

# POWER BOOKS



Belvedere resident Carolyn Hansen and Novato resident Cathleen Peck have hiked together for years. The two friends, who met in college at Berkeley, were on one of their regular hikes in Paris (Cathleen used to live there) racing down the Rue di Rivoli, when

Cathleen noted that they were "power hiking." They agreed that power hiking—which they consider a walk with an agenda such as sightseeing—would be a great idea for a book. Their first book, *Power Hiking Paris*, was unveiled last year, San Francisco has just been released and future books include London, New York, Beverly Hills and New Zealand. The two have visited all the boutiques and restaurants they recommend as stops along their hiking routes and the itineraries include tips on where to turn back if you get tired and the distance and approximate time of each hike. Order the books at [powerhiking.com](http://powerhiking.com),