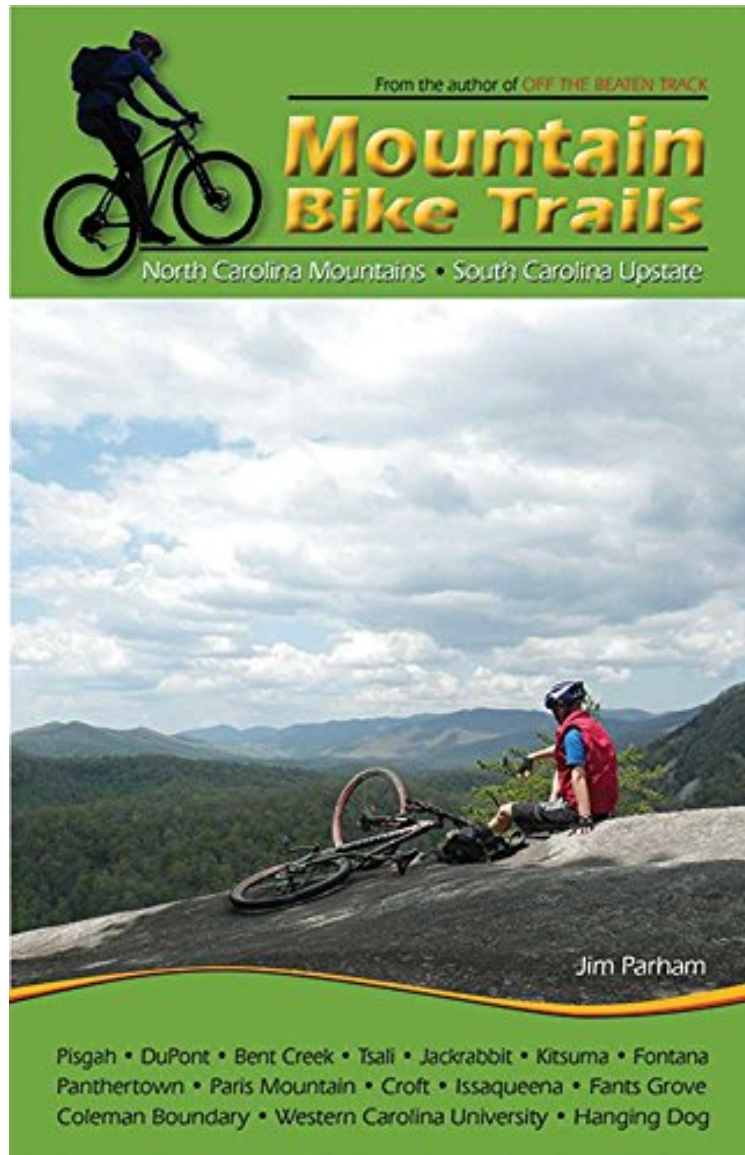


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Mountain Bike Trails: North Carolina Mountains South Carolina Upstate

Jim Parham

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In 1992, Jim Parham wrote the very first mountain bike guidebook for the Southeast. In this new guide he presents essential trail information to match the evolution of the sport. Recommended rides are grouped according to established trail systems in regions within each state, with full-color maps and photos, GPS coordinates, important route details, and driving directions to every trailhead. It includes the information you need to make the most of mountain biking in the high country of the Carolinas, including concise data for: 105 bike routes 68 trailheads 24 trail networks 504 miles of single track 160 miles of forest roads 3 bike parks Whether you shred the most technical trails or are just getting started on a mountain bike, find what you need to get where you want to go in this guide for all skill levels.

Jim Parham was the original Southeast mountain bike trail guru, and with this book he proves he still has the touch. If you're interested in complete and reliable information on the very best destinations in the region, it deserves a place on your bookshelf, and in your hydration pack. --Kent Cranford, owner, Motion Makers Bicycle Shop About the Author Jim Parham is the author of more than a dozen outdoor guidebooks covering the mountains of North and South Carolina, Tennessee, and Georgia.