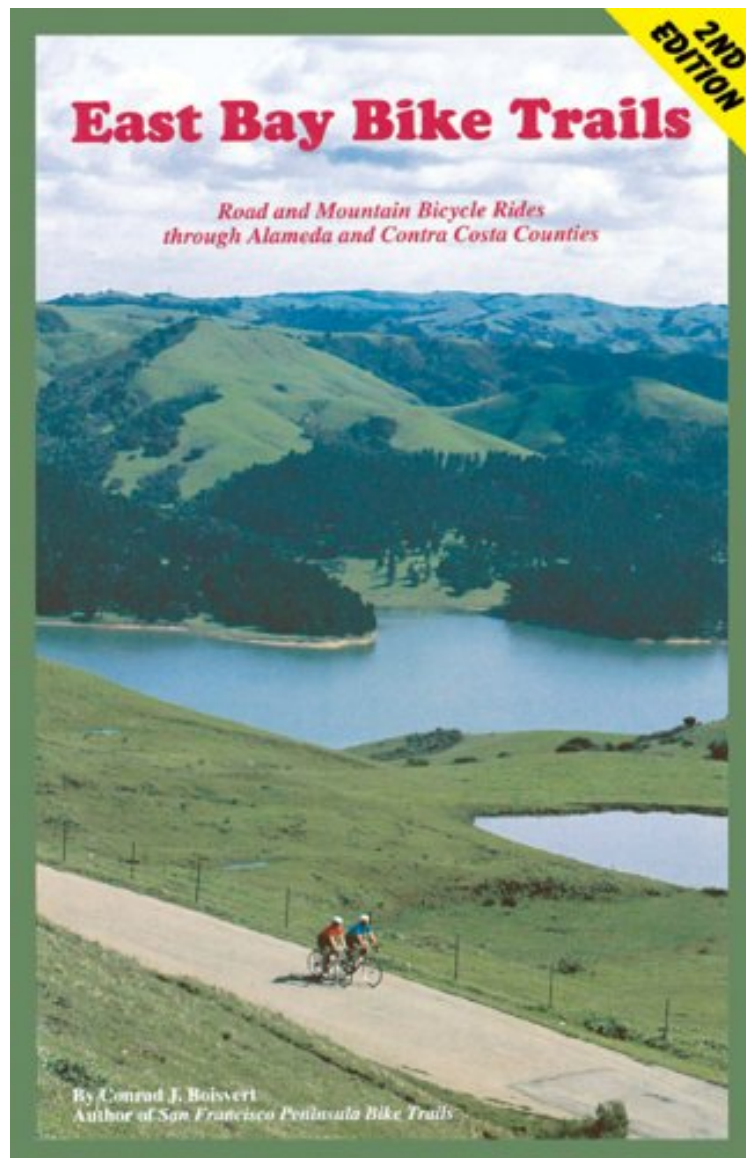


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East Bay Bike Trails: Road and Mountain Bicycle Rides Through Alameda Counties and Contra Costa (Bay Area Bike Trails)

Conrad J. Boisvert

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Conrad J. Boisvert : East Bay Bike Trails: Road and Mountain Bicycle Rides Through Alameda Counties and Contra Costa (Bay Area Bike Trails) before purchasing it in order to gage whether or not it would be worth my time, and all praised East Bay Bike Trails: Road and Mountain Bicycle Rides Through Alameda Counties and Contra Costa (Bay Area Bike Trails):

8 of 8 people found the following review helpful. Watch Your BackBy CustomerI have a similar book from a different author; interesting to compare topos and have them be different for the same trail.Nice organization and nice selection of rides, many I've wondered about. No nonsense. However, this author puts you on roads that many local riders consider dangerous as h#ll, without much discussion of car speeds and lack of shoulders. Perhaps things have dramatically changed since the first version, and no ones been noticing back at the ranch. So, my one criticism is you better scout your ride and watch your back - that Yukon driver is talking on the cell phone.0 of 0 people found the following review helpful. Four StarsBy Robert HowardThis was a gift1 of 2 people found the following review helpful. Don't judge this book by its cover.By Joseph W.Interesting rides in this book, but the reality is that the cover picture and book title are highly misleading. This is definitively not a bike "trail" book. Most all of the described rides are on busy and often high-speed highways full of automobiles. In fact, in areas that I'm intimately familiar with, true bike paths are bypassed. I doubt the author even knows about them. For example, Livermore California has miles of bike paths through several parks and vineyards - beautiful country, easily 10 miles of nothing but bike path. They're barely mentioned. This should have been an auto book.

Stretching from the Carquinez Strait in the north to Fremont in the south, and from Brentwood and Livermore to San Francisco Bay, the East Bay offers recreational cyclists a spectacular choice of routes and terrains. This newly updated guide's comprehensive list of destinations include the heavily wooded hills above Oakland and Berkeley; orchards and farms around Brentwood; eerie windmills in Livermore; the wetlands around Newark; Danvilles dramatic Mt. Diablo; and more. Each ride contains detailed maps, directions with mile markers, elevation profiles, historical background, and points of interest.

From the Back Cover"EXPLORE THE EAST BAY BY BICYCLE! The San Francisco East Bay Area offers recreational and competitive cyclists many choices of rides with wide varieties of scenery and terrain, ranging from the Carquinez Strait in the north to Fremont in the south and as far as Brentwood and Livermore in the east, and, west to San Francisco Bay. Carefully planned rides incorporate detailed route instructions, accurate maps and predictable elevation profiles, as well as interesting historical facts and special points of interest for each area. Ride along the spectacular Carquinez Scenic Drive. Explore the San Francisco Bay wetlands in Coyote Hills Regional Park. Experience the extreme remoteness of Mines Road in Livermore or Morgan Territory Road on the eastern slope of Mount Diablo. Ride the undeveloped trails in the superbly managed East Bay Regional Parks. Challenge yourself on the hills in Mount Diablo State Park. Experience the eerie feeling of riding through the windmills of Altamont Pass in Livermore. Climb along the many roads through the scenic Berkeley Hills. East Bay Bike Trails outlines 27 separate rides and 6 additional ride variations, ranging in length from 9 to 52 miles. Included in these are 8 mountain bike rides in East Bay Regional Parks and Mount Diablo State Park. Difficulty levels range from easy, flat rides over short distances, to long rides with climbs of 2,000 feet or more. Get out your bike, put on your helmet, and enjoy the many experiences awaiting you in the San Francisco East Bay!