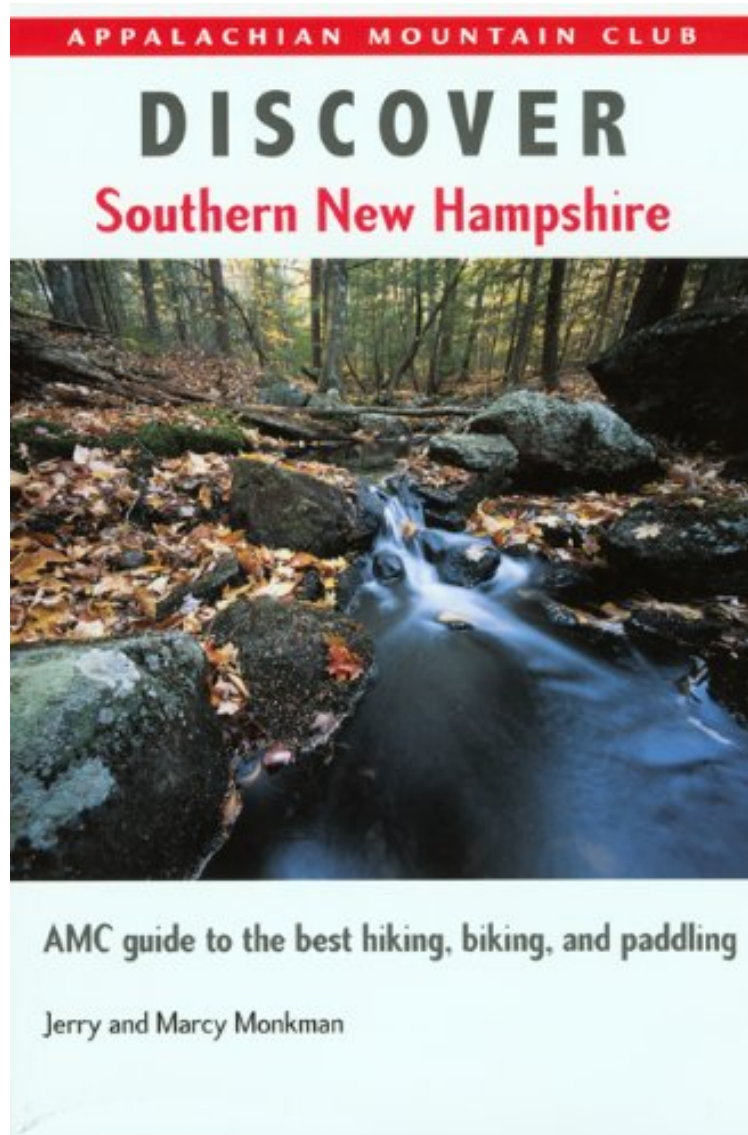


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## Discover Southern New Hampshire: AMC Guide to the Best Hiking, Biking, and Paddling

*Jerry Monkman, Marcy Monkman*

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More than 50 tour descriptions guide visitors and residents alike on hiking, biking, and paddling trips throughout the region

From the Back Cover You hike, you bike, you paddle. So why buy three bulky guidebooks when you really only need one? This selective guide to the beautiful and varied terrain of southern New Hampshire details the best hikes, mountain-bike trails, and paddles for everyone from beginner hikers and experienced bikers to novice kayakers. From short, one-hour excursions to day-long adventures, this three-in-one guidebook leads you to the bare summit of Mount Monadnock, down the wooded bike trails of Bear Brook State Park, along the rocky shores of Portsmouth, and much more. Inside you'll find: more than 45 hiking, biking, and paddling trips; trip time, distance, and difficulty; detailed in-text maps; sidebars on natural history; quick-reference chart. (6 x 9, 304 pages, bw photos, maps, chart)