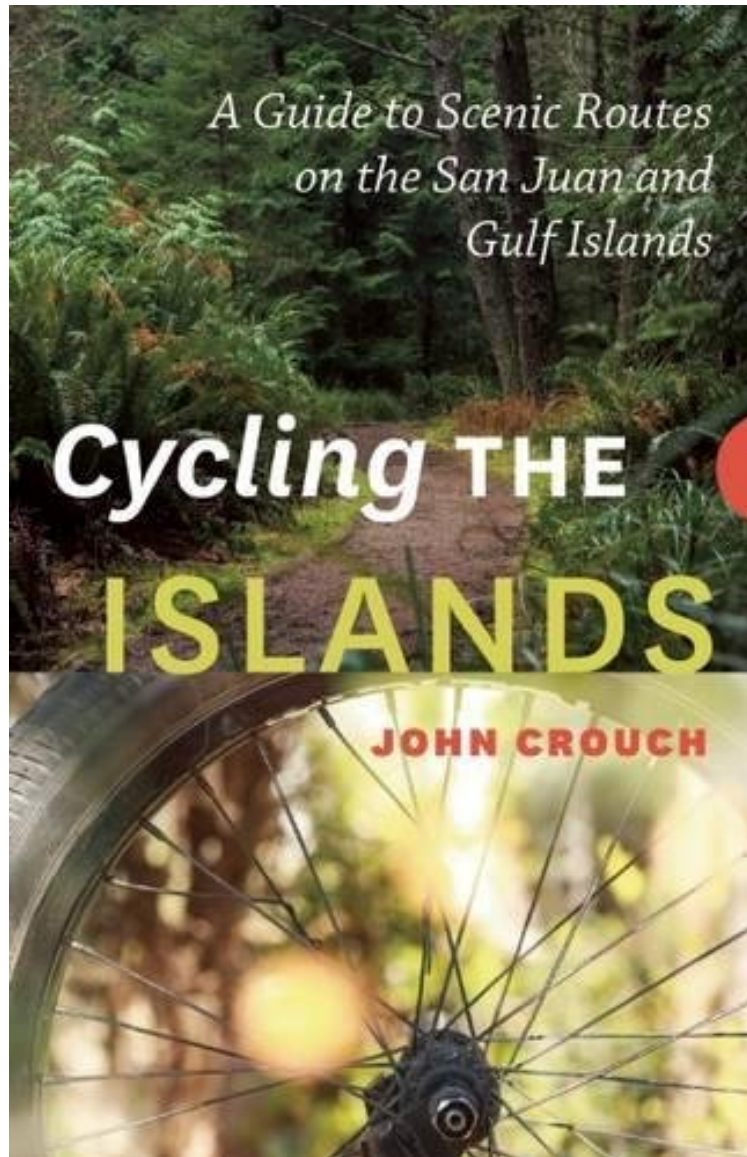


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Cycling the Islands: A Guide to Scenic Routes on the San Juan and Gulf Islands

John Crouch

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John Crouch : **Cycling the Islands: A Guide to Scenic Routes on the San Juan and Gulf Islands** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling the Islands: A Guide to Scenic Routes on the San Juan and Gulf Islands:

1 of 1 people found the following review helpful. Great Help for Planning my TripBy Energy GirlHaven't biked the

routes yet, but has helped me plan my fall bicycling trip to the San Juan Islands. 0 of 0 people found the following review helpful. Great cycling trail guide By John Vincent As a touring cyclist who lives in the region this is a great reference guide to the cycling trails in the islands. 1 of 1 people found the following review helpful. Mostly just routes, with minimal terrain and sightseeing details By B. Surkan The routes are helpful, but they are lacking in detail in two fundamental ways. First, the details as to things to do / places to stop for refreshment or repairs are scarce. It is mostly just a list of directions for various routes with a few minor notes such as "well-packed gravel for 2 miles" and a few images of bike shops or other random locations of interest. Sometimes details such as gravel roads are listed on the maps, while at other times, they are only listed in the detailed step by step ride instructions. My second critique is that there are no elevations listed for the rides. The mileage and a rough estimate of difficulty such as "moderate" are listed, but it would not take much more effort to include the graph of elevations. We ended up using Google maps at least as much as the book, and google maps provides the missing terrain details. In short, this book could almost be reduced to a series of downloadable Google Maps routes without much loss of detail. Finally, I should note that we only used this book for the San Juan Islands serviced by the Washington State Ferries. We left the book at the bicycle shop in Friday Harbor, our last stop, so they might be able to give you a peak. If this book could be merged with a lonely planet cycling guide, it would be perfect.

Featuring over 35 adventures on 13 different islands, each route includes a map and detailed information on local history, topography, aesthetics, places of interest, type of road, general route condition, level of difficulty, start and end points, checkpoints along the way and plenty of full-colour photographs. All of the text and accompanying information is fun, accessible, clearly laid out and easy to use. Readers can escape to the following unique destinations: CANADA Salt Spring Island Pender Island Mayne Island Galiano Island Gabriola Island Denman Island Hornby Island Quadra Island USASan Juan Island Lopez Island Orcas Island Whidbey Island Shaw Island

About the Author John Crouch is a well-known athlete and writer. For ten years he was the editor of a professional medical journal, the BC Massage Practitioner, and was founding editor of Island Runner magazine. He has also worked with CBC Radio promoting walking and hiking in the Victoria area. John's physical and athletic pursuits embrace a number of disciplines. As a hiker and climber he has summited Mount Rainier, Mount Whitney, Mount Baker and Vancouver Island's highest peak, the Golden Hinde. As an athlete John has competed in 16 marathons and countless shorter races. His accomplishments include winning the World Endurance Duathlon Championship in the 60+ age category in Holland in 2001 and coming second in the 2007 event in Richmond, Virginia; winning the 60+ category in the American Masters Marathon Championship in Napa, California, in 2004; and was on the podium in his category in his first Ironman Canada in 2005. He lives with his wife, Lorinda, in Victoria, British Columbia.