



Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide

By Copeland, Craig and Kathy

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The Rockies are so vast, with so many trails, you need a guidebook that truly guides. Counsels you about each trail. Advises you where to hike, where not to hike, and explains why. Ensures you invest your precious hiking days wisely, for maximum reward. *Don't Waste Your Time* does this and more.

Don't Waste Your Time is a lively, stimulating departure from the dull-guidebook tradition. It dazzles with 560 colour photos, and a graphic, easy-to-read map for each hike. And this meticulous, 677-page opus is now ultralight gear. Take only the trail directions with you, leave the rest behind. Average trail weight: 67 grams (2.4 oz) per hike. Finally, a hiking guidebook fit for adventure, not just the armchair.

Each of the 145 trips in *Don't Waste Your Time* is rated Premier, Outstanding, Worthwhile, or Don't Do. The book covers Banff, Jasper, Kootenay, Yoho, and Waterton Lakes national parks, plus Mt. Robson and Mt. Assiniboine provincial parks. It includes 84 dayhikes, 41 backpack trips, and 20 shoulder-season trips.

A guidebook is essential hiking gear. Shouldn't it be ultralight? Yes, so you can pack it with you on the trail. That's why the all new, Ultralight Gear, 7th Edition of *Don't Waste Your Time in the Canadian Rockies* allows you to take pages, not the whole book. It comes in a zip-open, hardshell case (24 x 16.5 x 6.4 cm). The *Opinion* book contains all the trip descriptions, and most of the photos. Use it at home, in the car, at the trailhead. It provides everything you need to know to choose your next hike. It's also a trove of inspiration when you're between trips. But leave it behind when you go hiking. The nine *Fact* booklets contain the trail directions, including the maps. Pack the one booklet you need, so you can refer to it while hiking. The booklets average trail weight is seriously ultralight: a mere 67 grams (2.4 oz) per hike, so you can always have this essential piece of gear with you in the backcountry.

Each *Fact* booklet is much lighter than any smartphone, tablet or eReader. Not restricted by battery life, the booklets never need recharging, and never die. They won't break if dropped. Flipping back-and-forth to compare hikes is easy. Photos are impressively big. Text is easy on the eyes.

To accurately represent one of the world's most exciting mountain ranges, shouldn't a guidebook itself excite? Yes. So the all new, Ultralight Gear, 7th Edition of *Don't Waste Your Time* does just that. It tells you about each trail as would a very experienced friend: honestly, specifically, colorfully. With intelligence and humor. With insight and emotion. With your needs at heart. As a result, *Don't Waste Your Time* illuminates each trail, empowering you to choose the optimal one for your interests, ability and mood. It offers discerning advice that can boost a day on the trail from *hmm* to *Wow!* The entire book is such a compelling read that you can turn to it anytime for a motivating reminder of why you love to hike.

And whenever you are on the trail, you'll find the *By Vehicle* and *On Foot* directions in *Don't Waste Your Time* are carefully crafted precise, clear, complete ensuring you spend your weekend or vacation striding instead of searching.

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Editorial Review

Review

How All Guidebooks Should be Written My wife & I are from Houston, Texas and our annual backpacking trips are the only time we get to see the mountains. Because of this, every trip is precious to us and I always do extensive research on deciding on where to go. After reading this book, we ended up doing a trip that has turned out to be one our favorites of all times - a 2007 trip to Assiniboine. We hiked in from Sunshine Village and saw spectacular scenery from the minute we started the trip. We ended up base camping near Lake Magog and doing several of the recommended day trips - all of which still rank as some of the most beautiful scenery we've ever seen. The advice in this book was spot-on: the high spots were truly amazing (Lake Magog, Nub Peak and Windy Ridge). This book was helpful for the following reasons: At the start of the book, all 138 hikes are listed with their rating (1-4 Bootprints - 4 being the best), the type of trip (backpacking, day hikes, or shoulder season trip) and overview maps to show where everything is in relation to each other. This makes zeroing in a trip very quick and easy. More importantly, once you find a trip that peaks your interest, the candid advice about each trip really lets you know what to expect: how good is the scenery, is one trail better than another to get to a point of interest, how crowded/popular the trail is, and any other fact about a trail that will help you make a decision. When I did my planning for our 2007 trip, I found 3-4 trips that really interested me and started reading in detail about each trip. The advice was clear enough for me to quickly figure out which type of trip suited our hiking style. Most guidebooks only offer pages and pages of descriptions about the trail, but never strong opinions (usually leaving me to search the internet for the opinion of others). While this book has the pages and pages of trail description, it was the opinions offered in this book that made the difference and allowed me to quickly decide on a trip. For anyone planning a trip to the Canadian Rockies, I'd highly recommend this book. And if you're up for it, don't miss Assiniboine - it was AMAZING! --Daniel Parisian

This is clearly a hiking guide book designed for busy people. If your opportunity to experience the hikes and backpacks of the Canadian Rockies is limited, Craig and Kathy Copeland's premise is one you will appreciate. It is possible to waste one's time in the Canadian Rockies by choosing trails which are only second rate when compared with their premier counterparts. The Copeland's take a bold approach to trail ranking, leaving no doubt which trails are duds and which are on the must-do list. In so doing they set their book apart from hiking guides which take pains to couch their preferences in polite language which require several readings in order to decipher which hikes are really top notch rewards for efforts invested. Not only the premise but the language of the book is fresh. Soul lifting metaphors and memorable phrases abound. Peaks are as high as a Roy Orbison falsetto, lakes as blue as a Billy Holiday tune. One is transported into the ethereal mountain realms even before boots hit the ground. And boots definitely have hit the ground to test these trails. Detailed trail directions, color photos, helpful trip data and clear summary maps accompany each hike. Useful orientation maps locate the various hikes and backpack trips within the Canadian Rocky Mountain National Parks. There may be those who differ on the Copelands' ranking of some of the lesser trails, but certainly their top backpacking and day hiking trails will be in little doubt. Buy this books if you want to get the best ROI on your precious time in the Canadian Rockies. --Bob Wiebe

This is the best - let me say it again, the best - guidebook on hiking in the Rockies. In fact, for three reasons it's the best hiking guidebook I've ever used. First, its directions are sufficiently detailed so as to be helpful (where to look out for the spur trail, where to locate the trailhead, etc). Second, the writing is elegant, inspired and inspiring. Read it before a hike to build up a sense of anticipation. Read it after the hike to augment your quiet revelry after a day in the mountains. Third, it is, as the title proclaims, opinionated, with

a design to prevent you from wasting your time on boring (or downright dangerous) trudges. The authors' opinions, by the way, lean strongly towards trails with cathedral-like mountain views, and away from forest views. One might quibble around the edges with some of their rankings (for example, I think Carthew Alderson merits a *Premier*; rating, particularly late in the season when the leaves have fallen, thus giving you fairly regular glimpses of the valley for the mostly forested last 7 km). But, after all, if you like tree-bound hikes, then the Rockies are probably not the place for you. I have used this guidebook now for six years (both the 5th and 6th eds.) I have other guidebooks that I have accumulated over the years, but I should probably drop them off at the Thrift Shop. --Russ, Edmonton-Alberta

About the Author

Kathy and Craig are dedicated to each other and to hiking, in that order. Their second date was a 20-mi (32-km) dayhike in Arizona. Since then they haven't stopped for long.

They've trekked through much of the world's vertical topography, including the Nepalese Himalaya, Patagonian Andes, and New Zealand Alps. In Europe, they've hiked the Scottish Highlands, Spain's Costa Blanca and Els Ports mountains, Mallorca's Serra de Tramuntana, the Alpes Maritimes, the French, Swiss, and Italian Alps, the French and Spanish Pyrenees, and Italy's Dolomiti. In North America, they've explored the B.C. Coast, Selkirk and Purcell ranges, Montana's Beartooth Wilderness, Wyoming's Grand Tetons, the Colorado Rockies, the California Sierra, and Arizona's Superstition Wilderness and Grand Canyon.

Visit Kathy and Craig's website: hikingcamping.com. You'll find their blog posts are often mini-guidebooks, and their photo gallery is constantly growing.

In 1989, they moved from the U.S. to Canada, so they could live near the range that inspired the first of their refreshingly unconventional books: *Don't Waste Your Time in the Canadian Rockies*, *The Opinionated Hiking Guide*. Its popularity encouraged them to abandon their careers Kathy as an ESL teacher, Craig as an ad-agency creative director and start their own guidebook publishing company: hikingcamping.com. They now migrate annually to southern Utah, where they wrote *Hiking From Here To Wow: Utah Canyon Country*. Among their recent books is *Heading Outdoors Eventually Leads Within*, which explores the interior dimension of hiking.

Though the distances they hike are epic, Kathy and Craig agree that hiking, no matter how far, is the easiest of the many tasks necessary to create a guidebook. What they find most challenging is the need to spend twice as much time at their computers writing, organizing, editing, checking facts as they do on the trail.

The result is worth it. Kathy and Craig's colorful writing, opinionated commentary, and enthusiasm for the joys of hiking make their guidebooks uniquely helpful and compelling.

Users Review

From reader reviews:

Lisa Auyeung:

Here thing why this kind of Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide are different and dependable to be yours. First of all reading a book is good but it really depends in the content than it which is the content is as scrumptious as food or not. Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide giving you information deeper and different ways, you can find any reserve out there but there is no book that similar with Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide. It gives you thrill studying journey, its open up your own personal eyes about the thing this happened in the world which is maybe can be happened around you. It is possible to bring

everywhere like in park, café, or even in your method home by train. When you are having difficulties in bringing the imprinted book maybe the form of Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide in e-book can be your alternate.

Michael Collins:

Reading can called imagination hangout, why? Because if you find yourself reading a book mainly book entitled Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely might be your mind friends. Imaging each and every word written in a e-book then become one application form conclusion and explanation in which maybe you never get previous to. The Don't Waste Your Time in the Canadian Rockies: The Opinionated Hiking Guide giving you an additional experience more than blown away your thoughts but also giving you useful information for your better life on this era. So now let us show you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

Tracy Lindsey:

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Daniel Hayes:

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