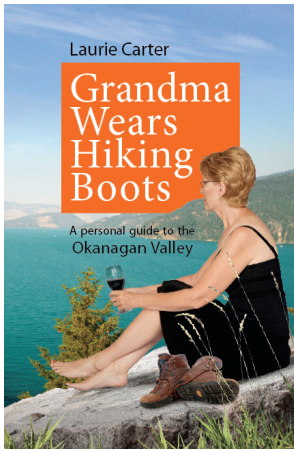


MEDIA RELEASE
For Immediate Release



Little White Publishing is proud to announce the release of *Grandma Wears Hiking Boots: A personal guide to the Okanagan Valley*, the latest book by Okanagan author Laurie Carter.

“For the last decade I’ve been writing and shooting photos about the Okanagan for magazine, newspaper and online articles,” says Carter. “I felt it was time to pull together my experiences in a single guide to the valley. My vision for *Grandma Wears Hiking Boots* is to give readers more than the bare bones information of a traditional guidebook. I want to convey a sense of what it’s like to actually do the things that make the Okanagan such a popular destination.”

Carter jokes that with her unique take on valley trails, wildflower excursions, wine tasting, farm tours, family attractions, historic sites, cultural pursuits, mine tours, jumping off mountains and her favourite subject—food—the book should have been called: *Grandma Wears Hiking Boots and Sneakers, Snowshoes and Skis, Flip-flops and Terminally Gorgeous Heels*—but there wasn’t room on the cover.

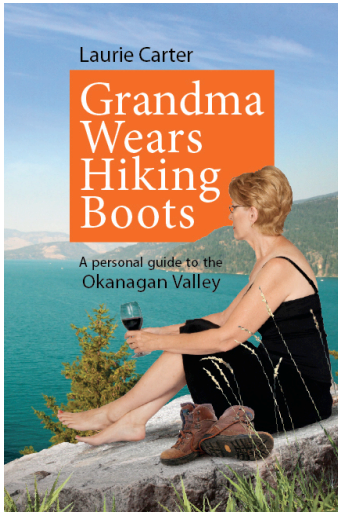
Carter's zippy style and self-inflicted humour make this collection of anecdotes, observations and recommendations a lively page-turner for armchair travellers and serious Okanagan explorers.

“Although the book is written in the travel lit style, it has many reader-friendly features like At a Glance quick reference guides, loads of colour photos and more than 30 colour maps,” says Carter. “I personally love having maps to help me orient myself when I’m reading a story, so they were an integral part of the plan from the beginning.”

Carter’s guide to the Okanagan Valley is the first in the *Grandma Wears Hiking Boots* series, which will include Grandma’s adventures across Canada in book two, and in book three, her treks on five continents (maybe six or even all seven by then).

“Because I’m looking ahead to the series and because I’m determined to maintain the quality and value of full colour books, I felt I had to take control of the whole production process. So I launched Little White Publishing. I want to do the best I can for my readers and I’m confident that they will see that commitment and enjoy the end result with *Grandma Wears Hiking Boots: A personal guide to the Okanagan Valley*.”

November 1, 2010
West Kelowna, BC



Grandma Wears Hiking Boots

A personal guide to the Okanagan Valley

ISBN: 9780981245102

272 pages

\$24.95

- 85 trails, attractions, historic sites, activities
- 36 wineries
- 24 restaurant reviews
- 31 colour maps
- 155 colour photos

Preview at

<http://www.grandmawearshikingboots.com/preview.html>



About the author

Laurie Carter is an award-winning writer and photographer. Hundreds of her Okanagan stories and images have appeared in newspapers and magazines across Canada and the US, and online. For many years she has worked on the editorial staff of *Okanagan Life* magazine, she teaches digital photography at the Centre for Arts and Technology Okanagan (CATO), she has been a travel columnist for *Event* and newspapers in Southern Alberta, and she is the author of the travel mystery novel *China Doll*. Originally from Ontario, she has lived in the Okanagan Valley since 1991. Carter shares a cozy home in the West Kelowna area with her husband and two SPCA cats, waiting impatiently for her grandson's next visit.

www.LaurieCarter.com

About Little White Publishing

Little White Publishing was founded to specialize in travel and photography books.

Visit www.littlewhitepublishing.com.

Media Support

Backgrounders including Author Bio, Book Summary, Preview, FAQs and photos are available online at www.lauriecarter.com. Click on the Media Kit tab.

To request a review copy, for more information and to arrange interviews, email info@littlewhitepublishing.com or call 250.768.7399.

Bruce Kemp

C2C Media

bruce@c2cmedia.ca

www.c2cmedia.ca