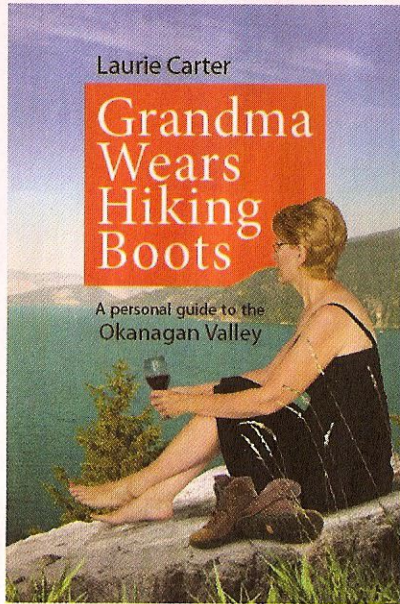


GRANDMA WEARS HIKING BOOTS:

A PERSONAL GUIDE TO THE OKANAGAN VALLEY By Laurie Carter, Kelowna



A self-described born again Okanaganite, Laurie Carter, Senior Editor of Okanagan Life Magazine, has been an enthusiastic supporter of the Okanagan Valley since her arrival from Ontario's Niagara Peninsula in 1991. Her latest book, *Grandma Wears Hiking Boots, A Personal Guide to the Okanagan*, is the culmination of a decade of experience of writing and shooting photos about the Okanagan.

"I love exploring the valley. I felt it was time to collect my experiences and present them in a single book," Carter says. Why now? "The Okanagan is on the map. Wine tourism, the Olympics...many factors are coming together to give the valley a national and international profile."

This isn't a traditional guidebook. "It's actually a hybrid – I'd say eight parts travel lit, two parts guidebook. I want to give people a taste of what it's actually like to hike our trails, visit our farms and historic sites, meet our winemakers and hear our symphony."

How does she do it? With witty descriptions of personal experiences, people behind the scenes and those along with her for the ride; her octogenarian mountain goat father, Jim White and her wine expert/photographer husband Bruce Kemp.

A great Christmas gift for Boomers and older, this lively account of Okanagan adventures will also appeal to a wider audience, from those planning to visit the Okanagan or who simply enjoy reading travel literature.

The text includes reviews of trails, attractions, historic sites and activities, wineries, restaurants supplemented with colour maps and photos.

"I've met fascinating people. I've learned so much about the history and culture of First Nations people and European settlement as well as about animals, plants and geology of the region," says Carter.

Her favourite attraction, trail or restaurant? The last one she visited. To purchase or attend a book launch near you go www.LaurieCarter.com. Little White Publishing ISBN 9780981245102, 272 pages, \$24.95 *Review by Patti Shales Lefkos*