

# Tall Tales Rough Trails:

## All We Need to Know I Learned From Mountain Adventure

Have you ever wondered what it's like to ski across glaciers, backpack through bear country days from the trailhead, camp at 10,000 feet on an icefield in minus 30 temperatures or explore deep inside the caves of a Canadian Rockies mountain?



Like any mountain expedition, Lynn's journey unfolded one step at a time. Frozen fingers, heavy backpacks, skiing through a maze of gaping crevasses on a glacier, climbing up vertical cliffs with nothing but air below her, Lynn's outdoor adventures have taught her lessons that serve her well – in her relationships, in her professional life as a writer, photographer, hiking guide and popular presenter.



**Lynn Martel** has lived these adventures. More than that, she's written books about those who were first to stand on the Canadian Rockies highest summits, kayak over 100-foot waterfalls and journey deep into the mountain wilderness for weeks, even months at a time.



Weaving together stories about the region's most daring and accomplished adventurers, passages from books by historical explorers and her own heart-stopping and soul-warming experiences, Lynn shares how a fashion-conscious disco princess from Montreal grew to be an accomplished mountain author, outdoor adventurer and speaker. And she'll share her most valuable insights and lessons for you to bring home a backpack full of inspiration from your visit to the Canadian Rockies.