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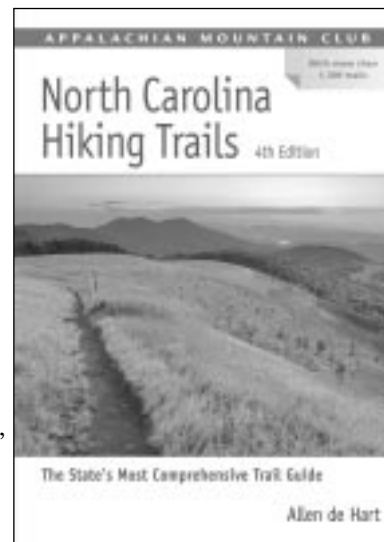
*AMC releases new edition of best-selling hiking guide,  
featuring updated information on 1,300 trails*

**North Carolina Hiking Trails, 4th edition**

*by Allen de Hart*

Paperback • \$22.95 •  
624 pgs • 5 x 7 • ISBN 1-929173-47-4

For more than 20 years, hikers have relied on the AMC's *North Carolina Hiking Trails* as the most comprehensive guide available to the state's beautiful and diverse terrain. This long-awaited fourth edition, the first update of this classic guide in almost ten years, provides completely updated, detailed descriptions of more than 1,300 trails throughout the state, compiled and edited by well-known North Carolina outdoorsman, Allen de Hart.



“The North Carolina landscape is immensely diverse and this book describes trails to suit every ability level,” says de Hart. It includes a wealth of information on trails ranging from short walks suitable for family excursions to week-long journeys through North Carolina's vast and remote mountains. This diversified guide is perfect for hikers of all ages and levels of experience who want to enjoy an adventure outdoors. De Hart has hiked every trail he describes, and walking many of them again for this fourth edition of *North Carolina Hiking Trails* was, he says, “an extraordinary field trip, a valuable natural history lesson.” De Hart credits the assistance of many public land managers, professional outdoor sports and recreation experts, hikers, and college students with helping make sure the guide is the most comprehensive and up-to-date available.

In this new edition, hikers will find everything they've come to expect from this classic guide, plus exciting new features. The guide's 15 sections offer comprehensive listings for the state's national forests, including Nantahala and Pisgah; national parks, including the Blue Ridge Parkway and the Great Smoky Mountains; national wildlife refuges; state parks and historic sites; and much more. You'll also find information on North Carolina's best-loved and most popular long-distance trails, including the Appalachian Trail and the Cape Hatteras Beach Trail. Or you can enjoy shorter hikes to magnificent views of the Smokies on the Waterrock Knob Trail, discover waterfalls on the Whitewater Falls Trail, listen to “talking trees” on the trails of Holmes State Forest, or hike the state's highest trail, the Balsam Nature Trail.

*-More-*

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New to this edition, each chapter opens with a handy locator map to identify major trail areas. A brief introduction to the area and its major trail groupings makes planning quick and easy. Each trail description describes distance, difficulty, elevation, connecting trails, scenery, landmarks, and more.

Whether you're looking for a short excursion, a daylong adventure, or an overnight trip along the Appalachian Trail, the AMC's *North Carolina Hiking Trails* is a must-have for every walker and hiker exploring the Tarheel State.

### **Special Features**

More than 1,300 trails completely updated • New, in-text locator maps that make trip planning easy • Walks and hikes for all ages, interests, and abilities • Clear and concise directions for reaching and following each trail • Special appendix of suggested hikes for families • Distances and elevations • Natural history of North Carolina • What to carry • Leave No Trace

### **Praise for *North Carolina Hiking Trails***

"When it comes to going on foot, *North Carolina Hiking Trails* is a must. From Murphy to Manteo, this guidebook offers details on thousands of miles of trails." —*Greensboro News and Record*

### **About the Author**

Allen de Hart has been hiking, designing, constructing, and writing about trails for more than 60 years. He was a history professor emeritus at Louisburg College, where he and his wife began teaching in 1957. He has authored eight guidebooks for the Virginias, Carolinas, Florida, and Georgia. He lives adjacent to the De Hart Botanical Gardens, which he created with his wife in 1969, in Louisburg, North Carolina.

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The Appalachian Mountain Club, founded in 1876, is the oldest and largest outdoor recreation club in the United States. Our 90,000 active outdoor members join to promote the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Northeast. To find out more about the AMC, contact us at 5 Joy Street, Boston, MA 02108, 617-523-0655.

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