

WOMEN WITH ALTITUDE: CHALLENGING THE ADIRONDACK HIGH PEAKS IN WINTER, Carol Stone White, North Country Books, 2005.

“White has gathered some incredible stories about the extraordinary adventures of women. . . . ‘Many of us have characterized climbing the Winter 46 as the most adventurous thing we ever did,’ White writes, ‘one of the happiest times of our lives, not only physically rewarding but emotionally fulfilling. We are spiritually nourished in the wild world.’ As one person said, ‘It is the most spiritual thing I do outside of church.’ Many speak of feeling a closeness to God out there. For those of you who know this feeling, White has written a new epistle. Enjoy it by the fire as you dream of your own adventures in the wintry woods of the frozen High Peaks.” -Lee Manchester, *Lake Placid News*, January 20, 2006.

“This book offers a new perspective on the Adirondack High peaks through first-hand accounts of scaling the 46 peaks more than 4,000 feet high in winter. Biographies of the women show why and how they pursue this challenging and rewarding sport. A brief history of winter hiking in the High Peaks and of the Adirondack 46ers Club is included. . . . Although the women in this book describe frostbite, forced bivouacs, falling through icy brooks, 70 MPH winds, scaling icy cliffs and a near-fatal fall, the emotion conveyed is of ‘the peak experience.’ In spite of misadventures, people say these are the greatest experiences of a lifetime.” -*Adirondack Daily Enterprise*, January 9, 2006.

“‘*That’s pretty good for a girl*’ is not the kind of thing you’d want to say to the women you’ll meet in this book. Having successfully conquered all 46 Adirondack High Peaks at least once—in the winter, no less—they don’t take any nonsense, from people or nature. They’re physically and mentally tough, feisty and determined, and their stories of ultimately victorious encounters with storms, spruce holes, below-zero nights, swollen rivers and skeptics (usually of the male persuasion) are inspiring to all of us.” -Neal Burdick, editor, *Adirondack* magazine, November/December 2006.

“What compels a 50-year-old woman to leave a warm bed at 3 AM, don snowshoes and a 40-pound backpack, and trudge up a mountain under twinkling stars? ‘I wanted to prove I could do it,’ said Barb Harris of Plattsburgh, a grandmother who sells Mary Kay cosmetics during the week and climbs mountains every weekend. Other reasons are more spiritual: ‘What is important is the heightened consciousness granted by the mountaintop, that transcendental state granted to those who climb mountains, for they are places where you experience happiness, and that is indeed mysterious,’ White writes.” -Mary Esch, *Associated Press Writer*, February 13, 2006.

“Why do we climb mountains—and in winter, no less? We live in a culture that feels strongly entitled to comfort. Why should we leave our cozy homes before dawn to risk exhaustion, chilblains, frozen eyeballs, or worse? Buried in these women’s reports are some of their surprising answers: To feel closer to God. To experience communion with another human being. To outrun the shadows of loneliness and grief. To discover they are stronger and tougher than they ever imagined.” -Kristin Kimball, *Adirondack Explorer*, March/April 2006.