



Blisters and Bliss: A Trekker's Guide to the West Coast Trail, Seventh Edition

By David Foster, Wayne Aitken

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Each year, thousands of trekkers tackle the seventy-five-kilometre West Coast Trail between Bamfield and Port Renfrew on Vancouver Island. And for over twenty-five years, this book has been the definitive guide to the world-famous trail. This seventh edition is completely up to date and expanded to include the latest on trail information, reservations, travel connections, and trekker tips. The illustrations are a delight, and the book includes special sections for northbound and southbound hikers.

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Editorial Review

About the Author

David Foster spends much of his trekking time checking out the flora and impressing others with his skill in building campfires and driftwood furniture. When not chasing critters out of his backpack, David, a retired teacher-librarian, classifies his collection of mosses in his Japanese shade garden.

Wayne Aitken is frequently seen with his face in campfire smoke, tearfully preparing his culinary delights. His greatest pleasure is to follow his co-author Dave Foster's footsteps (particularly on sandy beaches). Between treks, Wayne tries desperately to keep his management consulting company afloat.

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