

## FOR IMMEDIATE RELEASE

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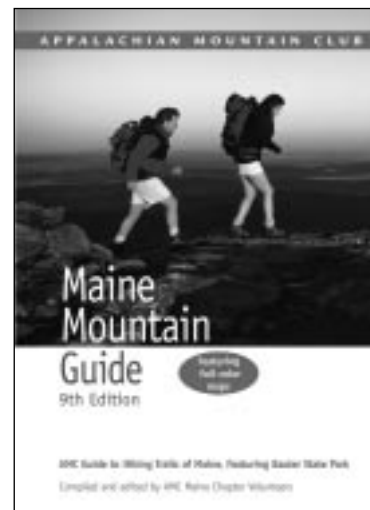
# AMC releases new edition of best-selling hiking guide, featuring updated maps and information on 400 trails

## Maine Mountain Guide, 9th edition

Compiled and edited by AMC Maine Chapter Volunteers

Paperback • \$19.95 •  
287 pgs • 5 x 7 • ISBN 1-929173-69-5

For more than 40 years, hikers have relied on the AMC's *Maine Mountain Guide* as the most comprehensive guide available to the state's diverse terrain and spectacular summit. This ninth edition provides completely updated descriptions of trails to nearly 200 summits throughout the state—from Mount Agamenticus in the state's southwestern corner to Deboullie Mountain in northern Aroostook County—and is the only guide offering full-color, pull-out maps for the state's most popular hiking regions.



“Trails in Maine are constantly changing,” says Peg Nation, co-editor of the ninth edition and a member of the Appalachian Mountain Club's Maine Chapter. “New trails are added; trailheads and parking can move; logging may destroy them; or heavy storms may obscure them.” Keeping the *Maine Mountain Guide* up to date required hundreds of volunteer hours. Nation and her co-editor Brenda Cummings worked on the guide for nearly two years and enlisted the help of more than 20 volunteers to review trail descriptions, provide updates, and hike new trails. “The help we received from volunteers as well as land management agencies throughout the state was invaluable,” says Nation.

This collaborative effort has resulted in a new edition with more than 400 updated trail descriptions, plus coverage of new trails, including the Grafton Loop Trail and 20 miles of new trail in Baxter State Park. Trail descriptions are grouped into twelve regions—including Baxter State Park and Katahdin, the 100-Mile Wilderness, the Mahoosuc Range, and the Camden Hills—and each regional section opens with a list of every trail described, making planning quick and easy. New to this edition, each section also lists suggested hikes for all ability levels, so beginner and experienced hikers alike can find just the right trail for them. You'll also find updated and comprehensive information on hiking the Appalachian Trail and bagging the state's 4,000-foot peaks.

—MORE—

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The guide's full-color, pull-out maps are also revised, and now provide the most up-to-date coverage available of eight of the state's most popular hiking destinations: Baxter State Park, the Rangeley-Stratton Region, the Camden Hills, Pleasant Mountain, Weld, the Mahoosucs, Evans Notch, and, new to this edition, spectacular Gulf Hagas in the 100-Mile Wilderness. Created using the latest GIS technology, these topographic maps feature trails, campsites, shelters, and land management boundaries, and now include mileage between trail segments to help hikers more easily and accurately navigate on the trail.

Whether you're looking for a short excursion, a daylong adventure, or an overnight trip along the Appalachian Trail, the AMC's *Maine Mountain Guide* is a must-have for every hiker exploring the Pine Tree State.

### **Special Features**

More than 400 trails completely updated • Pull-out, full-color GIS-rendered maps of the state's most popular hiking regions • Tips for trip planning • Lists of suggested hikes for all ability levels • Distances, times, and elevations • What to carry • Leave No Trace

### **Praise for the AMC Maine Mountain Guide**

"The ninth edition of this guide continues a long history of being the standard reference for hikers in Maine. This state is rich with hidden-away corners of special beauty, and the AMC *Maine Mountain Guide* is the best route to discover them."

—Landon Fake, Hurricane Island  
Outdoor Bound School

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#### **Also available from Appalachian Mountain Club Books**

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Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the United States. With 90,000 members throughout the Northeast, the nonprofit AMC promotes the protection, enjoyment, and wise use of the mountains, rivers and trails of the Appalachian region. To find out more about the AMC, visit us online at [www.outdoors.org](http://www.outdoors.org) or contact us at 5 Joy Street, Boston, MA 02108, 617-523-0655.

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