

For Immediate Release

For a review copy, contact: Kate Donnelly, Marketing Associate
Phone: 617-523-0655 x319 · Fax: 617-523-0722 · kdonnelly@outdoors.org



*AMC releases new edition of best-selling hiking guide,
featuring updated maps and information on nearly 200 trails*

Southern New Hampshire Trail Guide, 2nd edition

Compiled and edited by Gene Daniell and Steven D. Smith

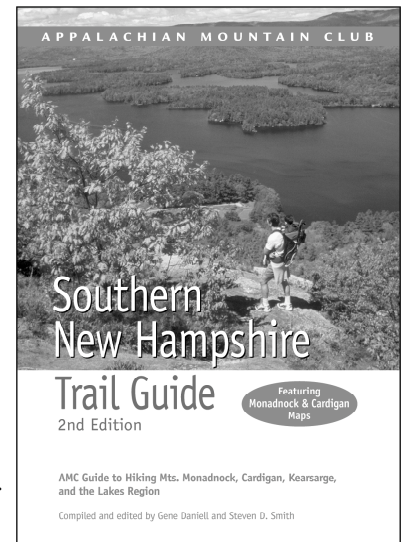
Paperback · \$18.95 ·
272 pgs · 5 x 7 · ISBN 1-929173-60-1

From the publishers of the popular AMC *White Mountain Guide*, this comprehensive guide offers the most detailed and complete coverage of trails in central and southern New Hampshire's spectacular mountains and state parks, including Mounts Monadnock and Cardigan. Now completely revised and updated, this second edition describes nearly 200 trails, including 25 new trails throughout the region.

“During the past two decades there has been a spectacular growth in the number and variety of trails in New Hampshire south of the White Mountains,” say Gene Daniell and Steven Smith, editors of the second edition. AMC's *Southern New Hampshire Trail Guide* provides complete coverage of the region's three major peaks—Mounts Cardigan, Monadnock, and Kearsarge—plus Merrimack Valley and the Lakes Region. It also describes the trail systems of New Hampshire's three largest state parks, Pisgah, Bear Brook, and Pawtuckaway, and much more. “This guide provides an excellent variety of trips,” say Daniell and Smith, “with trails that offer qualities that most appeal to the hiker: views, climbs, summits, and interesting natural features.”

Each section of the guide begins with a list of regional trails, and also includes detailed descriptions of the trails, trip distances, and directions. New to this edition, each section lists suggested hikes for all ability levels, so that beginner and experienced hikers alike can find just the right trail for them. An extensive trip planning section helps hikers prepare for and stay safe on backcountry trips. The guide also provides tips on navigation and how to respond if lost in the woods. All this, plus Leave No Trace ethics and a detailed index for easy trail reference make this the most comprehensive guide to the area.

-More-



Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455

AMC Books are distributed by The Globe Pequot Press. To order, call 800-243-0495 or fax 800-820-2329.

The guide's full-color, pull-out, contour maps of Mounts Cardigan and Monadnock are also revised, making them the most up-to-date maps available to these popular hiking areas. Created using the latest GIS technology, these topographic maps feature hiking trails, shelters, campsites, parking, 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 or a daylong adventure, the AMC's *Southern New Hampshire Trail Guide* is a must-have for every walker or hiker exploring the central and southernmost parts of the Granite State.

Special Features Include

Updated descriptions of nearly 200 trails • Walks and hikes for all ages, interests, and abilities • 25 new trails throughout the region • Full-color, pull-out, GPS-plotted maps of Mount Cardigan and Mount Monadnock • Distances and elevations • Tips for planning, safety, map and compass use • Notes about geology, flora, and fauna • Helpful guidelines for backcountry hikers • What to carry • Leave No Trace

Also available from Appalachian Mountain Club Books

- *White Mountain Guide, 27th edition*, 1-929173-22-9, \$22.95
 - *Discover Southern New Hampshire*, 1-929173-15-6, \$15.95
 - *Nature Walks along the Seacoast*, 1-929173-12-1, \$15.95
 - *Quiet Water New Hampshire and Vermont, 2nd edition*, 1-878239-94-5, \$15.95
 - *AMC: River Guide: New Hampshire/Vermont, 3rd edition*, 1-878239-96-1, \$14.95
 - *Seashells in my Pocket, 2nd edition*, 1-878239-15-5, \$10.95
 - *Sea Kayaking Along the New England Coast, 2nd edition*, 1-929173-50-4, \$18.95
-

Founded in 1876, the Appalachian Mountain Club is the oldest and largest conservation and outdoor recreation organization in the United States. With 90,000 active outdoor 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 or contact us at 5 Joy Street, Boston, MA 02108, 617-523-0655.

Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455

Appalachian Mountain Club Books Review Copy Request Form

Southern New Hampshire Trail Guide, 2nd edition

Name _____

Job Title _____

Publication _____

Street Address _____

City _____ State _____ Zip _____

PO Box _____ City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

Web Address _____

Please note:

- The address has changed.
- The contact name has changed.

For Shipping Purposes:

- This is my business address.
- This is my home address.

Please return to:

Kate Donnelly, Appalachian Mountain Club
5 Joy Street, Boston, MA 02108
Email: kdonnelly@outdoors.org
FAX 617-523-0722

Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455