



Get Fit Hike It!: Snoqualmie Region (Paperback)

By Rachel Vdolek

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want to lose weight but hate going to the gym? Wish you could get outside + lose weight by hiking, but feel completely lost on where to start or where to go? Not anymore! Get Fit Hike It: Snoqualmie will help you learn how to hike so you can get out and enjoy nature, without getting lost. This book also provides an easy to follow hiking schedule that eases you in, slowly increasing in difficulty, so you can build up your endurance. Before you know it, you will summit the quintessential Seattle hike: Mt. Si! Grab this book today and get hiking!.



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