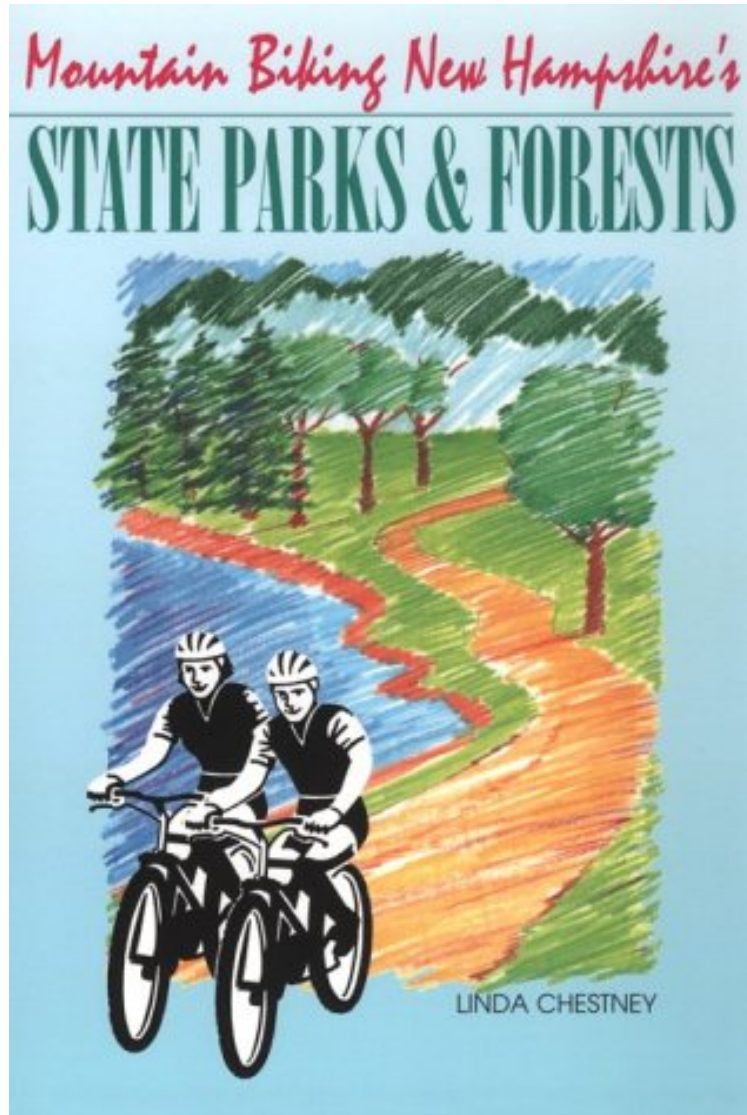


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## Mountain Biking New Hampshire's State Parks and Forests

*Linda Chestney*

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**Linda Chestney : Mountain Biking New Hampshire's State Parks and Forests** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mountain Biking New Hampshire's State Parks and Forests:

3 of 3 people found the following review helpful. Terrific for family and Leisure Riders!By A CustomerThis book is so perfect for family and for leisure riders! It is not the "carry-your-bike-up-the-legdge-and bushwhack-through-the-bushes" kind of book. Rather, you're biking on pine-needle covered trails a lot and having a chance to share in nature. It if perfect for starting a family tradition. The author does a super job of combining riding with your kids and doing

other things (watching great blue herons fish, observing beavers building their lodges at a state reservoir, a visit to a science center on the Seacoast that's a part of a state park--Odiorne Point). My kids look at this as such a family thing to do. I want to cultivate this kind of activity with my family so that video games and other sedentary activities take a back seat. It's a gift to have all these state resources in the scenic state of New Hampshire readily available for the taking. Count me in! Let's go summer--load those bikes up. Don your helmets, kids. We're ready to roll. Ride softly!

2 of 2 people found the following review helpful. Good start, prepare to get lost though. By A Customer This book is a great start when you are looking for places to bike in New Hampshire. However, beware of the maps provided in this book, they are very general and WILL GET YOU LOST. I would advise using the book to select a ride then getting a topographical map of the area, or, obtaining a Forestry Service map. Either way, you are preparing yourself for a fun day of riding in a great state! Let's face it, getting lost riding is fun, right up until it's nighttime and getting cold.

1 of 1 people found the following review helpful. good book By Christopher Eaton This is a good book used it alot last summer hope to do more riding in the spring.

The exploding popularity of mountain biking, nationally and locally is understandable. You're away from road traffic. You commune with nature. You get exercise. What more could you want? With over 164,000 acres of state parks, forests, and nature areas, New Hampshire is a mecca for mountain bike adventures. Because of the overwhelming popularity of mountain biking in the state, and an ever-increasing demand for a book of trails on state-owned properties, Linda Chestney recognized the need for this guidebook. Chestney, long-time cyclist and author of *Bicycling Southern New Hampshire*, presents rides, maps, and easy-to-use information for all levels of mountain bikers. From the intricate network of trails in Franconia Notch to the breathtaking, nine-mile Sugar River Trail ride where two of only five historic covered railroad bridges left in the US reside, the rides in this book deliver just what you expect from New Hampshire -- beautiful wilderness and classic New England scenery.

From the Publisher 6 x 9 trim. 13 illus. 34 maps. LC 95-50711 About the Author LINDA CHESTNEY is also the author of *Bicycling Southern New Hampshire* and *Bicycling New Hampshire's Seacoast*.