

Press Kit

Day Hikes & Overnights on the Pacific Crest Trail

By Author:

Marlise Kast-Myers



DAY HIKES & OVERNIGHTS ON THE PACIFIC CREST TRAIL

SOUTHERN CALIFORNIA
From the Mexican Border
to Los Angeles County

Marlise Kast-Myers



FOR IMMEDIATE RELEASE:

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SAN DIEGO, CA—The Pacific Crest Trail is one of America’s greatest long-distance hiking routes. Stretching from Mexico to Canada, its 2,650 miles are traversed annually by several hundred thru-hikers as well as thousands of day hikers. They come to the PCT to experience something rugged and memorable, to challenge themselves, and sometimes to find themselves. Cheryl Strayed’s bestseller *Wild* introduced many readers to the PCT. Now *Day Hikes & Overnights on the Pacific Crest Trail* gives hikers the tools they need to get out and explore sections of this fabled route.

Travel writer Marlise Kast-Myers includes both easy day hikes and extended overnight trips. Her introductory information on weather, safety, first aid, what to pack, and hiking permits is invaluable. Each route is accompanied by a detailed topographical map, corresponding elevation profile, GPS coordinates, hike distance and difficulty, spectacular color photos, and much more.

This comprehensive guide covers portions of the trail between the Mexican border and Los Angeles County, with hikes ranging from 1 to 12 miles. These hikes cater to everyone from the day hiker in search of a comfortable loop walk to the committed trail warrior who slows only at sunset. The majority of featured trails are easily accessible from anywhere in the greater San Diego or Los Angeles areas.

Day Hikes & Overnights on the Pacific Crest Trail includes over 100 full color photographs and is uniquely written to combine the author’s literary styles of creative writing and sports journalism. The end result is a hiking book that not only serves as a reference book, but that also reads like poetry.

To schedule an interview or book signing, contact the author directly. Advance copies of the book are available upon request. Members of the media are invited to attend the official book release party held on Saturday, April 5 at the author’s home. For more information, call 858.922.7070 or contact Marlise at marlisekast@gmail.com.



ABOUT Marlise Kast-Myers



As a freelance journalist and author, Marlise Kast-Myers has contributed to over 50 publications including *Forbes*, *Surfer*, *San Diego Magazine* and *New York Post*. Her passion for traveling has taken her to 75 countries and led her to establish short-term residency in Switzerland, Dominican Republic, Spain and Costa Rica.

Before settling in Southern California, Marlise completed a 13 month surfing and snowboarding expedition through 28 countries. Following the release of her memoir, *Tabloid Prodigy* (Running Press), Marlise appeared on CNN, FOX News, CNBC, The O'Reilly Factor, NPR, Good Morning America, and Entertainment Tonight.

Marlise in the news: <http://marlisekast.com/television/>

In her capacity as a travel journalist, Marlise has co-authored 20 *Fodor's Guides* including books on Mexico, San Diego, Panama, Puerto Rico, Peru, Corsica, Sardinia, Vietnam, and Costa Rica. She served as a photojournalist for *Surf Guide to Costa Rica* (Airborn Media) and has ghostwritten several books for established authors.

Her latest book, *Day and Overnight Hikes on the Pacific Crest Trail*, has just been released by Countryman Press. Now based in San Diego County, she lives on a small farm with her husband Benjamin who shares her enthusiasm for travel, outdoor adventure, and extreme sports.

She is currently working on her next full-length manuscript while providing design and marketing services through her home-business.

For more information, visit www.marlisekast.com.



Q & A with Marlise Kast-Myers

Q: What prompted you to write *Day Hikes & Overnights on the Pacific Crest Trail*?

A: There were several factors that led to my desire to write *Day Hikes & Overnights on the Pacific Crest Trail*. As an outdoor enthusiast and athlete, I first fell in love with hiking while living in the Swiss Alps shortly after college. It was there that I hiked several times a week and found that wandering on endless trails was not only invigorating but therapeutic unlike any other sport I had experienced. Secondly, I eagerly accepted the challenge of combining my passion for writing with my love for the great outdoors. The fact that the PCT was practically in my own backyard beckoned me to a side of Southern California I never knew existed. Once I read Cheryl Strayed's memoir *Wild*, I was inspired to offer a hiking book that provided the tools necessary to explore this fabled route.

Q: Do you have a favorite hike and why?

A: Each hike is unique in its own way, so it's difficult to pick just one. For scenery, I particularly enjoyed Kitchen Creek Falls because of the granite slabs and flowing cascades. Some of the areas around Big Bear are stunning in winter, especially the views from Bertha Peak and the winding Upper Deep Creek launching from Splinters Cabin. For wildlife, Whitewater Canyon is lovely, and for weekend getaways, the Laguna Mountains and the San Jacinto Wilderness offer plenty of hiking opportunities.

Q: How have you changed since you first started hiking on the Pacific Crest Trail?

A: When I first considered tackling the 400-mile Southern California stretch, I was somewhat of an aggressive workaholic who focused more on the destination than I did the journey. Despite the welcome abnormality of this project, I was determined to quickly finish the task, check it off my bucket list, and move on to yet another unwritten book. An interesting thing happened along the way; The Pacific Crest Trail and I became friends. Somewhere between the third or fourth hike, I began to see the PCT as a living, breathing entity. Whether I liked it or not, we were going to get to know one another extremely well. In the process, I learned to embrace silence, appreciate nature, and live in the moment. Those are traits that have stayed with me both on and off the trail.

Q: How long did it take to hike and write the book?

A: Fortunately I didn't have to hike the entire Southern California portion in one stretch. Instead, I linked together 45 day and overnight hikes over the course of a year, and dedicated most weekends to the PCT. This allowed me to research background information, write hike summaries, download data, and recover before I embarked on my next adventure.

Q & A with Marlise Kast-Myers (continued)

Q: What makes *Day Hikes & Overnights on the Pacific Crest Trail* unique?

A: Visually, it is unlike any other guidebook on the market, with nearly 200-pages featuring full color photographs, maps, elevation profiles, GPS coordinates, front matter, back matter, and a comprehensive rating system. Drawing on my background in creative writing and sports journalism, I combined these literary styles to offer a hiking guide that not only serves as a reference book, but that also reads like poetry. Most PCT books cover the entire trail or a single state. My book however focuses on the Southern California portion, spanning from Mexico to Los Angeles County. My 45 featured hikes range from easy family-friendly walks to overnight adventures for experienced trailblazers. The profiled hikes include trails in four counties (San Diego, Riverside, San Bernardino, and Los Angeles) and 11 regions: Campo Indian Reservation Area, Hauser Wilderness, Laguna Mountains, Cuyamaca Rancho State Park, Anza-Borrego Desert, San Felipe Wilderness, San Jacinto Wilderness, San Geronimo Wilderness, San Bernardino Forest, San Gabriel Mountains, and Angeles National Forest.

Q: Did you have any scary or frustrating moments on the Pacific Crest Trail?

A: There were a couple of hikes that took me longer than expected, most likely due to my note taking and photographing along the way. On one occasion, this meant that I was returning to my car after sunset. It was a bit scary considering the dirt road to the trailhead was extremely remote and desolate. With no phone signal, loved ones at home were a bit worried, even though I had always made a habit of telling them where I was going and when I would return. At times, during my winter hikes, I became occasionally disoriented for brief moments due to the snow covering the trail, but eventually the semi-buried PCT markers would guide my way again. Varying weather conditions could be frustrating and scary at times, as could unexpected surprises like ticks, snakes, and very fresh mountain lion paw prints. Fortunately, no major problems occurred during my hikes.

Q: What are some of your most memorable moments on the trail?

A: I really loved getting to know my (now) husband on the trail. We met when I was about half way through my project, and he joined me on about a fourth of the hikes. Our afternoon picnics were so special, especially after hiking in snowshoes to Bertha Peak above Big Bear Lake. I loved dipping in freshwater pools and cool streams, and camping on cool nights near Idyllwild. As much as I taught him about hiking, he already knew a great deal about survival and the great outdoors. On those hikes that I was alone, I enjoyed the stillness and time with God. When I was joined by a hiking partner, I so appreciated the rich conversations birthed on the trail.

Q & A with Marlise Kast-Myers (continued)

Q: Do you have any recommendations for anyone who wants to hike the Southern California section of the PCT?

A: Know where your water sources are located, bring food (no matter how long the hike) and plan to drink about a liter of water for every five miles hiked. Allow plenty of time for your hike, avoid busy weekends, pack accordingly (remember sunscreen), and use the buddy system. Always bring emergency supplies, tell friends where you are hiking, know your surroundings, and stay on designated trails. In general, campfires are not allowed anywhere along the PCT's Southern California Section. Adhere to all hiking etiquette rules, and follow the outdoor ethic of "take only pictures, leave only footprints."

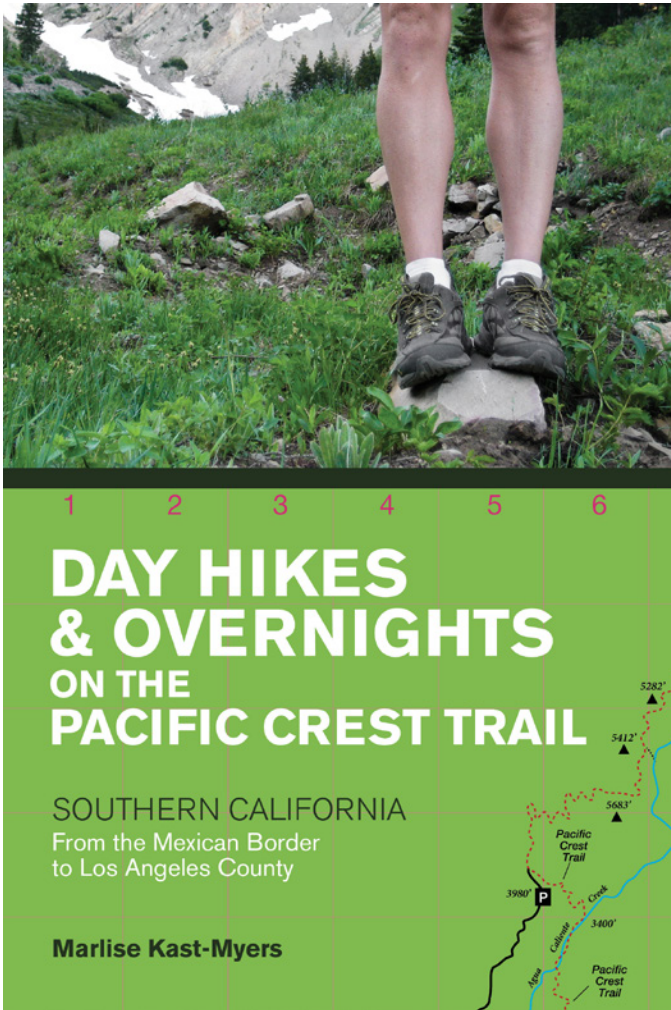
Q: Do you plan to write any more hiking books?

A: As soon as I completed my last hike for this book, my husband asked, "What do you think about hiking the entire PCT?" Of course it is a dream for us, but I would probably start from Los Angeles County where this book left off, and then hike north to the Oregon border. Once I made it that far, I would see if there was a market for a continuation series.

Q: What are your future plans as a writer?

A: I have four working manuscripts, all of which are between 50 and 75 percent complete. They range from a financial guide and children's book to a memoir and travel-sketchbook. As soon as I get close to pitching those proposals, I always seem to be presented with another project that puts my own books on hold. For example, this year I have been commissioned to author three travel books for *Fodor's Publications*. This means I am conducting research in Costa Rica, Baja, and Riviera Maya. It makes juggling my writing projects a welcome challenge and great reward.

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