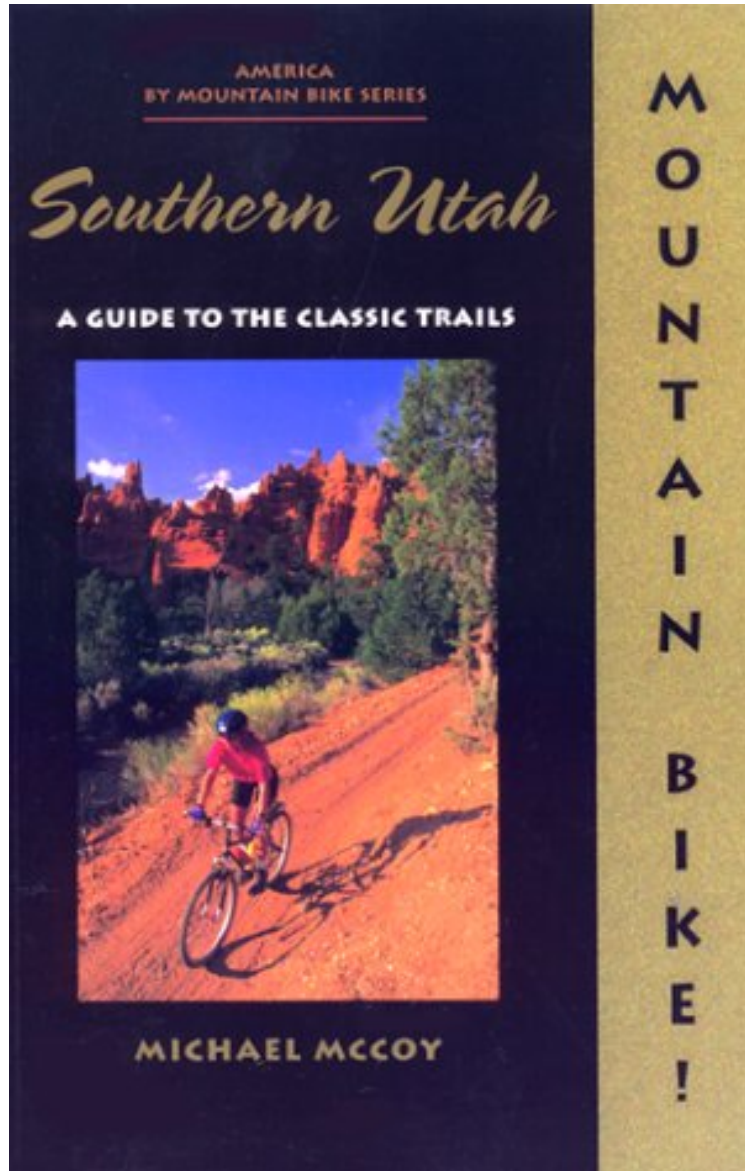


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## Mountain Bike! Southern Utah: A Guide to the Classic Trails

*Michael McCoy*

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Discover the hub of mountain bike excitement in the United States with Mountain Bike! Southern Utah. Veteran adventure travel and mountain bike author Michael McCoy reveals secrets of the best riding in one of North America's hottest mountain bike Meccas. Mountain bike! Southern Utah provides detailed information on 75 trails in southern Utah, from Moab to Provo to St. George and all the American beauty in between. In a region renowned for its mountain bike miracles, McCoy uncovers the undiscovered routes and details the best-known and best-loved trails in this part of the country. He does it for every level of experience, from the crank-spinning expert to the intrepid beginner. However, it's not all about the biking. As an adventure travel professional, McCoy understands that the views at the top should be as breathtaking as the climbs to get there. If it's good riding, it's profiled here. Each route profile features at-a-glance key information, a thorough ride description, a detailed trail map, helpful sources of information, proximity of important services, valuable commentary on elevation changes and possible hazards and a rescue index. This guide also features interesting and entertaining photographs, vivid descriptions of the native flora and fauna, a glossary of mountain biking terms, tips on mountain biking etiquette, important safety information, and a list of ride recommendations for special interests.

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