



# Hiking and Backpacking (Outdoor Pursuits Series)

*Eric Seaborg, Ellen Dudley*

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**Hiking and Backpacking (Outdoor Pursuits Series)** Eric Seaborg, Ellen Dudley

This tells readers, whatever their age, experience or fitness level how to become happy and confident hikers. The book provides information on: what to wear; equipment and food recommendations; packing tips; exercises to strengthen and stretch muscles and prevent injury; worldwide trail destinations; and adventures for trail veterans.

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