
Uwharrie Lakes Region Trail Guide Hiking And Biking In North Carolinas Uwharrie Region

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Trail Guide Hiking And
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KEELY LYRIC

Your Guide to the Area's Most Beautiful Hikes Moon Travel

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has

become the gold standard against which all other outdoor-industry awards are measured.

*Explorer's Guide 50 Hikes in the
Mountains of North Carolina (Third
Edition) (Explorer's 50 Hikes)* Chronicle
Books

Learn from Tom Ang how to capture fleeting memories forever - including beautiful scenes, celebrations and your baby's smile - in exquisite digital photographs. Award-winning professional photographer Tom Ang shows how to choose the best camera and learn how to adjust its settings to control exposure, zoom and brightness. He explains how to light and frame your subject and cope with issues such as poor light conditions or a moving subject. Checklists for each shot tell you

what camera mode and lens setting to use, with insider know-how, such as using the flash in bright light to reduce shadows. Photography can lead you to unexpected beauty in places such as a city street, a fruitmonger's stall, or reflections in water. Tom Ang guides your eye, showing you how to take stunning images. He describes how to take characterful portraits, dramatic silhouettes, and intriguing close-ups. Plus he gives valuable tips on taking for selling items online or documenting a project. Illustrated throughout with Tom Ang's own inspirational images, *How to Photograph Absolutely Everything* is your one-stop guide to enjoying photography and creating unforgettable images.

Dixie Lullaby Falcon Guides
Rock & roll has transformed American

culture more profoundly than any other art form. During the 1960s, it defined a generation of young people as political and social idealists, helped end the Vietnam War, and ushered in the sexual revolution. In *Dixie Lullaby*, veteran music journalist Mark Kemp shows that rock also renewed the identity of a generation of white southerners who came of age in the decade after segregation -- the heyday of disco, Jimmy Carter, and Saturday Night Live. Growing up in North Carolina in the 1970s, Kemp experienced pain, confusion, and shame as a result of the South's residual civil rights battles. His elementary school was integrated in 1968, the year Kemp reached third grade; his aunts, uncles, and grandparents held outdated racist views

that were typical of the time; his parents, however, believed blacks should be extended the same treatment as whites, but also counseled their children to respect their elder relatives. "I loved the land that surrounded me but hated the history that haunted that land," Kemp writes. When rock music, specifically southern rock, entered his life, he began to see a new way to identify himself, beyond the legacy of racism and stereotypes of southern small-mindedness that had marked his early childhood. Well into adulthood Kemp struggled with the self-loathing familiar to many white southerners. But the seeds of forgiveness were planted in adolescence when he first heard Duane Allman and Ronnie Van Zant pour their feelings into their songs. In the tradition

of music historians such as Nick Tosches and Peter Guralnick, Kemp masterfully blends into his narrative the stories of southern rock bands --from heavy hitters such as the Allman Brothers Band, Lynyrd Skynyrd, and R.E.M. to influential but less-known groups such as Drive-By Truckers -- as well as the personal experiences of their fans. In dozens of interviews, he charts the course of southern rock & roll. Before civil rights, the popular music of the South was a small, often racially integrated world, but after Martin Luther King Jr.'s assassination, black musicians struck out on their own. Their white counterparts were left to their own devices, and thus southern rock was born: a mix of popular southern styles that arose when predominantly white rockers combined

rural folk, country, and rockabilly with the blues and jazz of African-American culture. This down-home, flannel-wearing, ass-kicking brand of rock took the nation by storm in the 1970s. The music gave southern kids who emulated these musicians a newfound voice. Kemp and his peers now had something they could be proud of: southern rock united them and gave them a new identity that went beyond outside perceptions of the South as one big racist backwater. Kemp offers a lyrical, thought-provoking, searingly intimate, and utterly original journey through the South of the 1960s, '70s, '80s, and '90s, viewed through the prism of rock & roll. With brilliant insight, he reveals the curative and unifying impact of rock on southerners who came of age under its influence in the chaotic

years following desegregation. Dixie Lullaby fairly resonates with redemption. [A Guide to More Than 180 Falls in the Keystone State](#) Rockridge Press For the first time since 1984, we have a new edition of the classic book that Field & Stream called “the Hiker’s Bible.” For this version, the celebrated writer and hiker Colin Fletcher has taken on a coauthor, Chip Rawlins, himself an avid outdoorsman and a poet from Wyoming. Together, they have made this fourth edition of The Complete Walker the most informative, entertaining, and thorough version yet. The eighteen years since the publication of The Complete Walker III have seen revolutionary changes in hiking and camping equipment: developments in waterproofing technology, smaller and more durable

stoves, lighter boots, more manageable tents, and a wider array of food options. The equipment recommendations are therefore not merely revised and tweaked, but completely revamped. During these two decades we have also seen a deepening of environmental consciousness. Not only has backpacking become more popular, but a whole ethic of responsible outdoorsmanship has emerged. In this book the authors confidently lead us through these technological, ethical, and spiritual changes. Fletcher and Rawlins's thorough appraisal and recommendation of equipment begins with a "Ground Plan," a discussion of general hiking preparedness. How much to bring? What are the ideal clothes, food, boots, and tents for your trip? They evaluate each

of these variables in detail—including open, honest critiques and endorsements of brand-name equipment. Their equipment searches are exhaustive; they talk in detail about everything from socks to freeze-dried trail curries. They end as they began, with a philosophical and literary disquisition on the reasons to walk, capped off with a delightful collection of quotes about walking and the outdoor life. After a thoughtful and painstaking analysis of hiking gear from hats to boots, from longjohns to tent flaps, they remind us that ultimately hiking is about the experience of being outdoors and seeing the green world anew. Like its predecessors, *The Complete Walker IV* is an essential purchase for anyone captivated by the outdoor life.

A Guide to Selecting, Pairing, and
Enjoying Arcadia Publishing

Describes the state's prehistory and
archaeological discoveries

The North Carolina Birding Trail Menasha
Ridge Press

Learn how breaking photographic rules
can result in stunning black-and-white
photos Black-and-white photography
poses unique challenges; without color
to guide the eye, contrast, lighting, and
composition take on even more
importance. Renowned photographer
Harold Davis explains these elements
and demonstrates the basic rules of
black and white photography as well as
when and how to break them. He breaks
through the complexity of this
photographic medium, explores
opportunities for black-and-white

imagery, and shows how to capitalize on
every one. Richly illustrated with the
author's own images, this beautiful guide
presents the skills needed for great
black-and-white photos while
encouraging your confidence and
creativity. Goes beyond basics to teach
photographers how to conquer the
challenges posed by black-and-white
photography Appeals to professionals
and serious amateurs who are interested
in exploring creative black-and-white
imagery Presents photography
fundamentals and shows how black and
white requires some of the rules to be
bent Encourages creative thinking and
confidence Lavishly illustrated with
Harold Davis's outstanding
monochromatic photos Whether you're a
professional just venturing into black

and white or a serious amateur, Creative Black & White will both educate and inspire you.

Moon North Carolina Coast Knopf

My Uwharrie Trails is a companion log book to the Uwharrie Lakes Region Trail Guide - Second Edition. Hikers can record notes about their hikes in this log book and use them to help bring back memories of their hiking adventures. This log book contains small maps of each trail and prompts for recording key details about each hike.

UNC Press Books

[CLICK HERE](#) to download a free hike from Best Hikes with Dogs North Carolina * North Carolina hikes located in and around Asheville, Winston-Salem, Piedmont, Uwharrie * National Forest, and the Mountains-to-Sea Trail * Info on

first aid for dogs and the 10 Canine Essentials * Paw-friendly terrain * Trails appropriate for dogs of all ages and fitness levels Best Hikes for Dogs in North Carolina includes a handy trail-finder chart to help you choose just the right hike for you and your dog. And North Carolina is a paradise for canine hikers and their owners. Trails in this guidebook range from rolling meadows and countless streams, lakes, and waterfalls to the cool, lush forests filled with sights and scents. This guidebook has everything you need to know to plan a safe fun-filled outing with your dog. Also included: information detailing proper trail etiquette for dog owners and their pets, tips on hiking with dogs and their special needs, dealing with wildlife encounters, and more.

The Complete Walker IV Rocky Nook, Inc. Who says you have to travel far from home to go on a great hike? In Best Hikes Near Charlotte author Jennifer Pharr Davis details the best hikes within an hour's drive of the greater Salt Lake City area perfect for the urban and suburbanite hard-pressed to find great outdoor activities close to home. Each featured hike includes detailed hike specs, a brief hike description, trailhead location, directional cues, and a detailed map.

Successful pictures from your digital camera The Mountaineers Books Provides a wealth of information on the sport of hiking, lists 387 hiking areas state-by-state, and rates the major trails according to terrain, visual beauty, and degree of difficulty.

North Carolina Adventure Weekends

Michael Kesend Pub Limited

When photographing people, you can have a great composition, perfect light, and the right camera settings, but if your subject doesn't look right—if the pose is off—the shot will not be a keeper. Posing is truly a crucial skill that photographers need to have in order to create great photographs. If you're looking to improve your ability to pose your subjects—whether they're men, women, couples, or groups—best-selling author and photographer Lindsay Adler's The Photographer's Guide to Posing: Techniques to Flatter Everyone is the perfect resource for you. In the first half of The Photographer's Guide to Posing, Lindsay discusses how the camera sees, and thus how camera angle, lens choice,

and perspective all affect the appearance of your subject. Lindsay then covers things that ruin a pose—such as placement of the hands, and your subject’s expression and posture. Next, Lindsay dives into “posing essentials,” outlining her approach to start with a “base pose,” then build on that to create endless posing opportunities. She also discusses posing the face—with specific sections dedicated to the chin, jaw, eyes, and forehead—as well as posing hands. In the second half of the book, Lindsay dedicates entire chapters to posing specific subject matter: women, men, couples, curvy women, families and small groups, and large groups. In each chapter, Lindsay addresses that subject matter’s specific challenges, provides

“go-to poses” you can always use, and covers how to train the eye to determine the best pose for your subject(s).

Lindsay also teaches you how to analyze a pose so that you can create endless posing opportunities and continuously improve your work.

Horseback Riding Trail Guide to

North Carolina Office of Archives and History North Carolina Department of Cultural Resources

Best Easy Day Hikes Charlotte includes concise descriptions of the best short hikes in the area, with detailed maps of the routes. The 20 hikes in this guide are generally short, easy to follow, and guaranteed to please.

A Hiker's Log Book Companion to the Uwharrie Lakes Region Trail Guide Univ of North Carolina Press

This updated guide (4th edition - published April 2006) contains ten maps, elevation profiles and complete walking descriptions of this 223-mile trail - the longest hiking trail in the region (it runs from Talimena State Park in Oklahoma to Pinnacle Mountain State Park near Little Rock). It contains all the information that you need to have a safe and enjoyable hike. The Ouachita Trail has been improving over the years, and Tim Ernst details all of it, including the new trail shelters that have been built. It also pinpoints, on the maps and in the text, all of the reliable water sources along the trail, which are of extreme importance. The foreword was written by Ouachita Trail guru and famed outdoorsman Jim Rawlins. This guidebook is a must for anyone hiking

the Ouachita Trail-don't hit the trail without it! This guidebook was produced in cooperation with the Friends of The Ouachita Trail (FoOT) and the U.S. Forest Service.

Backpacker The Countryman Press Best Easy Day Hikes Greensboro and Winston-Salem includes concise descriptions of the best short hikes in the area, with detailed maps of the routes. The 20 hikes in this guide are generally short, easy to follow, and guaranteed to please.

Books in Print John F. Blair, Publisher Find Your Way to Pennsylvania's Most Beautiful Waterfalls Waterfalls create a feeling of serenity, a sense of restrained power. Their grandeur takes our breath away. Their gentle sounds complement periods of meditation. Let award-winning

photographer and creator of Pennsylvania's most read travel blog Jim Cheney guide you to more than 180 of the top-ranked waterfalls in the state. Your bucket list should include these gorgeous locales that decorate Pennsylvania's landscape. The waterfalls are organized geographically and ranked by beauty. Entries include all the information you need, like directions, distance, and hike difficulty, as well as details about each waterfall, such as height, width, and the best time of year to visit. Not-to-miss sights and nearby activities are also called out, so you can make the most of every outing. Plus, Jim's incomparable photography makes this guidebook worthy of any coffee table. From the towering falls of the Poconos to the scenic gems of the Laurel

Highlands and everywhere in between, experience them all with this wonderful guidebook. These natural wonders prove that the Keystone State is home to some of the most picturesque sites in America!

Techniques to Flatter Everyone

Createspace Independent Publishing Platform

Readers discover firsthand what it's like to drive a race car at 165 miles per hour, raft down a whitewater river, or balloon over the coastal plain of eastern North Carolina. Features activities for all energy and adventure levels.

The North Carolina Historical Review

Rowman & Littlefield

Uwharrie Lakes Region Trail

GuideEarthbound Sports Incorporated

The Archaeology of North Carolina

Rowman & Littlefield

North Carolina harbors an incredible diversity of habitats that provide food and shelter for more than 440 bird species throughout the year, making the state a destination for birders and nature lovers. The North Carolina Birding Trail is a driving trail linking birders and tourists with great birding sites across the state and the local communities in which they are found. The second of three regional guides, the Piedmont Trail Guide presents 103 premier birding destinations in the North Carolina piedmont, most within an easy drive of the state's urban centers, between Charlotte on the west and Interstate 95 on the east. The spiral-bound volume features maps, detailed site descriptions, and color photographs throughout. Each site description includes directions as

well as information on access, focal species and habitats, and on-site visitor amenities. Special "while you're in the area" listings accompany each of fourteen site groupings, so visitors can travel to a cluster of birding destinations and enjoy other local highlights and attractions along the way.

Star Trails Navajo Adventure Publications
This guidebook reveals a collection of sixty of the best dog friendly hiking trails in North Carolina. From mountain views to the coveted coast, there's a trail for you and your trusty companions. Your pups will frolic, swim, play, explore, and enjoy every step of the way. Throughout are full-color photos and maps, helpful tips, and tailored hike specs with information on leash requirements, trail surface, other trail users, and more.

You'll also find important advice about hiking with dogs and preparation before you hit the trail. Grab the leash, don your pack, and get ready for an adventure that will have tails wagging for days to come.

Hiking and Biking in North Carolina's Uwharrie Region Trafford

With Explorer's Guides, expert authors and helpful icons make it easy to locate places of extra value, family-friendly activities, and excellent restaurants and lodgings. Regional and city maps help you get around and What's Where

provides a quick reference on everything from tourist attractions to off-the-beaten-track sites. From America's most popular national parks to the sands of the Outer Banks to the cool peaks of the tallest mountains in the East, writer/photographer Jim Hargan covers everything worth seeing and doing in his home state. Explore wilderness areas on bicycle or by kayak, visit sleepy hamlets or lively downtowns, enjoy fine dining or country cooking on your quest for the authentic Tarheel experience.