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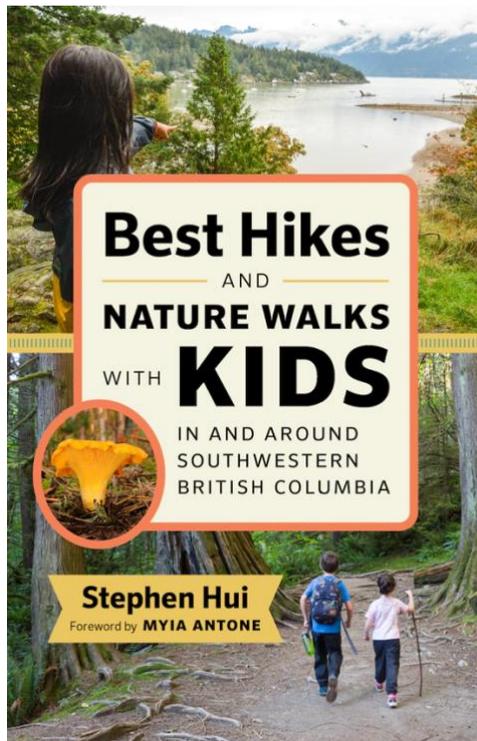
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Best Hikes and Nature Walks with Kids

In and Around Southwestern British Columbia

STEPHEN HUI • FOREWORD BY MYIA ANTONE



From bestselling hiking guidebook author (and dad) Stephen Hui comes a collection of fun-filled hikes field-tested by parents and kids.

THE BEST THING ABOUT HIKING WITH KIDS is appreciating nature as a whole family. But hiking with kids can be challenging when little ones get tired, cold, or hungry. This book carefully chooses trails for kids of a variety of ages and skill levels, ranging in distance from 2km/1.2 miles (great for toddlers) to 12km/7.5 miles (for older or energetic kids). All are easy to get to, so kids have more time to explore stops at suspension bridges, hollow trees, ghost towns, beaches, lakes, and vistas. Each route features a clear reference map and full-colour photos, plus:

- a description of trail highlights
- detailed directions to the trailhead
- a snapshot of the best season, difficulty, length, high point, and elevation gain
- a fun fact related to the plants, animals, or history of the trail

The author will donate a portion of royalties to Take a Hike Foundation.

Best Hikes and Nature Walks with Kids
In and Around Southwestern
British Columbia

By Stephen Hui

Foreword by Myia Antone

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eBook available

STEPHEN HUI has been hiking, backpacking, and scrambling for more than 25 years and is the author of the bestselling *105 Hikes* and *Destination Hikes*. Born and based in Vancouver, Hui works for an environmental organization and serves as a director of the Wanderung Outdoor Recreation Society.

MYIA ANTONE is a member of the Skwxwú7mesh Úxwumixw (Squamish Nation) and the founder of Indigenous Women Outdoors. A Wilderness First Responder, she has led canoe and hiking trips for Indigenous youth in BC and the Yukon. She sits on the Board of Directors for the Indigenous Life Sport Academy and is the youngest recipient of the Tim Jones Community Achievement Award.