



Hiking Light Handbook (Backpacker Magazine)

By Karen Berger

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New entry in the Backpacker magazine series: Practical, reasonable strategies for everyone who'd like to lighten their load on the trail.

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Hiking Light Handbook (Backpacker Magazine) By Karen Berger Bibliography

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Editorial Review

Review

Walking lighter can increase the pleasure of any outdoor adventure. This book will help you do it safely and intelligently. (*Los Angeles Daily News*)

Berger provides tips for minimizing our load and provides lots of sound advice...Her advice applies to day hikers as well as long-distance sojourners. (*Pittsburgh Tribune-Review*)

Berger's book is for dayhikers and backpackers who aren't planning a full-fledged lightweight revolution. (*Reno Gazette-Journal*)

For intermediate hikers learning to adapt to conditions and lighter loads, this book is the ticket. (*Los Angeles Times*)

Feels like a conversation with an old friend. (*PCTA Communicator*)

This book is a lot more than another cut-the-handle-off-your-toothbrush exercise in weight reduction. It's a blueprint for enjoying the outdoors. (*Reel News*)

The information in this book will appeal to a wide range of hikers. (*Sports Etc.*)

Sure to appeal to those trail junkies who just can't make their packs light enough...If you are interested in lightening the load-a great idea to help you enjoy your trip more-this book will help you do that. (*Farmington (NM) Daily Times*)

About the Author

KAREN BERGER has hiked more than 10,000 miles on five continents. She is one of approximately 20 people who have through-hiked the Appalachian Trail, The Continental Divide Trail, and the Pacific Crest Trail. She is an accomplished and well-published author, with books including *Hiking the Triple Crown*. Berger has been a contributing editor to *Backpacker* magazine and a hiking editor for Gorp.com.

Users Review

From reader reviews:

Melinda Gregory:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a book. Beside you can solve your trouble; you can add your knowledge by the book entitled Hiking Light Handbook (Backpacker Magazine). Try to face the book Hiking Light Handbook (Backpacker Magazine) as your pal. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than in the past. Yeah, it is very fortunated for you. The book makes you a lot more confidence because you can know almost everything by the book. So , we need to make new experience and knowledge with this book.

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