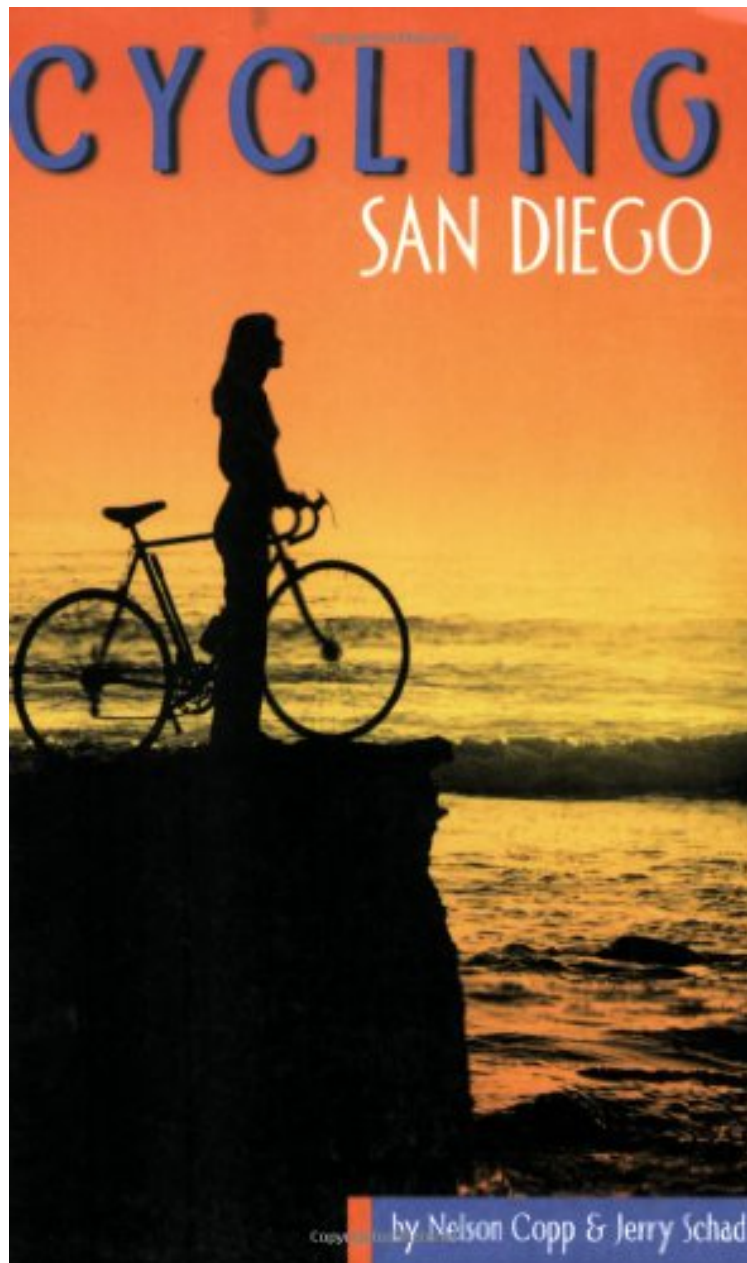


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## Cycling San Diego

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**Jerry Schad, Nelson Copp : Cycling San Diego** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling San Diego:

0 of 0 people found the following review helpful. Perfect!By Mary ClemmerThe book arrived in a timely manner and was exactly what I wanted. My son loves it and its already getting a little dog-eared.0 of 0 people found the following review helpful. Nice rides in this book.By Kelly59I haven't had a chance to go on any of these rides but the information is very informative. Good info about traffic on the trails, rest stops available or not, eating places and condition of trails. Also best time of year to use the trails. Just what I needed.19 of 19 people found the following review helpful. The cycling guidebook for SDBBy Enrique TorresThe origianl guide was written in 1986 and this most recent edition is updated wih revised and added trips for all levels of cyclist. The included tours are reworked and include great little maps that covers both mileage and elevation. This is key so that one knows what one is getting into before one attempts a tour, nothing worse than to have a destination with a grade beyond one's abilities or training level ! I have three different bike tour books for San Diego county and find Shad's to be compact and the easiest to understand. The suggetions and recomendations are priceless. The star rating is helpful with one being flat like Lake Murray to the more challenging Mt. Palomar climb being a four star ride. The rating system is not only based on grade but total mileage of the tour as well. Throughout the years I've used this book the most and break it out every now and then to get new motivation.You can even pack this one with you if so desired. With so many roads to ride in San Diego county it is convenient to have the book for reference . It is an inspirational collection of rides from throughout the diverse landscape that will guarantee to get one out of the rut of doing the same rides. This is the guidebook that'll get you to places you've thought about riding, it's that extra push you've been looking for.Recommended for mountain and road cyclists of all ages and abilities as there is something for everyone in this handy little book.

An easy-to-use guide to bicycle rides in San Diego County. This third edition was completely revised and updated with eight new rides and maps, making a total of sixty-nine trips, plus GPS coordinates for all rides. Rides are planned and written to be usable by beginning or advanced bicyclists, and each trip listing includes level of difficulty, estimated time to complete, elevation and road conditions.