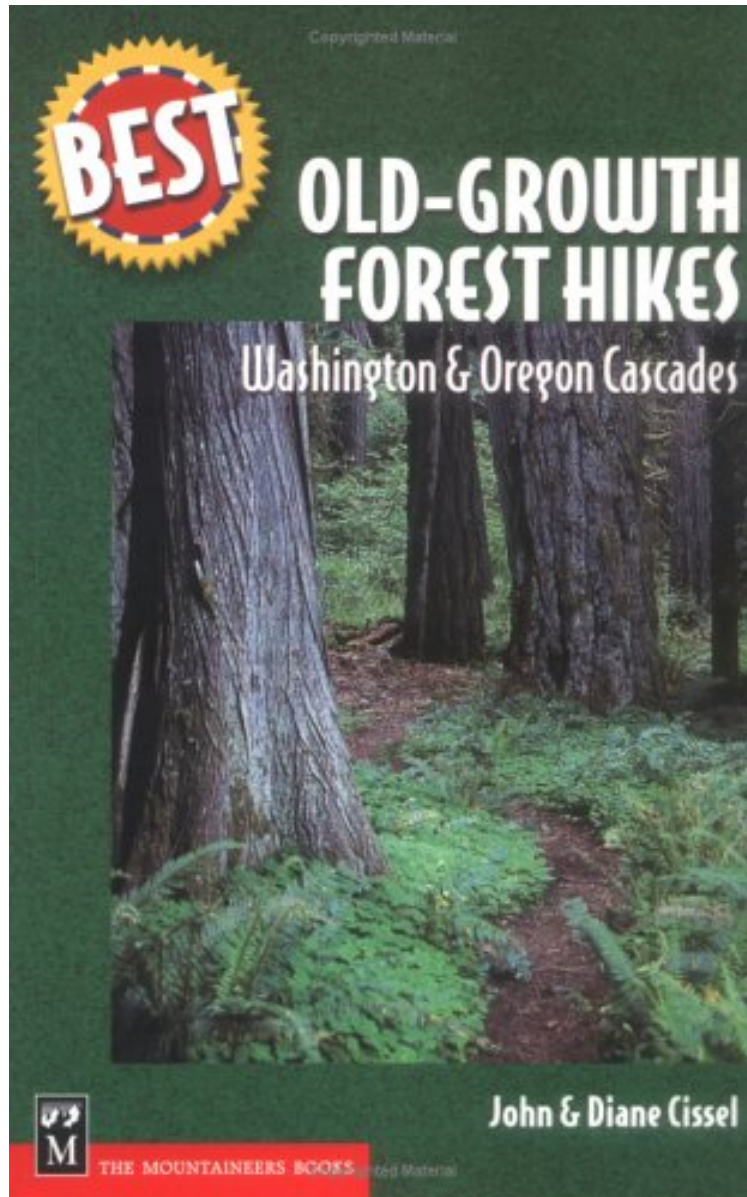


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## Best Old-Growth Forest Hikes: Washington and Oregon Cascades, (Best Hikes)

*John Cissel, J. Cissel, D. Cissel*  
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Here are 100 old growth-oriented day hikes with descriptions packed with information, superb maps, and a...list for tree identification. -- Medford Mail Tribune  
About the Author John Cissel, a forest ecologist and Bureau of Land Management science liaison for western Oregon, hiked more than 2000 miles while researching this guide. Diane Cissel, a veteran hiker, is an illustrator and graphic designer. The husband and wife team also published 50 Old-Growth Day Hikes, a series of annotated, illustrated maps for the Cascades. They live in Eugene, Oregon.