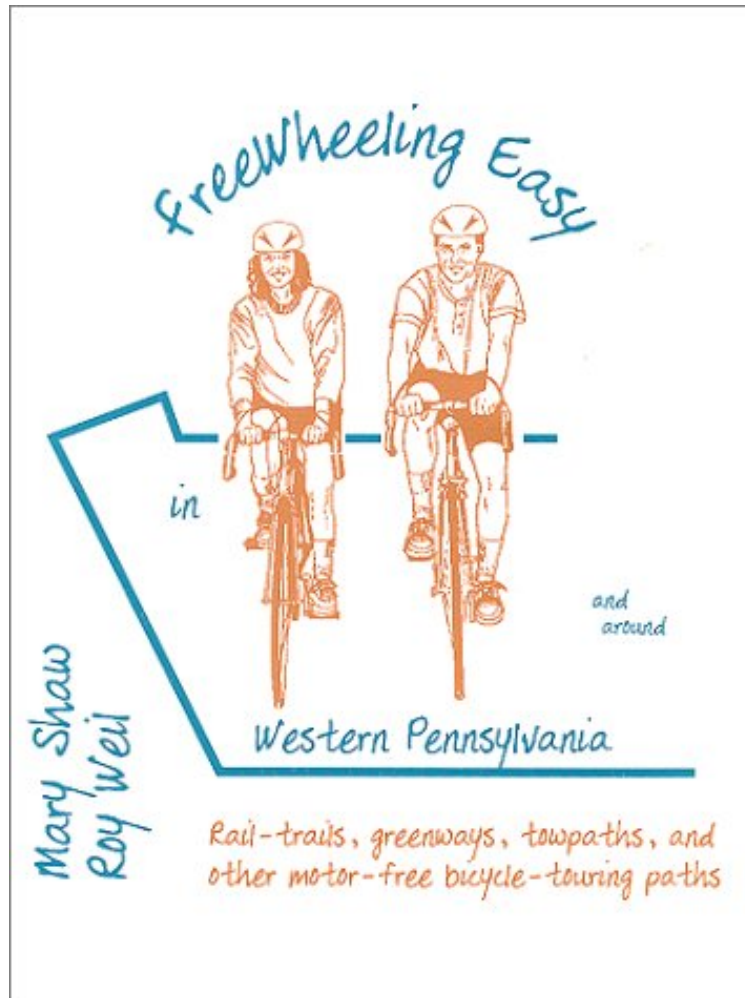


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Free Wheeling Easy in Around Western Pennsylvania : Motor Free Trails for Cyclists and Walkers

Roy Weil, Mary Shaw
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information on the ever-growing trail system. You can tell that the two authors have well used the trails, and know what's important to users. This is not a fluff piece by a travel editor or a tourist agency publication. This is the Definitive guide for all trail users - walk/run/hike, bike, and cross-country skiing. Not only has great descriptions of each trail by mile marker, but also has a list of the Trailheads, with location and amenities, at the end of each section. Lists Trail Length Surface type, Character, Special usage restrictions, and gives the Driving time from Pittsburgh, so you can plan your outings. Sections detail historical and scenic importance and include trail map and GPS coordinates, and list the local Trail organization information. Several black and white photos give you an idea of the trail's character. Book also includes trails just over the border -- Ohio, WV and the C O Trail. Last section of book gives sample itineraries for multiple day trips, plus things to know about yourself and your equipment before attempting one. 0 of 0 people found the following review helpful. A must have for Cyclists!!! By Customer Fabulous Book! A must have for Cyclists!!! Have bought each edition at least once -- for self and as gifts. Each new edition gives the latest information on the ever-growing trail system. You can tell that the two authors have well used the trails, and know what's important to users. This is not a fluff piece by a travel editor or a tourist agency publication. This is the Definitive guide for all trail users - walk/run/hike, bike, and cross-country skiing. Not only has great descriptions of each trail by mile marker, but also has a list of the Trailheads, with location and amenities, at the end of each section. Lists Trail Length Surface type, Character, Special usage restrictions, and gives the Driving time from Pittsburgh, so you can plan your outings. Sections detail historical and scenic importance and include trail map and GPS coordinates, and list the local Trail organization information. Several black and white photos give you an idea of the trail's character. Book also includes trails just over the border -- Ohio, WV and the C O Trail. Last section of book gives sample itineraries for multiple day trips, plus things to know about yourself and your equipment before attempting one.

FreeWheeling Easy in Western Pennsylvania is a guidebook to easy traffic-free bicycling and walking trails in and around Pennsylvania west of US219. If you like to bicycle but you don't like to ride in automobile traffic or on rough, steep, undeveloped trails, this book is for you. If you like to walk on wide smooth gentle paths, this book is for you. You will find trails for short family outings and trails for multi-day touring. The book provides information on over 42 trails and 1071 miles of routes that are easy to ride or walk, off-limits to automobile traffic, and reasonably level. Each write-up for a trail covers 5 to 8 pages and includes the following information: * Location map: Approximate location of the trail on a miniature state map * Detail map: Trail route and trailheads (access points) * Summary: Basic information about trail * Description: Character of the scenery and the trail * Trailheads: First, a starting point in the vicinity, usually a major intersection. Then detailed directions to each trailhead from the starting point * Amenities: Brief information on services near the trail, including rest rooms, water, bike shops, food, camping or other lodging for bicycle touring, and swimming * Trail organization: trail development organization or manager * Maps and guides that tell you more about the trail or the area

From Scientific American Writers Mary Shaw and Roy Weil have figured out the clearest way to delineate the world's bicyclists. There are those people who take their mountain bikes and jump over fallen trees and ride through mud and feel great about how dirty they are. There are those people who like to go out on the roads and hassle with traffic for 75 miles before breakfast. Then there is the rest of us. The Oakland couple has written, designed, illustrated and typeset FreeWheeling Easy in Western Pennsylvania, a 144-page, paperbound guide to the region's off road bicycle trails. From The New Yorker They organized the book around the questions people ask most: Is there a trail near where I live? How do I get there? What is the trail like? Can I buy lunch or rent a bike or swim nearby? Are there restrooms? No biker or hiker should leave home without FreeWheeling Easy, a book written and researched by two Pittsburgh cyclist, Mary Shaw (no relation) and Roy Weil. ... the book is of interest to both novices and diehards. -- Laurel Mountain Camper, July 1995, by Rachel Shaw They organized the book around the questions people ask most: Is there a trail near where I live? How do I get there? What is the trail like? Can I buy lunch or rent a bike or swim nearby? Are there restrooms? -- Valley News Dispatch, Sunday June 23, 1996. By Mike Sajna Writers Mary Shaw and Roy Weil have figured out the clearest way to delineate the world's bicyclists. There are those people who take their mountain bikes and jump over fallen trees and ride through mud and feel great about how dirty they are. There are those people who like to go out on the roads and hassle with traffic for 75 miles before breakfast. Then there is the rest of us. The Oakland couple has written, designed, illustrated and typeset FreeWheeling Easy in Western Pennsylvania, a 260-page, paperbound guide to the region's off road bicycle trails. -- Tribune, Sunday May 19, 1996, By Bob Karlovits