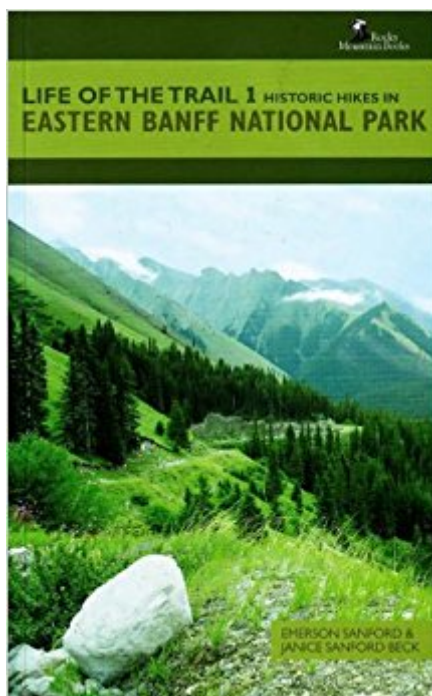


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# Life Of The Trail 1: Historic Hikes In Eastern Banff National Park



## Synopsis

Life of the Trail is a fascinating new series which will guide today's hikers and armchair travellers through the stories of historic routes in the Canadian Rockies. When authors Emerson Sanford and Janice Sanford Beck began backpacking together nearly 20 years ago, they often wondered whose footsteps they were tracing and how today's trails through the Rockies came to be. In Life of the Trail, they share their findings with adventurers and history buffs alike. Life of the Trail 1: Historic Hikes in Eastern Banff National Park follows the trails of David Thompson, Walter Wilcox, the Palliser Expedition, James Carnegie Earl of Southesk, Bill Peyto and A.P. Coleman. Along the way, the reader will journey from the Kootenay Plains to Lake Minnewanka, discovering the stories behind routes through the mountain towns of Banff and Lake Louise and along the Red Deer, Ptarmigan and Skoki valleys.

## Book Information

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## Customer Reviews

Emerson Sanford, originally from Nova Scotia, first visited the mountains of western Canada in the summer of 1961. Eleven years later, he moved to Alberta and has been hiking ever since. Emerson has solo hiked every historic route and most long trails between Mount Robson and the Kananaskis Lakes over 3000 km in the past five years! He now lives in Canmore with his wife, Cheryl. Janice Sanford Beck is the author of the bestselling *No Ordinary Woman: The Story of Mary Schaffer Warren* (Rocky Mountain Books). She has also written the introduction to the latest edition of *Mary Schaffer's Old Indian Trails of the Canadian Rockies* (Rocky Mountain Books) and, with Cheryl

Sanford, researched the Mary Schaffer Warren portion of the Glenbow Museums permanent exhibit called Mavericks: An Incurable History of Alberta. Janice lives in Saskatoon with her partner, Shawn, and their children.

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