



# Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail

*Tami Asars*

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"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](http://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 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.

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Nowadays reading books be than want or need but also become a life style. This reading habit give you lot of advantages. The benefits you got of course the knowledge your information inside the book that will improve your knowledge and information. The data you get based on what kind of publication you read, if you want get more knowledge just go with training books but if you want sense happy read one using theme for entertaining such as comic or novel. The particular Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail is kind of reserve which is giving the reader unpredictable experience.

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Playing with family in the park, coming to see the sea world or hanging out with buddies is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail, you may enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

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