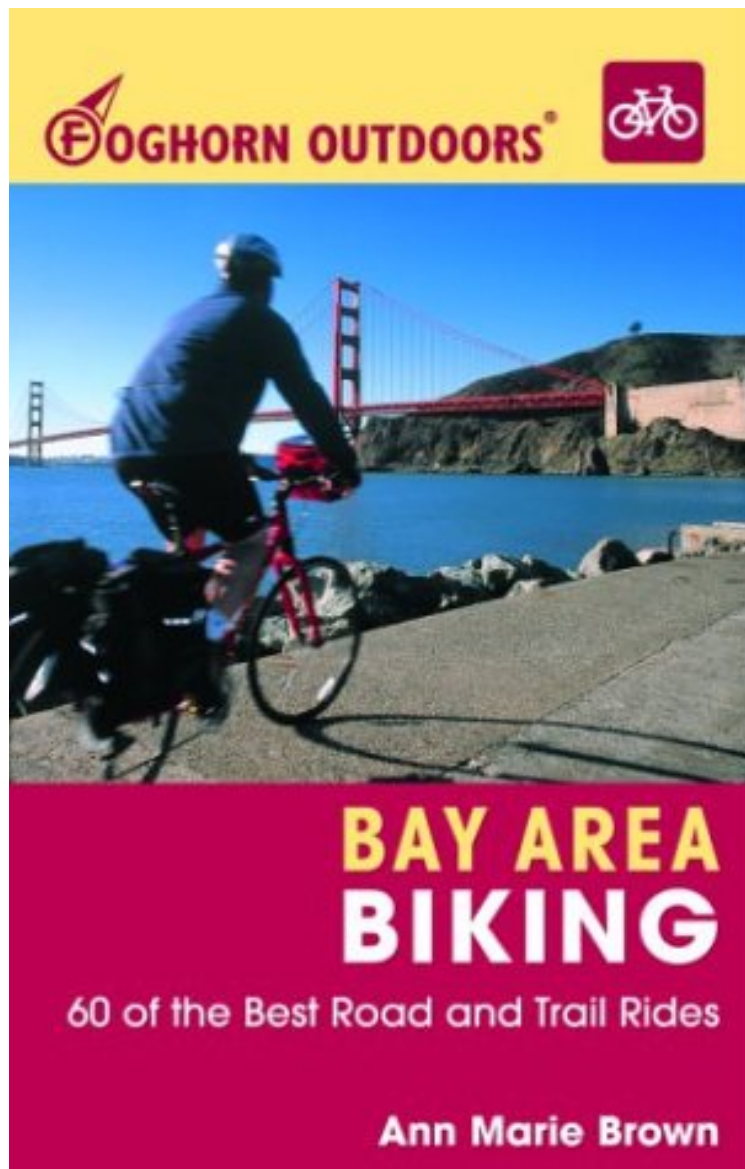


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Foghorn Outdoors Bay Area Biking: 60 of the Best Road and Trail Rides

Ann Marie Brown

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Foghorn Outdoors Bay Area Biking is a collection of 60 bike rides, suitable for both road cyclists and mountain bikers, all within a 90-minute drive of San Francisco. Rides run the gamut from easy cruises for families to all-day jaunts for experienced cyclists, with options for making each trip longer or shorter, easier or more difficult. Each ride is profiled for its scenic beauty - waterfalls, ocean views, redwood forests, and summit vistas - so readers will discover plentiful rewards on every trip. Bay Area Biking includes details on terrain, mileage, riding time, elevation gain, and level of difficulty, along with precise driving directions to the start of each ride, route maps, and mile-by-mile directions that include places to stop for water and groceries, and where to discover cafes, wineries, and historic sights.

"Meticulously researched and smartly written, "Foghorn Outdoors offers some of the best recreation guides around. the books provide exceptionally reliable information on each location and activity, while emphasizing sensible, low-impact enjoyment of the outdoors."