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# Discover Canada: 100 Inspiring Outdoor Adventures

*Leigh McAdam*

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# Discover Canada: 100 Inspiring Outdoor Adventures

*Leigh McAdam*

**Discover Canada: 100 Inspiring Outdoor Adventures** Leigh McAdam
Outdoorswoman Leigh McAdam has been to 54 countries on every continent except Antarctica. Her popular outdoor blog hikebiketravel(dot com), which attracts a large following of kindred spirits, vicarious travelers and, increasingly, admirers of her fine photographic skills, receives 36,500 page views per month. Now in *Discover Canada 100* adventures selected from the author s vast experience of year-round, outdoor experiences are presented with detailed maps and McAdam s stunning photographs. Writing as she travels with good humour, wisdom and verve, McAdam guides readers to spectacular wilderness locations as well as sites of historical interest. 100 adventures in all ten provinces and three territories are rated for difficulty and come with information on getting there, the length of the trip and estimated time to accomplish it. Valuable preparedness tips, adventure highlights and interesting facts round out this essential guide for the wilderness adventurer. Selected to highlight areas of outstanding natural beauty in warm weather or winter ice and snow, these adventures are designed to be experienced while hiking, climbing, paddling, rafting, biking, skating or cross-country skiing. What better way to experience the Canadian landscape than by travelling through spectacular mountain and coastal scenery under your own steam? This book shows Canadians and wilderness enthusiasts all over the world what treasures can be found in Canada s great outdoors.

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