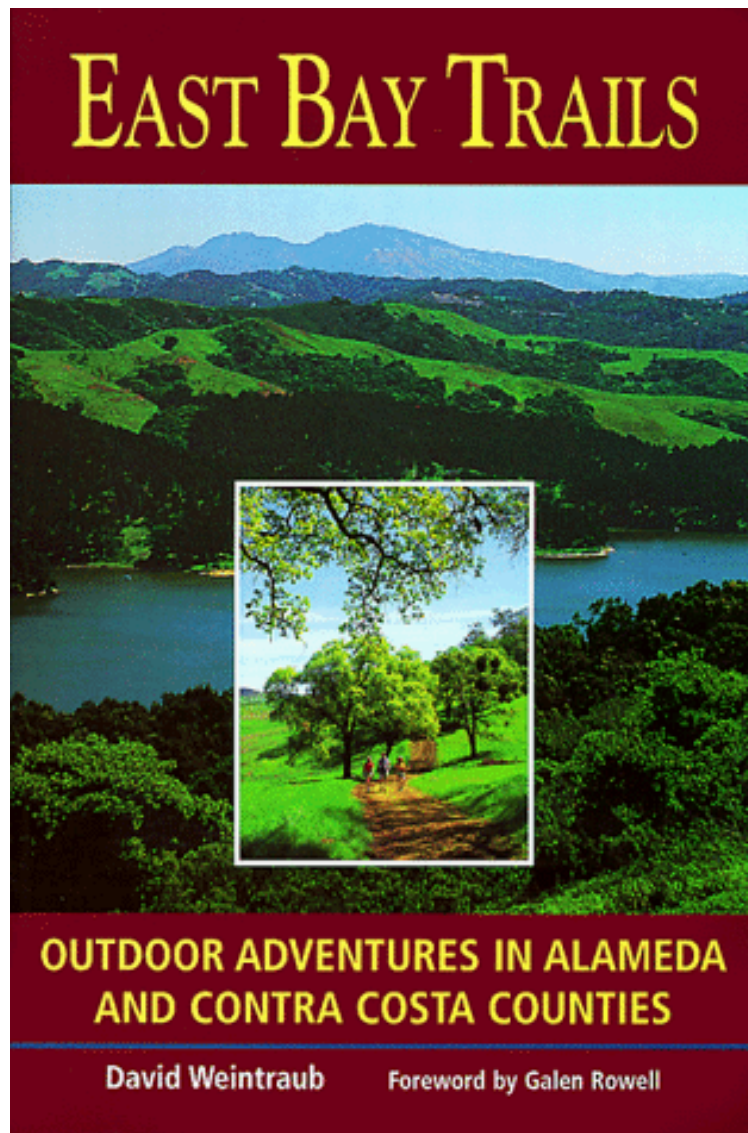


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East Bay Trails: Outdoor Adventures in Alameda and Contra Costa Counties

David Weintraub

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David Weintraub : East Bay Trails: Outdoor Adventures in Alameda and Contra Costa Counties before purchasing it in order to gage whether or not it would be worth my time, and all praised East Bay Trails: Outdoor Adventures in Alameda and Contra Costa Counties:

0 of 0 people found the following review helpful. East Bay Regional Parks is by far the best value in both of these

counties. By Customer East Bay Regional Parks is by far the best value in both of these counties. I will gladly support them with an annual donation for which I get their annual parking pass and some other goodies. As it turns out, CA State Parks have chosen to price them self out of the business requiring a thousand dollar donation in return for an annual parking pass, hard for a senior like me living on SSI to come up with that kind of money and I don't patronize these parks (beautiful as they are) much any more. I organize and lead hikes for the "East Bay Boomers, Take a Hike" group every Monday and Mount Diablo used to be one of my favorite destinations. With a membership of around 35 hikers and weekly participation roughly 25% State Parks are only hurting them self's by not being affordable to us. I also organize and lead weekly bird watch walks on Wednesdays for Lamorinda Seniors, (Lafayette, Moga, Orinda) a group with 60 or more persons and the participation here is about 33% or more. Our hike this Monday will be on the Bay Trail in San Leandro, south towards Hayward and on to the Hayward Reg Shoreline, we are planning a 6 -7 mile hike. Our Wednesday bird watch will take place at Garin Reg. Park also in Hayward. For "Boomers Take a Hike and Lamorinda Seniors Bird watch, I am; Ben6 of 6 people found the following review helpful. Great little simple book!

By Allan R There isn't a lot in this book that cannot be found from the internet, or from doing your own research into various east bay trails or parks. For instance, all the East Bay Regional Parks covered in this book can be found at the EBRPD website. Every EBRPD trail map can be downloaded from the website (the trail maps are more detailed than the ones in this book), and all the pertinent cultural and geographical information can be read at their website. However, the point of this book is that all that research has been done for you. You can pick up this book and get good ideas for simple hikes and much of the pertinent information without having to spend time doing all that work yourself. If this book were \$50, then maybe I'd think twice, but for under \$20, I have used this book many times to get general ideas of areas/parks/trails to hike. I usually supplement this book with a better trail map, but having information about much of the east bay in one concise book is very nice.

PROS:-simple guide, with breakdown of distance, approximate time, and a decent trail map-nice range of east bay trails/parks covered-good descriptions of the hikes, with more than just factual "data" type information.-takes the hard work out of reseraching various EBRPD parks or other east bay parks and planning out routes, etc.

CONS:-trail maps are just ok. No distances are given on the maps, and lacks a lot of detail.-no elevation profiles. In today's age of GPS and topo software out there, I almost expect books nowadays to have elevation profiles, or at least the amount of elevation gain.-more of a "general idea" guide than a specific trail guide/map.

6 of 6 people found the following review helpful. Really well done

By Doug W I'm really enjoying this book. I've been hiking in the east bay for long enough that I was in something of a rut and this book is really breaking me out of it. It has good coverage of the area, with one or two good trails per park instead of concentrating in any given area. The hikes are mostly loops, and the distances and difficulty measurements are more realistic than some of these books where the author seems to be trying to show how tough they are. The trail descriptions are actually interesting and there are nice maps, again unlike most hiking books.

East Bay Trails is the most complete and up-to-date trail guide for Alameda and Contra Costa Counties. While the route descriptions pertain to hiking most of all, other outdoor enthusiasts-fitness walkers, joggers, equestrians, and bicyclists-will also find them useful. Each route description begins with a snapshot of the hike: distance, time, rating (Easy, Moderate, or Difficult), and highlights. Foreword by Galen Rowell.

About the Author David Weintraub is a writer, editor, and photographer. His other Wilderness Press titles are North Bay Trails, Monterey Bay Trails, Top Trails: San Francisco Bay Area, Afoot Afield San Francisco Bay Area, and Adventure Kayaking Cape Cod and Martha's Vinyard.