

Easy on the Hikes

By [Larissa Barlow](#)

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Graeme Pole always has his feet on the ground. And then they're quickly moving about a trail in the mountains.

The author of *Canadian Rockies Explorer* and *Classic Hikes in the Canadian Rockies* has been working hard, retracing his steps to update his old books and give them not only a visual upgrade for re-release, but he's also been hiking the trails in his books to add new information. So it was no different when Pole put on his hiking boots to update the third title in his series of books - *Walks & Easy Hikes in the Canadian Rockies*.

A little less backbreaking work to walk the easier routes in the Rockies, Pole wanted to spruce up the 20 year old book with new info and a new look that's similar to his other books. There are 151 hikes packed into the 184 pages with new photos, a trail features legend and a bit of history along with a description of the trails and how to get there.

"Its target was to hit that niche of casual walkers to show there's a lot of stuff you can do in the Rockies without being a serious hiker," he said.

Some of the walks in Banff National Park that are featured are the Fenland Trail, Hoodoos, and Boom Lake. Pole writes when the best time to go is, and what you might see along the way. There are also special sections about animals you might see, a wildflower guide, and common tree species.

"It shows people and helps them understand what's in the landscape," he said. "On the trail, they feel it's a special place, but this hopefully shows why it's special."

Updating this book, along with the two other hiking books, took around four years of research and re-hiking places he hadn't been to in a while.

"The voice of a book and the voice of the time changes after a while," he said. "And there's a few hikes in here I hadn't done yet."

Parker Ridge, which is featured on the cover of the book, remains one of his favourite hikes, along with Bow Glacier Falls and Jasper's Wilcox Pass.

Pole hopes the book will not only guide the casual hiker to some amazing locations, but he also hopes the tidbits he's included about the environment and history will encourage people to think a little more deeply about the rocky mountains.

"People who go outdoors, they want to learn about what's there, and it's for the betterment of themselves and the betterment of the environment," he said. "If you empower people to feel that way about places, they'll speak up for them."

Copies of *Walks & Easy Hikes in the Canadian Rockies* are available at The Viewpoint in Banff, Café Books and Second Story Books in Canmore and MEC in Calgary.