

88 Summer Skills

HOW TO BEAT BUGS, STAY COOL, POWER UP HILLS, & MORE

CALIFORNIA
EDITION

BACKPACKER

THE OUTDOORS AT YOUR DOORSTEP

BEST OF THE

SKILLS FOOD

Taste Test

Organic Snacks

ALL-NATURAL TRAIL FOODS YOU'LL ACTUALLY WANT TO EAT

Not so long ago, there were two kinds of energy bars: lab-spawned creations that looked like extruded astronaut food, and health-freak agglomerations of what tasted like sticks and sawdust. Times have changed, and among the many appetizing bars available now is a new breed of organic choices that pack a balanced nutritional punch and actually taste good. Here are our testers' three favorites.

TRAILS

LYME DISEASE

Protect yourself with
new tips &

MAKE YOUR TRIP
FEEL LIGHT

PREDICT
A GRIZZLY
CHARGE
(P. 38)



Mountain Organic Foods Bear Fruit Bar

1.3 oz.; 130 calories

Finally, someone took the leather out of fruit leather. This light and chewy bar is easy on the molars, and it's proof that you don't need artificial extracts to get tart, fruity flavor—and a 2-year shelf life. It comes in 4 flavors (apple, apple/cherry, apple/blueberry, and apple/raspberry) which, according to one tester, "all taste very similar—and equally good." \$27 per box of 20; free shipping. www.morfoods.com

TESTED
light boots,
summer bags

JUNE 2006

50US \$5.99CAN

54 BACKPACKER 06.2006

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TARA GOLDEN AND BILLY
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