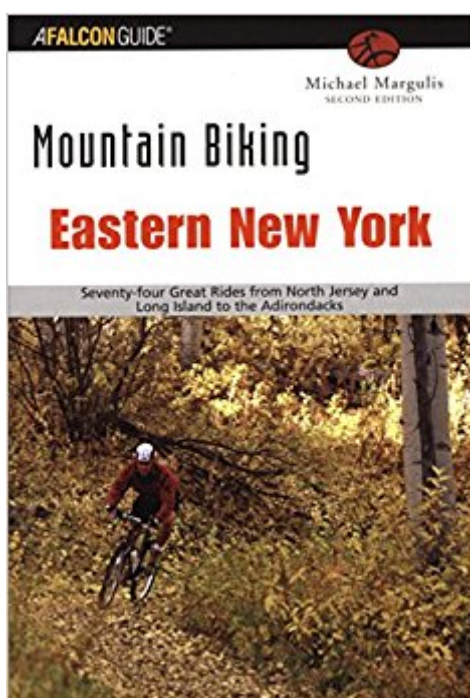


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# Mountain Biking Eastern New York: Seventy-Four Epic Rides From North Jersey And Long Island To The Adirondacks (Regional Mountain Biking Series)



## Synopsis

Profiles over seventy of the best rides in the Adirondacks, the Catskills, Long Island, and Westchester and environs.

## Book Information

Series: Regional Mountain Biking Series

Paperback: 384 pages

Publisher: Falcon Guides; 2nd edition (September 1, 2002)

Language: English

ISBN-10: 0762722649

ISBN-13: 978-0762722648

Product Dimensions: 6.3 x 0.8 x 9.1 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,071,930 in Books (See Top 100 in Books) #34 in [Books > Travel > United States > New York > Adirondacks](#) #323 in [Books > Travel > United States > New York > General](#) #345 in [Books > Sports & Outdoors > Individual Sports > Cycling > Excursion Guides](#)

## Customer Reviews

Heaven on two wheels, Eastern New York offers trails ranging from scenic cruising to heart-pumping technically demanding singletrack. Veteran mountain biker and author Michael Margulis outlines seventy-four great rides from northern New Jersey and Long Island to the backcountry wilderness of the Adirondacks. Explore ancient stagecoach routes near Lake Placid on the Wild One tour; enjoy the solitude of Denning Trail, a Native American hunting path; and plan your own escape on rides through Westchester County where American Revolutionary forces marched and fought for freedom. Insider tidbits about the region's rich historic background make this more than just a trail guide. Also included: detailed ride descriptions; easy-to-read maps; ratings for physical and technical difficulty; tips on riding and trip preparation. (6 x 9, 382 pages, b&w photos, maps)

Michael Margulis is a software engineer, writer, karate blackbelt, and veteran mountain biker and hiker. He lives with his wife Barbara and daughters Alize and Chloe in Forest Hills, New York.

I found a local park with this guide although I haven't been yet.

It is an OK book, definitely had some info that wasn't easily found online.

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