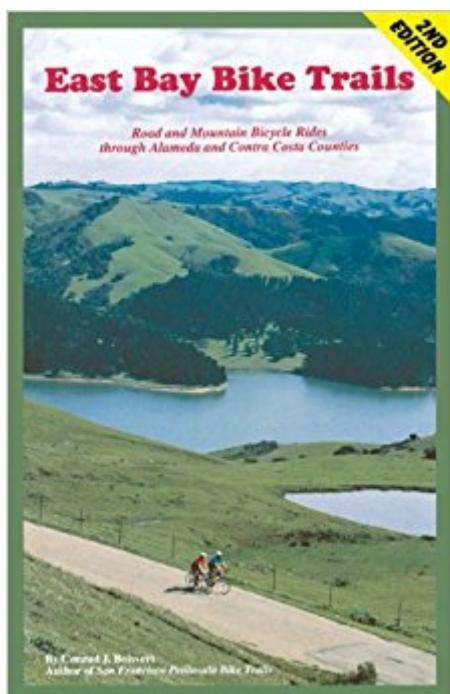


The book was found

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



## Synopsis

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; Danville's dramatic Mt. Diablo; and more. Each ride contains detailed maps, directions with mile markers, elevation profiles, historical background, and points of interest.

## Book Information

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## Customer Reviews

"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! --This text refers to an out of print or unavailable edition of this title.

I 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 hell, 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.

This was a gift

Interesting rides in this book, but the reality is that the cover picture and book title are highly misleading. This is definitely 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.

The format is very useful. First, the rides are broken into four regions: North, West, Central, and South. (Hey, what happened to "East?" The title of each ride tells us if it's road bike or mountain bike. For road bike rides, the author lists the mileage, ride time, difficulty, and elevation gain. For mountain bike rides, there are additional entries for "Skill Level" and "Off Road Distance." Each ride also includes a simple map showing route, an elevation chart by mile, and a few photos taken along the route. Good chart at rear of book, showing the rides by difficulty and mileage, etc. I understand the criticism that the bike is not so much about "trails," since many of the rides are on paved road, or easy bike paths. I don't share that criticism; the bike is not titled, "Mountain Bike Trails." There are

indeed bikes on mountain biking, but I don't think the author was claiming that this book is a mountain biking book. I wish the book would have been longer--that's my main criticism--there could have been a lot more rides described covering two large counties. All in all, fun book, especially as a intro to biking in the area. Recommend!

I wish I would have read this little book before attempting my long haul up "Bear Creek Road." This is a fun little book describing 31 rides in the two-county area. Many of the rides are pretty simple, and designed for road bikes. Some others require mountain bikes. The format is very useful. First, the rides are broken into four regions: North, West, Central, and South. (Hey, what happened to "East?" The title of each ride tells us if it's road bike or mountain bike. For road bike rides, the author lists the mileage, ride time, difficulty, and elevation gain. For mountain bike rides, there are additional entries for "Skill Level" and "Off Road Distance." The main text for each ride is a commentary about the scenery along the way, or suggested stop. Each ride includes turn-by-turn directions. Each ride also includes a simple map showing route, an elevation chart by mile, and a few photos taken along the route. Good chart at rear of book, showing the rides by difficulty and mileage, etc. I understand the criticism that the bike is not so much about "trails," since many of the rides are on paved road, or easy bike paths. I don't share that criticism; the bike is not titled, "Mountain Bike Trails." There are many books specifically for mountain biking, but I don't think the author was claiming that this book is a mountain biking book. I wish the book would have been longer--that's my main criticism--there could have been a lot more rides described covering two large counties. All in all, fun book, especially as a intro to biking in the area. Recommend!

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