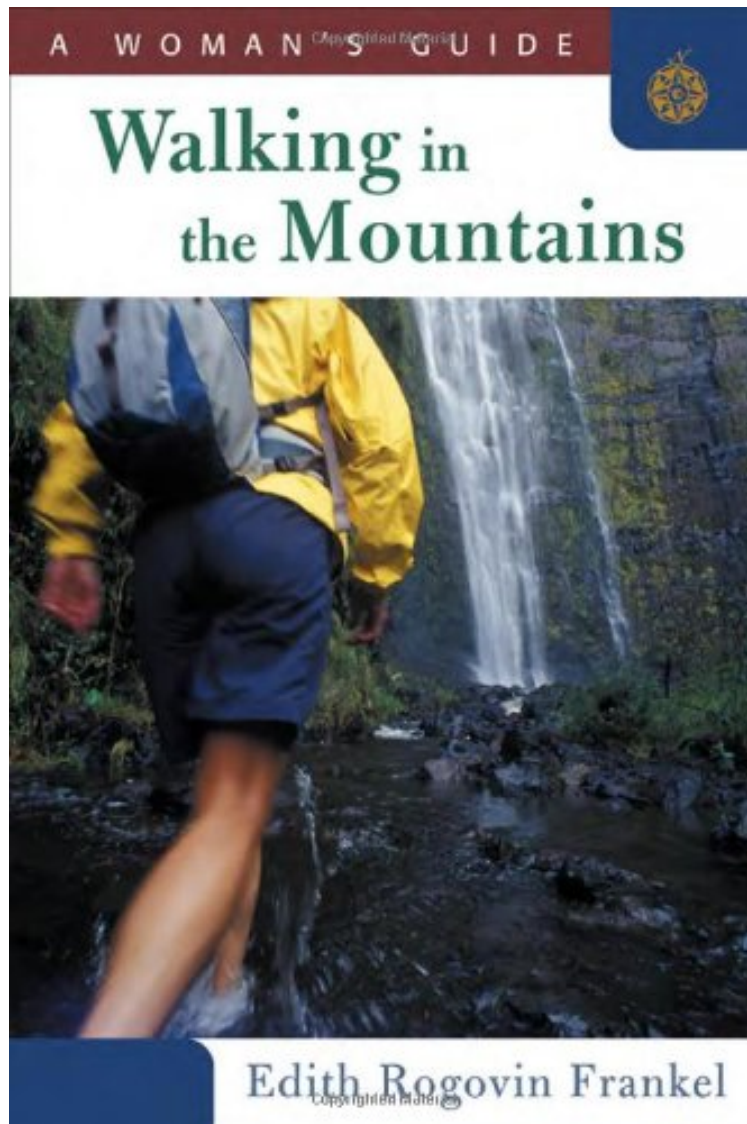


(Free pdf) Walking in the Mountains: A Woman's Guide

Walking in the Mountains: A Woman's Guide

Edith Rogovin Frankel

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Edith Rogovin Frankel : Walking in the Mountains: A Woman's Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised Walking in the Mountains: A Woman's Guide:

0 of 0 people found the following review helpful. A compendium of practical for women and those who hike By Midwest Book Review Walking In The Mountains: A Woman's Guide by Edith Rogovin Frankel is a very practical hiking guide written especially for women seeking to camp or travel about in a mountain wilderness area. Addressing particular topics such as getting in shape for the mountains; hiking while pregnant; what to carry in a backpack; terrain types suitable for children, and more, Walking In The Mountains is very highly recommended for female hikers as a

compendium of practical for women and those who hike along with them regardless of age or gender. 0 of 0 people found the following review helpful. IndispensableBy Evelyn KrausThe perfect read before you set out and also a great size to tuck into your backpack for refreshers. Very clear and readable prose with enticing illustrations.

Though this book was written with women in mind (there is a section on hiking while pregnant, for example), men will enjoy the ins and outs of proper equipment and how to use it, difficulty level of various mountains, the kinds of terrain a child may or may not be able to handle, and the health and spiritual benefits of walking in the mountains. Addressing both the unrepentant couch potato as well as the absurdly fit, the author prescribes various exercise regimes according to the fitness level of the individual. Subsequent chapters explain map reading, what to wear, what to carry in a backpack, and recommended treks in the U.S., Himalayas, and Europe; a comprehensive appendix lists climbing clubs and rental opportunities.

...has information in it that is useful to both sexes. (Larry Claflin Jr. Patriot Ledger)The author's love for the mountains is infectious, providing an enjoyable reading experience. (Library Journal)The majority of the popular hiking books are written by men for men. Although Rogovin Frankel isn't the first woman to write a hiking book, she is one of the few to write from a woman's point of view. Frankel...demonstrates a strong passion for hiking, an excitement that is conveyed in her writing. Perhaps it is this diverse, worldwide hiking experience that also helps make her book stand out from the crowd. (Lynn Arave Deseret Morning News)Frankel draws on decades of experience to offer ideas for mountain hiking. Frankel's enthusiasm for her subject might make you want to take a hike. (Linda Lamb Columbia State)A very practical hiking guide written especially for women seeking to camp or travel about in a mountain wilderness area. Very highly recommended for female hikers. (Wisconsin Bookwatch)Targeting both the couch potato and the physically fit, Frankel prescribes numerous exercise regiminesbased on an individual's fitness level and recommends treks in the States, Asia and Europe. (Women In The Outdoors)What could simply have been a guide high and dry on the usual instructions of preparing for hiking with a fitness program...has been enhanced by Frankel's ruminations on the mystique and magnetism of mountains. ...fascinating and informative reading. This really is a book for all mountain lovers, not just women. (Julia McBee The Atlantic Journal-Constitution)...fascinating and informative (Julia McBee Columbus Dispatch)About the AuthorEdith Frankel grew up in the city but was introduced to mountain hiking while on her honeymoon in England's Lake District. She is currently a university professor living in Israel.