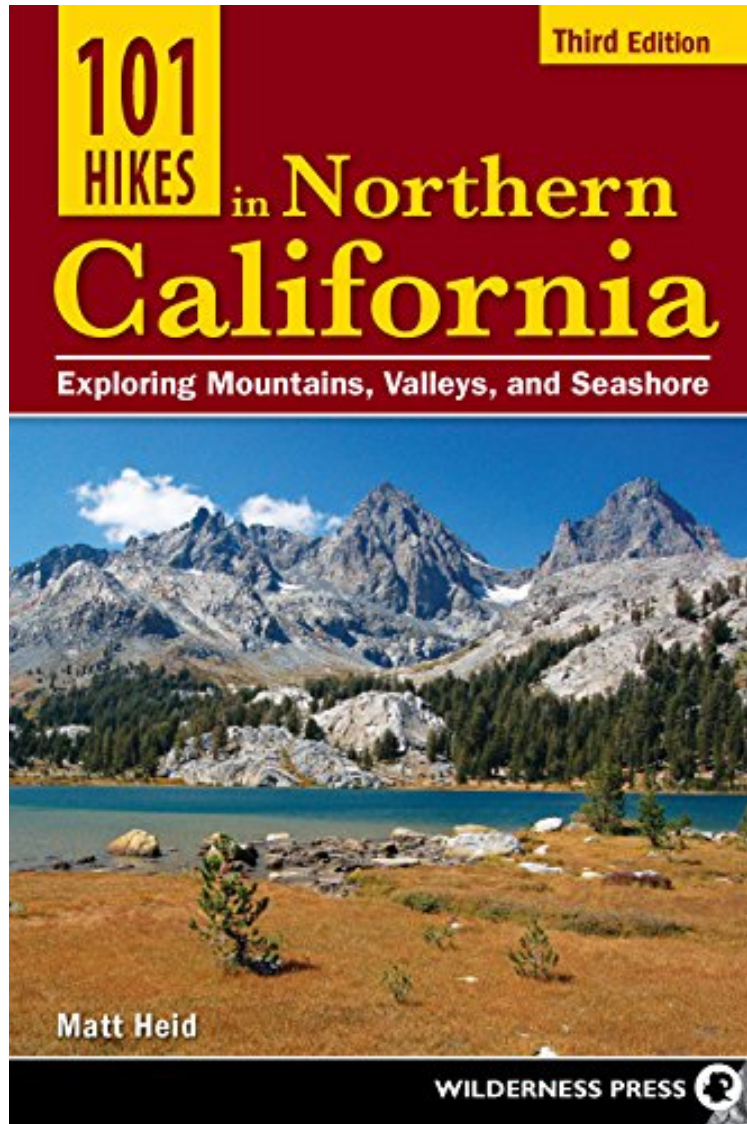


101 Hikes in Northern California: Exploring Mountains, Valley, and Seashore

Matt Heid

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Matt Heid : 101 Hikes in Northern California: Exploring Mountains, Valley, and Seashore before purchasing it in order to gage whether or not it would be worth my time, and all praised 101 Hikes in Northern California: Exploring Mountains, Valley, and Seashore:

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101 Hikes in Northern California by Matt Heid benefits readers by narrowing down the multitude of options for hiking in Northern California to the very best of the best adventures. It is distinct from other similar guidebooks in that it covers the northern two-thirds of the state, including nearly the entirety of the Sierra Nevadas south to Kings Canyon National Park, and the entire Big Sur region along the coast south to Silver Peak Wilderness. It also provides significant geographic diversity: hikes are spread out across the entire No matter where you are in northern California, you can find a hike in the book within a short drive. The guide is unique in the amount of natural history information it provides, especially the geologic stories of the featured destinations. It provides not just the essential directions for completing a hike, it enhances the experience by telling the story of how the landscape came to be the way it is.

About the Author Matt Heid holds a degree in Earth and planetary science from Harvard University and has hiked thousands of miles across Northern California, Alaska, New England, and other wilderness destinations. An avid hiker, cyclist, and surfer, Matt Heid has authored multiple hiking guidebooks and writes a regular column on outdoor equipment for the Appalachian Mountain Club. He lives in Bedford, MA.