



# 109 Walks in British Columbia's Lower Mainland

*Mary Macaree, David Macaree*

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From trails to spectacular waterfalls near Squamish and historic urban forests in South Surrey, coastal headlands in Howe Sound and ridgetop meadows in the Fraser Valley, *109 Walks* offers a route for everyone who likes to be outdoors.

In this revised seventh edition are 109 of the region's best walks of four hours or less to suit every taste, whether you're a visitor to the city or life-long resident, occasional recreationalist or avid walker. The trails have been reorganized from north to south, west to east, and the book includes fourteen all-new walks along with another twelve that have been substantially modified or revived from previous volumes. Most of the classics remain and their trail directions and maps have been completely updated with GPS coordinates to make route-finding easier.

Unchanged are the comprehensive indexes that help ensure a trail that's right for the season, the time frame and the fitness level of the group; the photographs and notes about points of natural or historical interest plus estimated hiking times and distances; and the clearly written, carefully detailed route descriptions. Accurate, authoritative and highly affordable, *109 Walks* is an indispensable guide for exploring British Columbia's Lower Mainland in all seasons.

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