



We're in the Mountains, Not Over the Hill: Tales and Tips from Seasoned Women Backpackers

Susan Alcorn

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Travel, adventure, women's interest! True adventures, challenging journeys, and life affirming trips. Three dozen women, in the prime of their lives, take you backpacking in the Sierra Nevada, the Rockies, the Appalachians and more. This compelling collage of stories and advice combines honesty, insight and humor with practical wisdom and proven tips to inspire women and men of all ages. Gutsy women ford ice-chilled streams, clamber up steep mountainsides, chase away hungry bears -- or await helicopter rescue. Whether scaling mountains solo or lounging with friends near a crackling campfire, they are reaping the rewards of their strenuous days and soaking in the wonders of nature. "If we can do it, so can you."

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