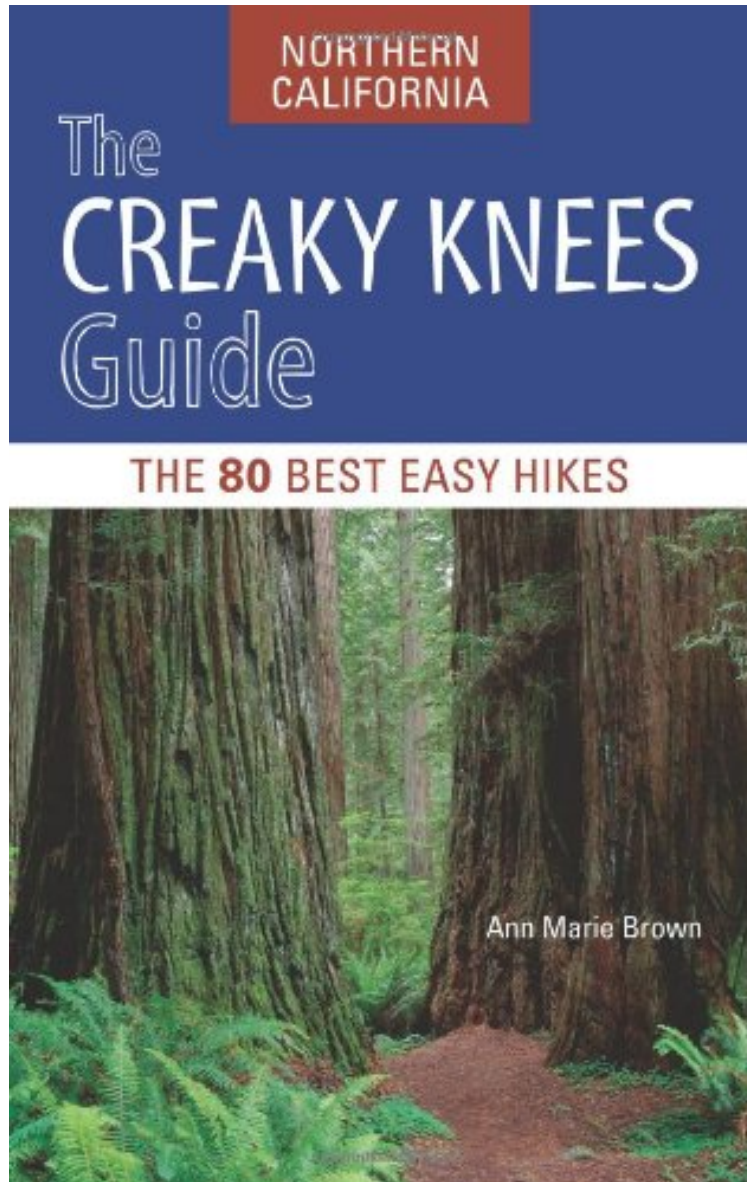


(Ebook free) The Creaky Knees Guide Northern California: The 80 Best Easy Hikes

The Creaky Knees Guide Northern California: The 80 Best Easy Hikes

Ann Marie Brown

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Ann Marie Brown : The Creaky Knees Guide Northern California: The 80 Best Easy Hikes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Creaky Knees Guide Northern California: The 80 Best Easy Hikes:

21 of 21 people found the following review helpful. A Balanced Guide to the Best of Northern California By Fritz R. Ward
Ann Marie Brown's latest book continues a trend in outdoor publishing. As the active outdoors members of the boomer generation continue to age, they are less inclined to hike long distance trails, but prefer their hikes to be half day excursions that still offer spectacular scenery. Ms. Brown, however, has been writing guide books for all levels of hiking ability for years, and in this book she offers readers a collection of her favorite hikes, as well as a few new trails that have only recently been opened to the public. Covering Yosemite, Tahoe, the southern Cascades, Coastal Redwoods, and San Francisco Bay, this book offers a fine and balanced selection. Even the Sacramento Valley, which I have often overlooked, includes multiple hiking descriptions for off season treks. True to the title, all the hikes in this book can be hiked by most reasonably fit people in half a day or less. That does not mean that you will not get a workout on these trails. While some trails, like the loop around Burney Falls, are short (1 mile) leg stretchers, many others are in the 5 to 9 mile range. Those looking for exercise will find the many hikes rated as "Prepare to Perspire" worth their time. And as far as scenery is concerned, all these hikes are deserving of your time. Of the 80 routes in this book, I have personally hiked more than 50, often with a book by Ms. Brown as a guide. I have not regretted a single trip. I also appreciate the many sketch maps in this book that will help one stay on the trail. Driving directions are also accurate and detailed. In the final analysis then, if you want to enjoy some quality northern California hiking, The Creaky Knees Guide to Northern California should be your first choice among recent guidebooks. I will be using it on future trips to the northern part of the Golden State.

3 of 3 people found the following review helpful. Excellent! Made my vacation really special.
By Lucky Maria
I am 48 and really have creaky knees. I thought my hiking days were over. I got this book before a trip to Northern California and I am so glad I did. I have been on 4 of the hikes so far. My first hike was at Burney Falls. I'd never heard of it and went out of my way because of the author's description. It was so spectacular I changed my vacation plans to include some of her other recommended hikes. I am now looking forward to returning to Northern California to do the ones I missed. I didn't try anything over 'moderate' and found them quite doable. Breathing hard now and then but my knees held out. And I saw truly wild and spectacular places I would have otherwise missed. I highly recommend this book.

0 of 0 people found the following review helpful. Good Guide for Hiking in Redwood Country
By F. Futch
Just what we needed for a great vacation to Northern California and Crater Lake, OR. We spent a great deal of time in Smith River and Trinidad, CA. We had some super hikes among the Redwoods around those places and Crescent City.

From hikes just outside of San Francisco to long strolls in the Sierra Nevada, this book covers 80 of the best easy-to-walk hikes throughout the region, providing elevation gains, detailed maps, and up-to-date driving directions. It also includes hike mileage and estimated hiking times, trail conditions, access and permit requirements, and ratings of each hike's difficulty, from "Stroll in the Park" to "Prepare to Perspire." Offshoot hikes are featured for those who reach the end of the hike but want to extend their workout. Written in a personal but informative tone by outdoors expert Ann Marie Brown, the Creaky Knees Guide is a perfect resource anyone can use to explore the beauty of Northern California without breaking too much of a sweat. Ann Marie Brown has written more than thirteen guidebooks on California recreation. Her writing has been featured in Sunset, VIA, and Smithsonian magazines. She lives in Lake Tahoe, CA.

About the Author
Ann Marie Brown lives in Lake Tahoe, CA.