



The Creaky Knees Guide Washington: The 100 Best Easy Hikes in the State

Seabury Blair

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The Creaky Knees Guide Washington is a day-hiking guidebook filled with kinder, gentler trails. Written in a style that will appeal to aging boomers and anyone who — regardless of age — can't or doesn't want to walk as far as they once could or would like to. The book covers 100 of the best easy-to-walk hikes throughout the state. Trails are divided into 11 regions, including the Olympic Peninsula, Mount Rainier National Park, and Southeastern Washington. There's also a section on urban hikes and walks. For each trail, information is provided on elevation gains, including a topographical map, clear, up-to-date driving directions, mileage and estimated hiking time, trail conditions, effort level, best season, map references, exploring options, access, permits required, and where to find more information. In addition, a chart at the front of the book compiles the hikes per effort level required, overall hike rating, and best season(s) to hit the trail.?? Written in a wry but informative tone by outdoors expert and Day Hike! author Seabury Blair Jr., the Creaky Knees Guide is a perfect resource anyone can use to explore the beauty of the Northwest, without breaking too much of a sweat.

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