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Plants of the Whistler Region Collin Varner
2004-01-29 Because of its growing range from low to alpine elevation, the Whistler-Blackcomb area has one of North

America's most diversified growing areas, with the same plant flowering sometimes months apart according to location. This handy, colorful guide covers 150 native

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species and introduced species that survive and thrive in the wild, such as devil's club, wintergreen, orchid, sarsaparilla, wild ginger, tiger lily, and many more. Each profile includes a description, habitat information, native use by First Nations people, and local sites.

Island Alpine Philip Stone 2014-09-02 *Island Alpine* is the first comprehensive guidebook to the mountains of Vancouver Island and Strathcona Park. Featuring over 275 Island peaks, clearly illustrated by more than 550 photographs showing hiking, scrambling and climbing routes - *Island Alpine* is the long awaited Island hiker's and mountaineer's bible.

103 Hikes in Southwestern British Columbia Jack Bryceland

2009-07-01 Since its publication in 1973, *103 Hikes in Southwestern British Columbia* has sold over 120,000 copies, guiding novices and experts alike around lakes, rivers, and mountains from the North Shore and Howe Sound to Squamish, Whistler and Pemberton, and east to the Fraser Valley and Hope-Manning Park. Engagingly written, meticulously detailed, and thoughtfully organized by area, *103 Hikes* is the ultimate, indispensable guide for trekking in all seasons. Two-color maps make route finding easier, and comprehensive indexes help ensure that a trail choice is right for the season. For each trail author Jack Bryceland indicates: time frames and suggested fitness levels information on how to get to the trailhead distance and

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elevation gain estimated hiking times points of natural or historical interest 103 Hikes includes trails from the Ashlu and Elaho valleys, as well as expanded sections on Pemberton and the Chilliwack River, providing fresh paths of discovery for readers of previous editions.

Wind River Range

Impressions Fred

Pflughoft 2004-01-01

This 100-mile stretch of the Continental Divide in Wyoming boasts some of the largest glaciers in the country, eight craggy peaks reaching well beyond 13,000 feet, the untouched Bridger Wilderness, and lakes galore. To see this new Pflughoft portfolio is to understand why the Wind River Range is such a magnet for hikers, climbers, and fishing enthusiasts.

Plants of the West Coast Trail Collin Varner

2003-03 The west coast of Vancouver Island is a region teeming with plant life, and the West Coast Trail is the entryway. The trail's windswept shores and abundant forests feature a wide range of plant life, from some of the world's tallest trees to delicate lilies to bull-kelp. Each species is described and featured in color photos and maps of British Columbia's most popular hiking destination are included.

Backcountry Skiing

Snoqualmie Pass Martin

Volken 2001-10-01 Guides the reader to great skiing away from the crowds and provides the information every skier will want for fun and challenging high-country adventures.

Mount Hood Jack Grauer

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1975

Urban Trails Bellingham

Craig Romano 2017-06-01

• Engaging, full-color pocket guide to Bellingham-area trails • Useful guide for all ages, fitness abilities, and experience levels Urban Trails: Bellingham is one of the first guidebooks in a new series to trails that are close to town. The series is aimed at those of us looking for an accessible nature outing—trails we can get to quickly, via public transportation or a short drive, that offer a quality outdoor experience without the need for special gear or major effort. These are trails perfect for families, first-time trail users, or athletes looking for a quick fix after work. Urban Trails: Bellingham focuses on the trails and parks in and around

Bellingham, including the Chuckanut Mountains and Skagit Valley.

Features in this guidebook include: • Trailhead directions, including public transit where available • “Know before you go” tips for park hours, events, and more • Trail distance and high point • Indication of best use for walkers, runners, and/or hikers • Estimated average hike time • Trailhead amenities • Info for families and dog owners • Sidebars on area history, nature, or special sights

Touching My Father's

Soul Jamling T. Norgay 2002-05-14 In a story of Everest unlike any told before, Jamling Tenzing Norgay gives us an insider's view of the Sherpa world. As Climbing Leader of the famed 1996 Everest IMAX expedition led by David

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Breashears, Jamling Norgay was able to follow in the footsteps of his legendary mountaineer father, Tenzing Norgay, who with Sir Edmund Hillary was the first to reach the summit of Mount Everest, in 1953. Jamling Norgay interweaves the story of his own ascent during the infamous May 1996 Mount Everest disaster with little-known stories from his father's historic climb and the spiritual life of the Sherpas, revealing a fascinating and profound world that few -- even many who have made it to the top -- have ever seen.

Backcountry Ski & Snowboard Routes Washington Martin Volken
2014-01-07 [CLICK HERE](#) to download a sample route from *Backcountry Ski & Snowboard Washington* Ski and snowboard adventures can be found year-round

when you know where to look – start here! * Only Mountaineers Books offers guidebooks for backcountry ski routes in Washington, and this is the newest and best available! *Backcountry skiing is one of the fastest growing winter sports * Written by the authors of the bestselling instructional text on the sport, *Backcountry Skiing Washington's Cascades, Olympics, and Mount Rainier* are prime destinations for backcountry ski and snowboard adventure, and no one is better qualified to write this guidebook than Martin Volken and his team at Pro Guiding Service, based in the Cascade foothills. The all-new guidebook includes 80 routes throughout the state – plus one in British Columbia! – Ideal for intermediate to expert skiers or

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snowboarders. It features routes ranging from accessible day trips suitable for relative beginners to more challenging multiday traverses. It's a guide to the very best routes available to skiers and boarders throughout the state. Each route includes the following elements: * Starting elevation and high point * Elevation gain and loss * Route distance * Time required * Recommended skill and fitness levels * Best season to ski * Maps and permits info * Driving directions, from nearest major town or junction * Detailed route description * Backcountry Ski & Snowboard Routes: Washington also includes an introduction by legendary Northwest skier Lowell Skoog.

Seeing Vancouver [microform] 1912

Public Accounts Alberta. Treasury Department 1990

A Journey to Become the Best Tyler C. Ford 2014-02-06 A young teen boy takes on the journey of a full season of basketball. He has great skill, passion for the game, and heart. His amazing basketball skills and his great personality lead him and his team to great fortune.

Opticalman 1 & C. United States. Bureau of Naval Personnel 1972

Destination Hikes

Stephen Hui 2021-05-11 Discover 55 of the most beautiful hikes near Vancouver, each with an exciting destination to reward your efforts. Planning your next hiking journey in beautiful British Columbia? This new book from the bestselling author of 105 Hikes will

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show you how to reach the most breathtaking hiking destinations in the province. 55 new day trips: celebrate nature big and small with astonishing hikes you can do in one day. Large geographical area: the book covers Duffey Lake and the Stein Valley in the north, Washington's Cascade Mountains in the south, Nanaimo and the Gulf Islands in the west, and Manning Park and the Coquihalla in the east. Diverse destinations: including astonishing views, swimming holes, beautiful rivers and lakes, and even a 600-year-old tree. History and ecology: the author acknowledges the Indigenous territory each trail crosses, and points out nearby museums, wetlands, temples, and memorials. Giving back: A portion of the author's royalties will go to the

Hope Mountain Centre for Outdoor Learning to support trail building and maintenance. With each hike, bestselling author and seasoned BC hiker Stephen Hui shares everything you need to know to make your day a success. Bonus features include: A photograph of every hike Topographic maps Difficulty ratings At-a-glance summaries of special features Recommendations for kids and families, and shoulder season.

Sierra South Kathy Morey
2006-06-06 This completely revised and updated 8th edition of *Sierra South* now covers an expanded region of the Sierra, from the southern boundary of Yosemite National Park to southern Golden Trout Wilderness. With new trips and old favorites, *Sierra South* is the classic guide to backpacking in Sequoia

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and Kings Canyon national parks, Ansel Adams Wilderness, and Mt. Whitney.

Final Environmental Impact Statement United States. Forest Service. Pacific Northwest Region 1990

Backpacking in Southwestern British Columbia Taryn Eyton 2021-05-11 A one-stop resource for hiking backpackers in beautiful British Columbia. Planning your next backpacking adventure? This book covers all the essentials including: 40 overnight hiking trails: discover the many different routes that BC has to offer Packing tips: take only the most essential items with you (plus a few comforts) Permitting: find out what permits you'll need, and where to get them Camp set-up: tips for where to pitch your

tent and how to find water Environmental impact: learn how to Leave No Trace behind in the wilderness This book features backpacking routes from the North Shore up to Pemberton and Lytton and from the Sunshine Coast out to the Similkameen Valley. Beautiful photographs showcase what you'll see along the way: mountain peaks, alpine meadows, waterfalls, old-growth forests, and more. Every backpacking route in the book includes bonus features: Trail maps and route descriptions Elevation, distance and time information Points of cultural and natural history Pre-planning hints about fees, permits, and reservations Suggested side trips and points of particular interest Backpacking in Southwestern British Columbia also shares options for extending an

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overnight excursion to several nights or a week, and for selecting hikes that match your timeline/fitness level.

America from the Road
Reader's Digest
Association 1982
Combines elements of traditional tour guides and nature guides, identifying scenic highways and byways and natural wonders in every state and plants, animals, and geologic formations likely to be seen along the way

Hiking the Wonderland Trail Tami Asars
2012-07-24 [CLICK HERE](#) to download the chapter on "Backpacking" from *Hiking the Wonderland Trail* "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine * Comprehensive and affectionate guide

to one of the nation's iconic wilderness trails
* Everything you need to help plan this 93-mile trek, whether done in one trip or several *
Lavish, full-color design, yet informative and practical, with 125 photographs and 18 maps
* Find even more details, updates and added trip extensions at hikingthewonderlandtrail.com Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. *Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail* is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker

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of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: * How to work with the Wonderland Trail permit reservation system, and when to apply * Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry * How to pack the perfect backpack * Food and fuel caching on the Wonderland, tips and instruction * Detailed camp-to-camp route descriptions and suggested itineraries * How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. Hiking the Wonderland Trail

distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

Hiking from Portland to the Coast James D.

Thayer 2016 A guidebook for hikers, bikers, and equestrians, Hiking from Portland to the Coast explores the many trails and logging roads that crisscross the northern portion of Oregon's Coast Range. Designed to showcase convenient "looped" routes, it also describes complete throughways connecting Portland to the coastal communities of Seaside and Tillamook. Each of the 30 trails described includes a backstory to help users appreciate the history and significance of the places through which they are traveling.

105 Hikes in and Around Southwestern British

Columbia Stephen Hui
2018-05-22 The all-new, expanded follow-up to southwestern British Columbia's best-selling hiking guidebook—now featuring trails on the islands and northern Washington. For nearly fifty years, David and Mary Macaree's iconic 103 Hikes in Southwestern British Columbia has been the province's most popular and most trusted hiking guide, with more than 100,000 copies sold to date. Author Stephen Hui carries on the Macarees' legacy in 105 Hikes in and around Southwestern British Columbia—an all-new, expanded follow-up inspired by their beloved classic. With an additional selection of trails on the Gulf Islands and in Washington's North Cascades, options for hiking with children, and rainy day recommendations, 105

Hikes covers a wider area and wider range of abilities than its predecessor. Like the Macarees, Hui provides detailed information about how to get to each trailhead (including transit options, where available), distance and elevation gains, estimated hiking times, and points of natural or historical interest. But he also includes all-new features such as an at-a-glance summary of all the hikes in the book; tips for hiking safely and ethically; clear, topographical color maps; a rating system for hike quality and difficulty; Indigenous place names where appropriate; and shorter or longer options for every outing.

Araxi James Walt
2016-08-03 Gordon Ramsay calls it the best restaurant in Canada. The chefs at Araxi

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Restaurant and Oyster Bar call it a celebration of where they live. In this follow-up to their James Beard-nominated cookbook, award-winning chef James Walt and his team share 80 classic recipes from Araxi's dining room and signature Longtable events, all adapted for delicious home cooking.

The Outdoor Athlete

Courtenay Schurman 2009 Take outdoor experience to the next level. The Outdoor Athlete will prepare athletes for adventure with performance training programs designed to maximize outdoor enjoyment. Authors Courtenay and Doug Schurman use their extensive outdoor and training expertise to provide conditioning programs developed for the unique demands of 17 activities.

Don't Waste Your Time in the North Cascades Kathy Copeland 1996-01-01 This opinionated, "boot-tested" guidebook offers 110 great hikes in the North Cascades. Covers southern British Columbia through Washington to Stevens Pass on Hwy 2.

30 Day Hikes Near Tokyo

Guilhem Vellut 2020-07-12 This book contains a selection of 30 day hikes near Tokyo. They can all be accessed using public transport. All hike descriptions include the itinerary with place names in both English and Japanese, as well as numerous photos and a map. The book comes with a companion website where you will find additional resources such as GPS tracks for download, links to more photos, links to bus or boat schedules... List of hikes Most of the hikes

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have a summit as goal but some less strenuous are also included: 1. Mount Takao & Lake Sagami 2. Mount Jinba & Mount Takao 3. Mount Arashi & Mount Sekiro 4. Mount Shoto & Mount Jinba 5. Mount Ogi & Mount Momokura 6. Mount Takahata & Mount Kuratake 7. Mount Mitsutoge 8. Lake Kawaguchi, Mount Ashiwada & Aokigahara Forest 9. Hakone: Mount Kami, Mount Komagatake & Hakone Old Road 10. Lake Ashi (Outer-rim Trail) 11. Yugawara: Mount Shiro, Mount Maku & Mount Nango 12. Mount Oyama 13. Mount Tonodake, Mount Tanzawa & Mount Sannoto 14. Kamakura: Gionyama, Tenen & Daibutsu Hiking Trails 15. Mount Mihara & Izu Oshima 16. Mount Nokogiri & Nihon-ji Temple 17. Mount Sengenrei, Mount Mito & Tomin-no-Mori Forest 18. Mount Hinode & Mount

Mitake 19. Otama Walking Trail 20. Mount Bonomine & Mount Iwatakeishi 21. Mount Otake & Mount Mitake 22. Okutama Mukashi Michi (Old Okutama Road) 23. Mount Takanosu 24. Mount Gozen & Mount Tsukiyomi 25. Mount Mito & Mount Odera 26. Mount Kumotori 27. Mount Buko 28. Nikko: Chanokidaira, Lake Chuzenji & Senjogahara Marshland 29. Mount Nyoho 30. Mount Tsukuba

The Canadian Alpine Journal 1980

Urban Trails Craig Romano 2017 *Read a review from the Seattle Timeshere* Urban Trails: Olympia focuses on the trails and parks in and around the South Sound, including the Olympia, Tumwater, and Lacey areas. It covers hikes in Capitol State Forest, Harstine Island, the area around Shelton, and the Nisqually Delta.

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This book introduces locals and visitors alike to places in the state's capital to go for a refreshing run, long walk, or peaceful hike right in their own backyards. With an emphasis on fitness and easy access to the outdoors, features of this guide include: Trailhead directions, including public transit where available "Know Before You Go" tips for park hours, events, etc. Trail distance and high point Trailhead amenities Info for families and dog owners Sidebars on area history, nature, or special sights

Walking the Cape Wrath

Trail Iain Harper

2021-01-15 This guidebook describes the Cape Wrath Trail, a long-distance trek from Fort William to Cape Wrath crossing the wild northwest of the

Scottish Highlands. The route is described from south to north in 14 stages, with 6 alternative stages along the way, allowing for a flexible itinerary of between two and three weeks. A long tough trek with no waymarking, this is for the tried and tested backpacker. The guidebook includes OS mapping, route profiles and detailed route descriptions and gives you all the information you need about accommodation (including hotels, bothies, B&Bs and bunkhouses), campsites and amenities en route, to help you plan and prepare for this epic challenge. The Cape Wrath Trail is regarded as the toughest long-distance route in Britain and offers unparalleled freedom and adventure to the experienced and self-sufficient backpacker prepared to walk for

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many days in remote wilderness. Travelling through the wild and rugged landscapes of Morar, Knoydart, Torridon and Assynt, it will test the limits of your endurance.

Plants of Vancouver and the Lower Mainland
Collin Varner 2003-03-19
This beautifully illustrated book is part of the series of handy, pocket-sized guides to every plant found in one region. This title includes one to four photographs of every species, plus illustrations of leaf shapes and tree silhouettes. Each plant has a fact sheet, with a short description and entries on habitat, native use and the best places to find it. A fold-out map presents the area and shows the major plant zones. Unlike most guides, this one only includes the

species found in the targeted area, making it easier for hikers and plant enthusiasts to identify every plant they meet.

Bear Proof Food Lockers
Lester A. Sinclair 1996

What a Gentleman Wants
C. Linden 2016
When his wayward twin brother tricks him into marrying a vicar's widow, Marcus Reece, Duke of Exeter, finds his life forever changed by this spirited beauty as they are both swept into a world of deception, betrayal, and passion.

52 Hikes For 52 Weeks
Hike Oregon 2021-10-12
Whether you're participating in the 52 Hike Challenge, or you need a reference guide to find the perfect hikes for each season, this book will provide you with all of the information that you

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need! For each of the 52 hikes in this book you will not only get a detailed write-up of the trail, but you will also receive information about the surrounding area like what towns and campgrounds are nearby, which is perfect for planning longer trips in the Central Oregon Cascades and Coast area! The September 2020 wildfires burned a significant portion of the previous edition of this book. I stopped selling the book October 2020 and it has been completely revised since then. There are 27 new hikes in this edition that you won't want to miss!

The Juice Truck Zach Berman 2017-06-06 From Zach Berman and Ryan Slater--the longtime friends behind Vancouver's wildly successful Juice Truck--comes an accessible,

informative and fresh book on the popular and healthy juicing and cleansing lifestyle. There are lots of juice books out there, but few get it right. In The Juice Truck, Zach and Ryan make it their mission to make juicing approachable, fun, imaginative and healthy. Their obsession with juicing began when they took a trip to the Himalayas and Nepal, which quickly turned from a journey of self-discovery into a full-blown juice-seeking adventure once they were introduced to the most delicious, locally-sourced juices they had ever tried. They decided then to create the same community and street side accessibility to juice in Vancouver that had inspired them throughout their travels. Alongside colourful and eye-catching photographs and

illustrations that match their company's brilliant branding, The Juice Truck incorporates advice from health coach Colin Medhurst, and outlines the tools you need to make the perfect juice, the science behind juicing, and the benefits of each specific ingredient. The book dives into the juice cleanse and tells you everything you need to know about this health trend, giving you the top 10 tips to consider before embarking on a cleanse. It debunks other cleanses and outlines which ones are actually good for you and how to cleanse in a safe and proper way. The authors also break down and profile their favourite superior foods, tinctures, supplements and boosters. Once the reader is perfectly equipped, Zach and Ryan provide over 110 mouth-

watering drink recipes from nut milks, smoothies, juice and hot drinks, as well as easy-to-make and delicious plant-based food recipes that can be eaten alone or accompany the many drink recipes.

Interspersed throughout the recipes are case studies by experts in their fields on subjects like meditation, sleep, yoga, fiber, microbes, food allergies, sensitivities and intolerance, and the nervous system. In addition to appealing to both loyal and first-time juicers everywhere (as well as the dedicated following of the Juice Truck in Vancouver), this book will be the definitive juicing guide for people who live a healthy, active lifestyle, and those who would like to transition to a healthier diet. This is not your average juice

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book--it's a combination of storytelling, nutrition and tried-and-true recipes that deserves a place in every juicer's kitchen.

Alpine Lakes Wilderness
Nathan Barnes 2019-04-29
100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes
Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds.
Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or

lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, *Alpine Lakes Wilderness*, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste. Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

What Love Is Carrie Jenkins 2017-01-24 A rising star in philosophy examines the cultural, social, and scientific

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interpretations of love to answer one of our most enduring questions: What is love? Aside from being the title of many a popular love song, this is one of life's perennial questions. In *What Love Is*, philosopher Carrie Jenkins offers a bold new theory on the nature of romantic love that reconciles its humanistic and scientific components. Love can be a social construct (the idea of a perfect fairy tale romance) and a physical manifestation (those anxiety-inducing heart palpitations); we must recognize its complexities and decide for ourselves how to love. Motivated by her own polyamorous relationships, she examines the ways in which our parameters of love have recently changed—to be more accepting of homosexual,

interracial, and non-monogamous relationships—and how they will continue to evolve in the future. Full of anecdotal, cultural, and scientific reflections on love, *What Love Is* is essential reading for anyone seeking to understand what it means to say "I love you." Whether young or old, gay or straight, male or female, polyamorous or monogamous, this book will help each of us decide for ourselves how we choose to love.

Canadian Alpine Journal, 1914-17: 6-8 Alpine Club of Canada 2015-08-25

This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the

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the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

City of Glass Douglas Coupland 2009 This irresistible little book offers a very different take on Vancouver, one of the world's most beautiful cities. Douglas Coupland applies his unique sensibility to everything from the Grouse Grind to glass towers, First Nations to feng shui, Kitsilano to Cantonese. Cleverly designed to mimic an underground Japanese magazine, this edition is fully updated and revised with riffs on Vancouver as a neon city, a land of treehuggers, and more.

Plants of the Gulf and San Juan Islands and

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Southern Vancouver Island Collin Varner
2004-01-29 This informative guide covers the Gulf, San Juan, and Vancouver Islands, from mountainous terrain to rolling hills, high cliffs, meadows, and beaches. It describes more than 150 plants discovered on these islands, including the western buttercup and chocolate lily, gum

weed, and the exquisite yellow flowering prickly-pear cactus. Each profile includes a description, habitat information, native use by First Nations people, and local sites. This beautifully illustrated, pocket-sized guide includes foldout maps and hiker's guides.

The Whistler Handbook
Bob Colebrook 1993-01-01