

One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River — and Back



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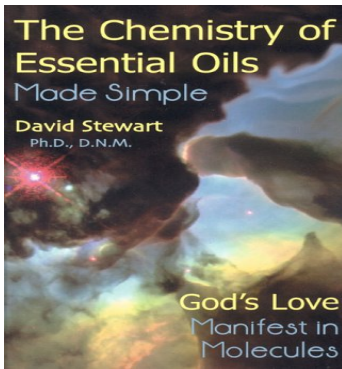
One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River — and Back

One of the world's most spectacular places, the Grand Canyon annually attracts over 4 million visitors who peer over the edge of the abyss. A smaller number of them trek from the rim to the banks of the Colorado River on one of the nation's best-known hikes. Many of these hikers are inadequately prepared for the rigors of what can be a deadly journey. This indispensable guide describes the most popular route into the canyon — the 16.2 mile round-trip route from the South Rim to the Colorado River. It addresses the many possible hazards (extreme heat, cold, elevation gain/loss of over 9,000 feet), gives advice on physical conditioning, and includes helpful charts, maps, and GPS w



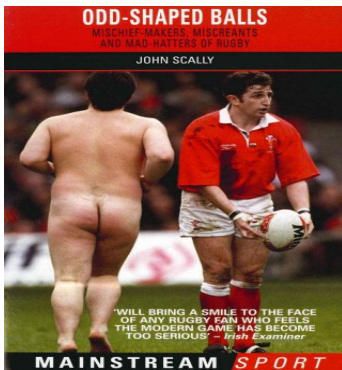
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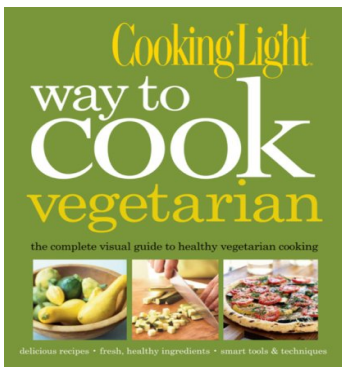
Chemistry of Essential Oils Made Simple: God's Love Manifest in Molecules

This solidly scientific book is anchored in scripture and easy to understand, It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils.



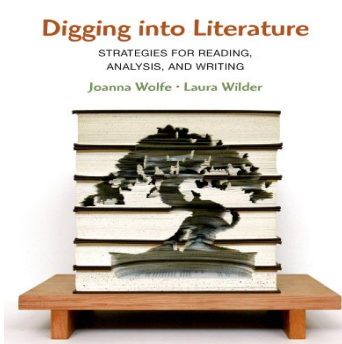
Odd-Shaped Balls: Mischief-Makers, Miscreants and Mad-Hatters of Rugby (Mainstream Sport)

Odd-Shaped Balls captures the humor, the agony, and the ecstasy of one of the world's most popular sports, rugby. The book is no less than a who's who of the game, with both old and young getting the opportunity to have their say. It looks at players such as Max Boyce, Keith Wood, Sean Fitzpatrick,



Cooking Light Way to Cook Vegetarian: The Complete Visual Guide to Healthy Vegetarian & Vegan Cooking

Cooking Light Way to Cook Vegetarian is a celebration of all the plant world has to offer—from colorful fruits and vegetables bursting with nutrients to hearty grains and proteinpacked beans and tofu. Even if you only occasionally go meat-free, this book has plenty to offer. It's filled with more t



Focus on Grammar 3 with MyEnglishLab (4th Edition)

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What others say about this ebook:

Review 1:

Given as gift to a friend

Review 2:

Book contains history of the grand canyon and what you will see.

Review 3:

Great practical information.

Review 4:

Great resource..I was disappointed that she did not include the North Kaibob trail---esp with so many folks now hiking the rim to rim trails!

Review 5:

Great resource for the corridor trails. Covers pretty much everything one needs to know to make the hike to and from the South Rim and Phantom Ranch.

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