



# Backpacking Idaho: From Alpine Peaks to Desert Canyons

*Douglas Lorain*

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A virtually undiscovered backpacking paradise, Idaho has numerous wilderness areas of mind-boggling size. Backpackers can find complete solitude, wildlife, and some of North America's most outstanding scenery. Idaho's mountains also boast great weather -- fewer thunderstorms than the central Rockies, less rain than Oregon and Washington, and cooler summer temperatures than California.

*Backpacking Idaho* takes you to what author Doug Lorain calls a "Shangri-la" for backpackers. In the craggy Selkirk Mountains you'll find lush forests, small cirque lakes, and jagged granite peaks. Watch for ospreys, river otters, and belted kingfishers in the swift Selway River. Explore hundreds of miles of trails in the gently rolling forested hills in north-central Idaho, or head to Hell's Canyon, the deepest gorge in North America, where you'll find both alpine tundra and cactus-studded desert.

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