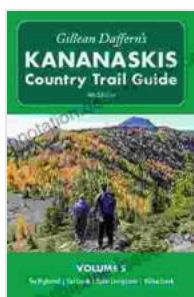


Gillean Daffern: The Ultimate Guide to the Canadian Rockies Hiking Trails

Gillean Daffern, a seasoned hiker and author, has crafted the definitive guide to exploring the breathtaking hiking trails of the Canadian Rockies: the Gillean Daffern Kananaskis Country Trail Guide 4th Edition. This comprehensive and meticulously researched guidebook is an essential companion for hikers of all levels, providing an unparalleled wealth of information and insights to plan and execute unforgettable adventures in the heart of the Canadian Rockies.

A Comprehensive Hiking Guidebook for the Canadian Rockies

The Gillean Daffern Kananaskis Country Trail Guide 4th Edition is a testament to the author's extensive knowledge of the Canadian Rockies and her deep-seated passion for hiking. This guidebook stands as the most comprehensive and up-to-date resource available for hikers, covering a vast network of trails within the Kananaskis Country, a breathtaking region renowned for its pristine wilderness, towering peaks, and crystal-clear lakes.



Gillean Daffern's Kananaskis Country Trail Guide - 4th Edition: Volume 5: Highwood - Flat Creek - Upper Livingstone - Willow Creek by Gillean Daffern

★★★★☆ 4.4 out of 5

Language	: English
Paperback	: 184 pages
Item Weight	: 11.8 ounces
Dimensions	: 6 x 0.42 x 9 inches
File size	: 13845 KB
Text-to-Speech	: Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 475 pages



In-Depth Trail Descriptions and Maps

One of the hallmarks of this guidebook is its in-depth trail descriptions, meticulously researched and presented with a wealth of practical information. Each trail is thoroughly described, providing crucial details such as distance, elevation gain, estimated hiking time, trailhead access, and difficulty level. To enhance your understanding of the terrain, the guidebook includes detailed maps and elevation profiles, empowering you to visualize the trails and plan your hikes with confidence.

Stunning Photography and Trailside Insights

Gillean Daffern's writing is not merely informative but also captivating, drawing upon her personal experiences and observations to provide insightful commentary and anecdotes. Her passion for the Canadian Rockies shines through on every page, inspiring readers to fully immerse themselves in the beauty and wonder of these majestic mountains. The guidebook is further enriched by stunning photography, capturing the breathtaking landscapes and wildlife encounters that await hikers along the trails.

Essential Safety and Planning Advice

Beyond trail descriptions, the Gillean Daffern Kananaskis Country Trail Guide 4th Edition is an invaluable resource for planning and executing safe

and enjoyable hikes. The guidebook provides comprehensive advice on essential topics such as weather conditions, wildlife encounters, and backcountry safety. Whether you're a seasoned hiker or embarking on your first adventure in the Canadian Rockies, this guidebook will equip you with the knowledge and strategies to ensure a successful and memorable experience.

Detailed Trail Listings and Index

For ease of use and quick reference, the guidebook features a detailed trail listing organized alphabetically, providing a concise overview of each trail's key characteristics. Additionally, a comprehensive index allows you to easily search for specific trails, trailheads, or points of interest, ensuring you can quickly locate the information you need.

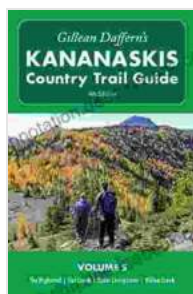
Additional Features

- Over 60 trail descriptions, ranging from easy day hikes to challenging multi-day backpacking adventures
- Detailed maps and elevation profiles for each trail
- Stunning photography showcasing the beauty of the Canadian Rockies
- Comprehensive advice on safety, planning, and backcountry ethics
- Easy-to-use trail listing and comprehensive index

: The Ultimate Hiking Companion

The Gillean Daffern Kananaskis Country Trail Guide 4th Edition is the definitive guide to hiking the Canadian Rockies. With its comprehensive trail descriptions, insightful commentary, stunning photography, and

essential safety advice, this guidebook is an indispensable companion for hikers of all levels. Whether you're planning a day hike to a secluded alpine lake or embarking on an extended backpacking adventure, the Gillean Daffern Kananaskis Country Trail Guide 4th Edition will empower you to explore the Canadian Rockies with confidence, safety, and a deep appreciation for its awe-inspiring beauty.



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