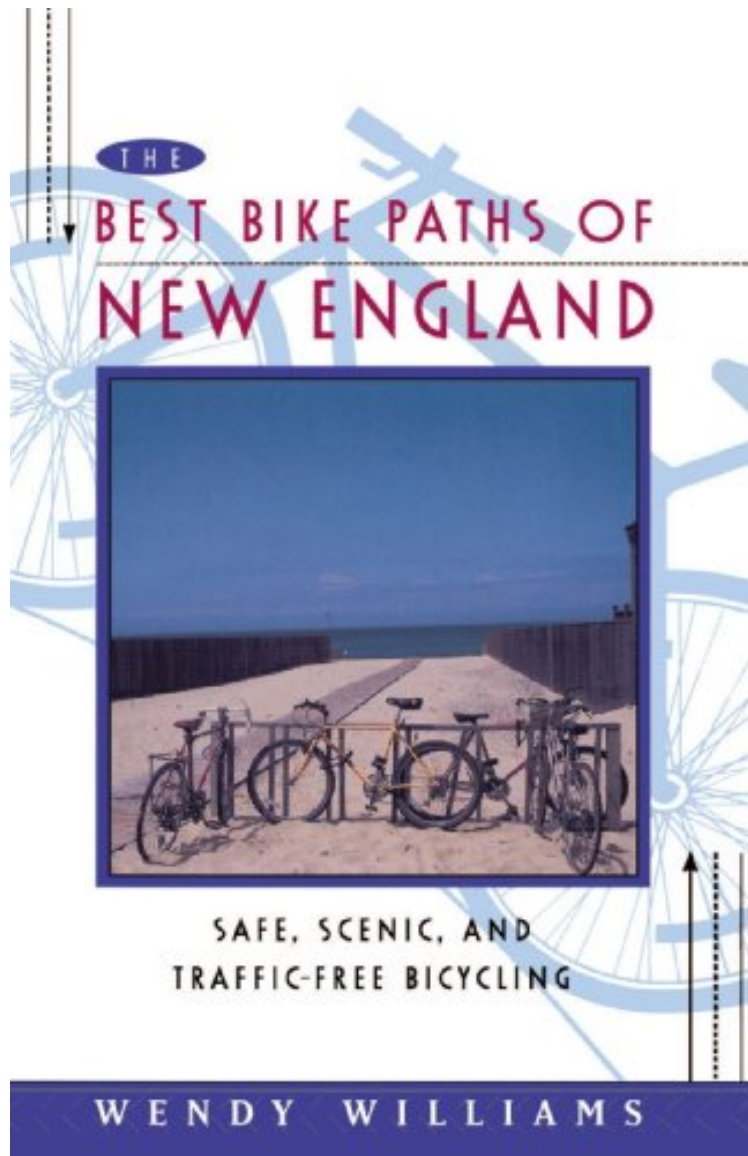


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# Best Bike Paths of New England: Safe, Scenic and Traffic-Free Bicycling

Wendy Williams

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Cycling the open road has its pleasures but it can also be intimidating, especially for the novice or the parent with young children. Fortunate, there's another option for those cyclist who have something a little more peaceful and recreational in mind: the paved bike path. Free of cars, red lights, and exhaust fumes, recreational paths are popping up everywhere. In *The Best Bike Paths of New England*, Wendy Williams has done you the favor of finding them in advance.Organized by state, *The Best Bike Paths of New England* is the only comprehensive listing of these community treasures, describing forty-five paths and detailing everything you'll need to know about each one: -- A map of each state showing you where the path is-- A detailed description of the path, including mileage-- General background, including the history of the path and any useful tourist information-- The level of difficulty, type of scenery, and condition of pavement-- Availability of food and bathrooms-- Directions, including the most accessible parking areaWhether you want to coast alongside the sand dunes of Nantucket and Martha's Vineyard, climb the White Mountains of New Hampshire, or explore Maine's Acadia National Park, there's a bike path waiting for you. So fill your water baffle, pack a lunch, pump up your tires, and prepare for a great ride!

About the AuthorWendy Williams, a graduate of Northeastern University, is the host of the popular television show *The Wendy Williams Show*. She lives in New York with her husband and son.