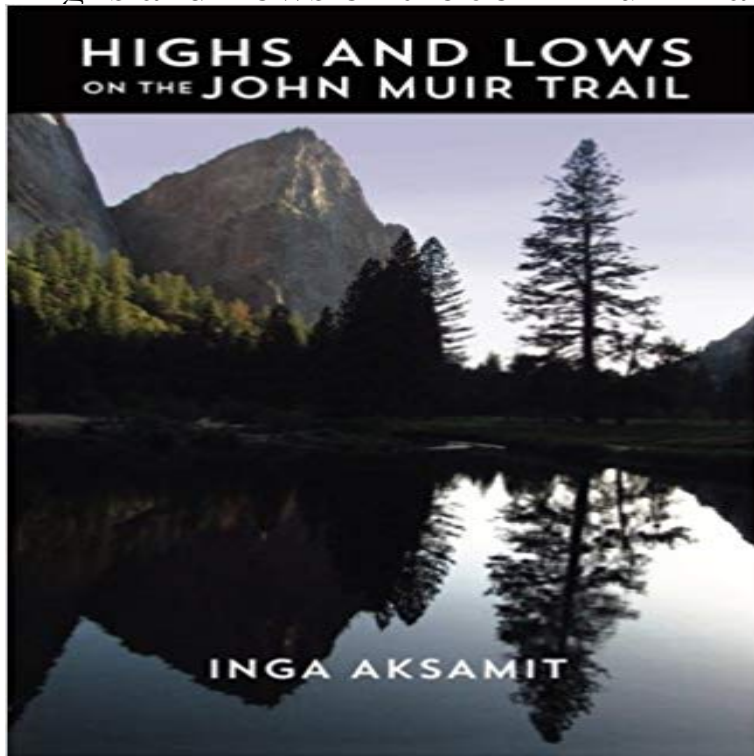


Highs and Lows on the John Muir Trail



This lively account of a woman's trek on the John Muir Trail is a must-read for those who plan to hike the trail or armchair travelers who want to live the adventure vicariously. Written in journal style, the author's description of the majestic scenery, comradery of trail friends and challenges of the terrain are engaging and informative. Along the way, trekkers will see how she and her husband met challenges head-on, lightened their load, planned meals and managed daily logistics for more than three weeks on the trail. The John Muir Trail traces an undulating path along the crest of the High Sierra with legendary elevation gains and losses of more 84,000 feet, topping out at 14,505 feet on the summit of Mt. Whitney.

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