



## PRESS RELEASE

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### NEW GUIDE BOOK TELLS HOW TO TAKE KIDS (EVEN TEENAGERS) CAMPING

May 22<sup>nd</sup> 2015

“For many parents the idea of taking a reluctant, opinionated, emotional adolescent away for a week’s camping trip is comparable to having a root canal without anaesthetic”, so writes Jayne Seagrave in her new book: *Camping With Kids in the West: BC and Alberta’s Best Family Campgrounds*. But it is that time of year again and for many parents the ten week hiatus from academics means plans need to be hatched over what to do with the little (and bigger) treasures. So, advocates Seagrave, why not consider that quintessential Canadian activity and take them camping? For almost twenty years the author of best selling guidebooks on camping in Western Canada has taken her two sons (now teenagers) camping and just in time for the 2015 season has released her latest work.

Written in a unique, entertaining, practical, no non-sense, “between-you-and-me” style she is not shy of recommending a night in a motel should the outdoors become too much, or a trip to fast food restaurant so teens can access WiFi and junk food if this is the cost of introducing kids to the wonderful Canadian outdoors.

The 166-page book includes detailed information on fifteen BC and ten Alberta provincial park campgrounds she identifies as ideal for family camping and is packed with practical advice for the novice - such as how to rent equipment from retail outlets rather than purchase it – as well as information for the seasoned camper. She has advice for camping when pregnant (and claims to be the only author to have covered this topic) to how to survive with babies, toddlers, preschoolers, school aged children and even teenagers in a tent. In addition to detailed information about each campground itself, she offers recommendations on the surrounding area and additional activities that can be pursued. The book also has stunning colour photographs.

Over 50,000 copies of Jayne’s camping books have been sold, making her one of the most popular guide book authors in Canada. So go on...I dare you...take that teenager camping.

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Photograph showing Jayne’s husband Andrew and two teenage sons, Jack and Sam ‘skinny dipping’ during a family camping trip.

[http://www.heritagehouse.ca/book\\_details.php?isbn\\_upc=9781772030402](http://www.heritagehouse.ca/book_details.php?isbn_upc=9781772030402)

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