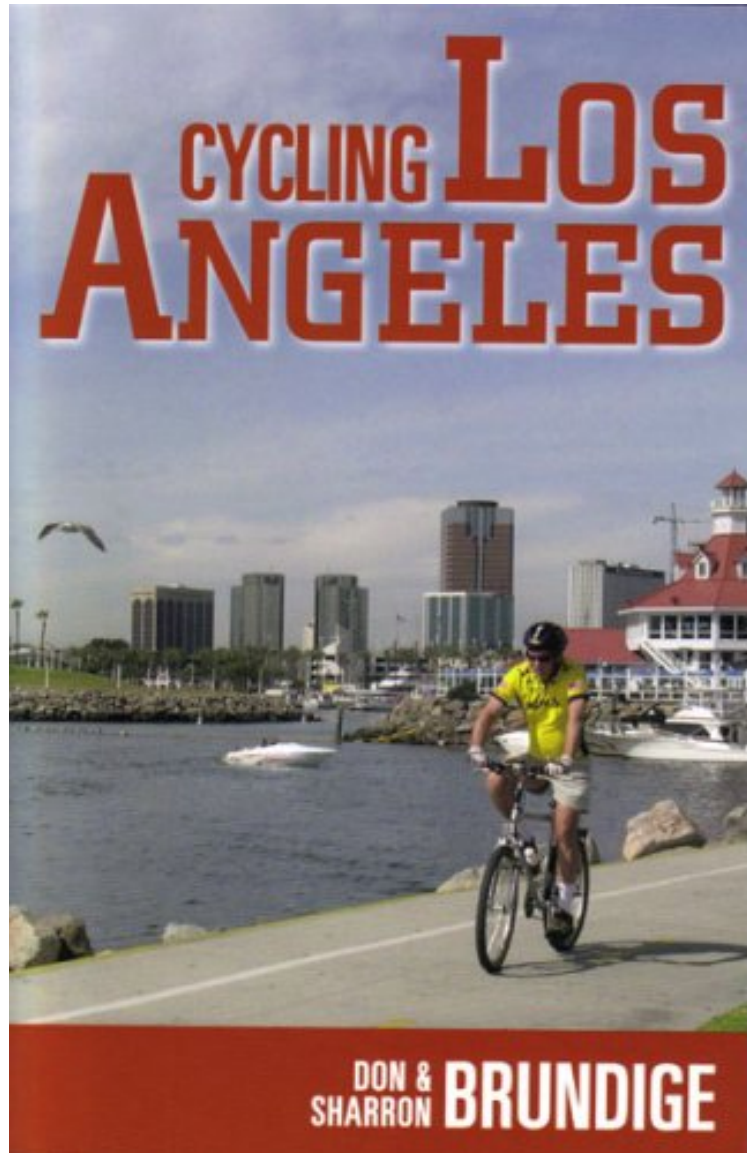


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## Cycling Los Angeles

*Don Brundige, Sharron Brundige*  
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**Don Brundige, Sharron Brundige : Cycling Los Angeles** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling Los Angeles:

2 of 2 people found the following review helpful. Some help for newcomers to LABy Gerald P HermanThis book describes many of the bike trails in Los Angeles county. It has advice and evaluations that are fairly accurate. The problem is that the book is out of date. For example, freeways are called by names totally unfamiliar to non natives rather than by their route number. Much of the actual descriptions of such things as parking are no longer accurate. To

follow some of the paths, particularly at places of connection or splitting requires pure trial and error. Overall, I'm glad I bought the book but it could use a complete overhaul. 1 of 1 people found the following review helpful. Great Resource By V This is a great resource for finding additional biking routes around LA and beyond. It's got information to help plan your trips. 0 of 0 people found the following review helpful. bicycling los Angeles By Steve B. The book is a great guide to bicycling in and around the L.A. I really like the book I use it everyday.

The book provides 71 on-road trip descriptions (totaling 85 rides) in Los Angeles County. Rides vary from those for short-length family trips on separated bike paths, many longer exploratory and workout trips for more experienced riders on various quality bike routes, and a few "gut-buster" tours for the most physically fit and motivated bikers. Over 1100 one-way miles of biking are described: along harbors, beaches, rivers and lakes, in parks, valleys, and canyons. Included are a coastal century (up and back) from the City of Santa Monica to Port Hueneme in Ventura County and a tour of Avalon on Santa Catalina Island. A master map shows ride locations within the county and a master matrix identifies ride location, level of difficulty, route composition (percentage on bike trail, signed bike lanes or open roadway) and a general trip characterization (i.e., trip is scenic; in a natural setting; there are attractions along the way.) Each trip description contains a detailed trip map and elevation-distance profile (if necessary) and scenic or character-interest photographs are scattered throughout the book. The route maps note the location of water, landmarks, campsites, and other points of interest.

About the Author Don and Sharron Brundige wrote their first on-road cycling book, "Bicycle Rides: Los Angeles and Orange Counties," in 1987, after cycling the two counties for fifteen years. Then they set out to cover the entire Southern California on-road area. The "Bicycle Rides" series includes San Fernando Valley, the Inland Empire, San Diego and Imperial Counties, and Santa Barbara and Ventura Counties. Other books include: Cycling Orange County, Mountain Biking L.A. County and Outdoor Recreation Checklists.