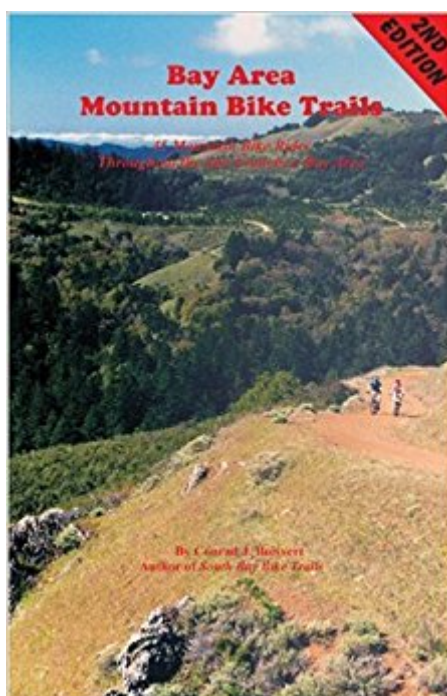


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# Bay Area Mountain Bike Trails: 45 Mountain Bike Rides Throughout The San Francisco Bay Area



## Synopsis

Completely revised and updated, the second edition of Bay Area Mountain Bike Trails gives mountain bikers all the information they need to hit the trails of the Bay Area. This handy and complete guidebook details off-road biking areas in San Francisco, Santa Rosa, Gilroy, Mount Diablo, Mount Tamalpais, the Marin Headlands, Santa Cruz, and Livermore. The rides range from five to 33 miles and are within easy distance of the region's major cities, and carefully prepared directions and detailed maps make each route easy to follow.

## Book Information

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## Customer Reviews

"HIT THE TRAILS OF THE BAY AREA! Explore the many off-road biking areas of the San Francisco Bay Area with this handy and complete guidebook. Despite its large population, the Bay Area offers a wealth of hidden trails for mountain bikers to experience, all within easy distance from major cities within the region. From Annadel State Park in Santa Rosa in the north to Henry Coe State Park in Gilroy in the south, from Wilder Ranch along the coast to Morgan Territory, buried remotely in the shadow of Mount Diablo, the Bay Area has innumerable places to ride. Ride on the spectacular ridges of Mt. Tamalpais, the birthplace of the mountain bike. Experience the challenge of single-track at Soquel Demonstration Forest. Get in touch with the San Francisco Bay in Shoreline Park or Coyote Hills. View the panoramic vistas of the Golden Gate Bridge and Sausalito from the trails in the Marin Headlands. Ride along the Pacific Coast in Santa Cruz at Wilder Ranch.

Experience the remoteness of Morgan Territory in Livermore. Challenge yourself in the hills of Mt. Diablo. See the Loma Prieta Earthquake epicenter in The Forest of Nisene Marks. Bay Area Mountain Bike Trails previews 45 individual mountain bike rides, ranging from 5 to 33 miles in length, throughout the Bay Area. Detailed maps and carefully prepared ride directions make it easy to follow the route for each ride. Elevation profiles show you where the hills are and how big they are. Get on your mountain bike, put on your helmet, and head for the hills! --This text refers to an out of print or unavailable edition of this title.

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