

Golden Gate Trailblazer: Where to Hike, Stroll, Bike, Jog, Roll in San Francisco and Marin

Jerry Sprout, Janine Sprout



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A new edition of the book has been published for 2004. It is completely revised and updated and contains twelve new maps. See: GOLDEN GATE TRAILBLAZER: WHERE TO HIKE, WALK, BIKE IN SAN FRANCISCO AND MARIN, isbn 0967007275.

With 102 recreational trailheads covering San Francisco and Marin County - which are linked by the famous bridge - Golden Gate Trailblazer is a complete guide, for both first-time visitors and lifelong locals. Dozens of city strolls and cultural attractions are offered along with the book's 300 plus hikes. Joggers and mountain bikers will find some 200 paths. Parents pushing baby strollers and wheelchair riders are offered complete listings. Trailblazer also includes special sections for family outings, dog-friendly trails, kayaks, camping, and inline skating. All public lands are covered, including the Golden Gate national Recreation Area, Point Reyes National Seashore, Marin Headlands, Muir Woods, seven California State Parks, several dozen Marin County Open Space Preserves, California State Wetlands, Golden Gate Park and numerous city and neighborhood parks. City strolls take in Fishermans Wharf, Alcatraz, Golden Gate Bridge, Chinatown, Palace of Fine Arts, Haight-Ashbury! , the Embarcadero, downtown, Victorian neighborhoods and some of San Francisco's best kept secrets. Strolls are offered for Marin's hip and historic towns such as Sausalito, Mill Valley, Tiburon and Bolinas.

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