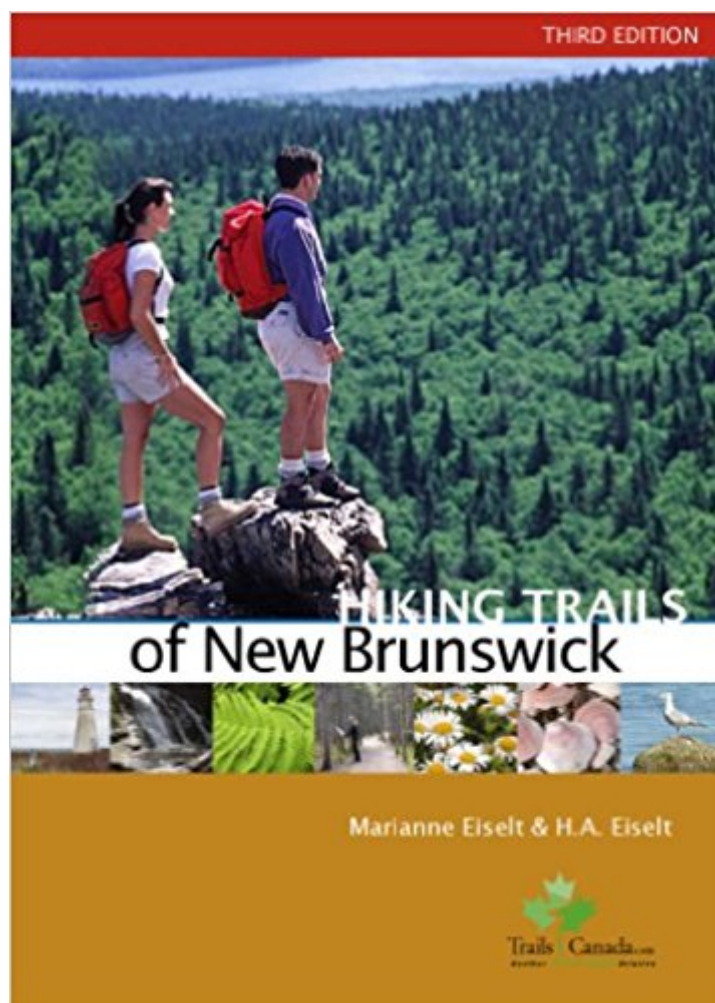


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# Hiking Trails Of New Brunswick, 3rd Edition



## Synopsis

Hiking combines the physical health benefits of cardiovascular exercise with the mental health benefits of admiring the beauty of nature. New Brunswick offers a dizzying array of hiking challenges and a beauty beyond belief. In an expanded and updated 3rd edition of this popular book, veteran hikers Marianne and H.A. Eiselt take us from one end of New Brunswick to the other, along river valleys, through National Parks, around the coasts, and up and down mountains. Fully illustrated with photographs and detailed maps derived from satellite imaging, this comprehensive guide includes more than 60 trails, with descriptions of the physical details of the trail (length, difficulty, ascent, hiking time, etc.) as well as tips and sidebars describing local flora and fauna, places of interest, monuments, and landmarks. This new edition of the Eiselt's popular guide is the first in a series of new guides published by Goose Lane Editions in association with TrailsCanada. TrailsCanada is a project of Go for Green, a national organization that encourages Canadians to pursue healthy, outdoor physical activities that protect, enhance, or restore the environment.

## Book Information

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## Customer Reviews

"[The Eiselts] have literally written the book on hiking in New Brunswick." (Canadian Geographic 2013-01-09)"Anyone planning to explore New Brunswick on foot should save some room in his or her backpack for a copy of this guide." (Canadian Book Review Annual 2013-01-09)"Its usefulness cannot be overestimated." (Atlantic Books Today 2013-01-09)

New Brunswick offers a dizzying array of hiking challenges and a beauty beyond belief. In this expanded and updated third edition, veteran trail enthusiasts Marianne and H.A. Eiselt lead hikers from one end of the province to the other, along river valleys, through Provincial and National Parks, around the coasts, and up and down mountains. Illustrated with photographs and maps, this comprehensive guide includes more than 100 trails, with detailed trail descriptions, tips, and sidebars on flora and fauna. Featuring up-to-the-minute information, the essential guide to hiking in New Brunswick has just become one step better.

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