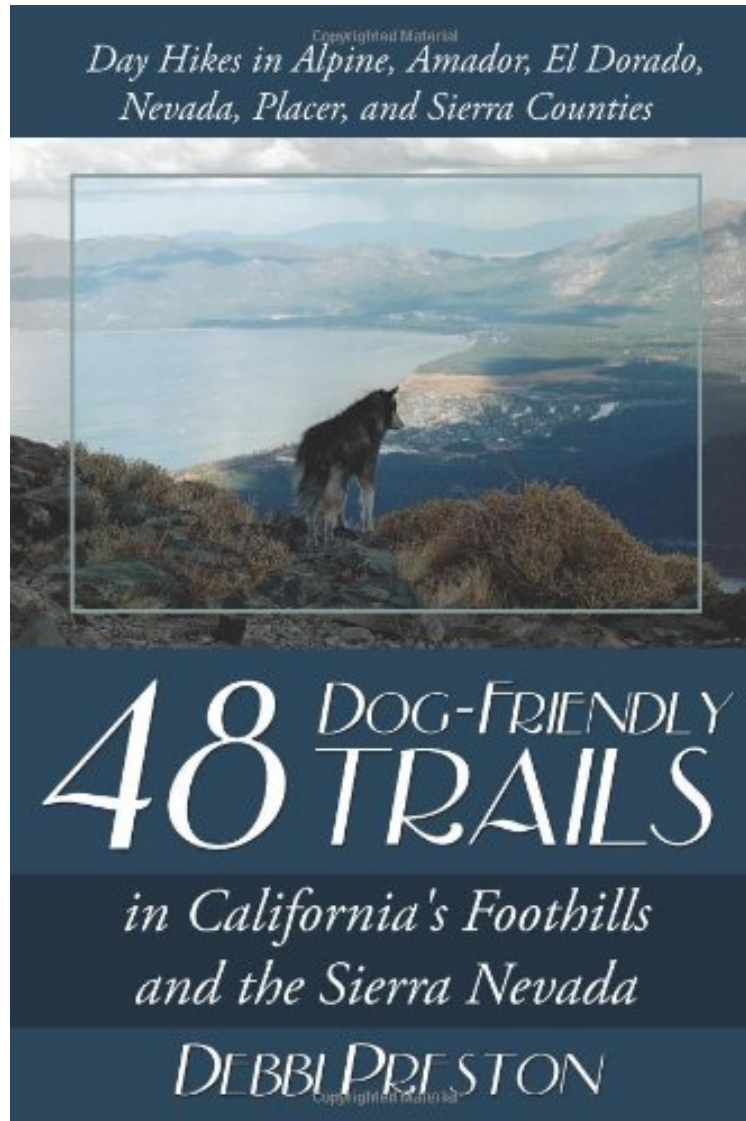


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## 48 Dog-Friendly Trails: in California's Foothills and the Sierra Nevada

Debbi Preston

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**Debbi Preston : 48 Dog-Friendly Trails: in California's Foothills and the Sierra Nevada** before purchasing it in order to gage whether or not it would be worth my time, and all praised 48 Dog-Friendly Trails: in California's Foothills and the Sierra Nevada:

1 of 1 people found the following review helpful. Hikes for you and your dog for every weekend of the yearBy RoserowGreat book with hikes for every weekend of the year around the Sacramento area. We've used the book every

time we've been able to hike this year and have not been disappointed with any of the hikes. The author chooses the right hikes for the time of year which is really nice esp when there are certain areas that flower only during small windows throughout the year. She times these hikes perfectly! The only reason I gave the book 4 stars was that the directions are a little vague if you're not completely familiar with the area.0 of 0 people found the following review helpful. BookBy jeneneHighly overpriced but it is a good book especially if you live in the Foothills or the Sierras of northern or central California. The author of this book is spot on with his reviews.0 of 0 people found the following review helpful. Good to haveBy G. GouldIt is a good guide. It's always good to know what to expect when hiking a new territory with our four legged friends.

A Guide to Day Hikes from Sacramento, California into the Foothills and the Sierra Nevada Hiking is great exercise, a fun family experience, and a way to explore new places. With the hikes in this book, you visit places when wildflowers are at their peak, waterfalls at their fullest, and crowds at a minimum. Hikes are arranged by month so no matter when you visit Sacramento, you will find something of interest to you and suitable to your physical ability. The trails in this book take you to places with great views, historical points of interest, fishing or swimming holes, and much more. 48 hikes all easily accomplished in a day trip all dog-friendly places many places for people with limited physical capabilities interpretive trails to educate place of historic interest most hikes without any fees progressive difficulty, starting with January the easiest, and finishing with more difficult hikes in October, November, and December less ambitious options

About the AuthorAbout the Author Looking for a way to exercise her dog, Toots, Debbi Preston started hiking in Desolation Wilderness in 2003. They both enjoyed the experience, but when the snow came to the mountains, their hiking trips ended. As soon as the trails cleared in 2004, they were back to the mountains, exploring hikes to various alpine lakes. This time, when the snow returned, hiking was too much of a passion to stop and wait five or six months to return to the mountains. Debbi started looking in books for winter and spring trail possibilities, but most were too far away for a day trip or did not allow dogs. She expanded her search for foothill trails by talking with friends, finding web sites on hiking, studying maps, visiting ranger stations and park headquarters, and looking for trailheads while driving. Over the next three years, Debbi found suitable trails for each month of the year. She wanted trails that rewarded the hiker with great views, wildflowers, waterfalls, or historic interest. She also liked places without any fees. To extend the hiking season in the mountains, she added snowshoeing in the winter. Then, wanting her mother to join in some outings, she looked for places with access for those with physical limitations. She scaled down some hikes to match her mother's capabilities, and found others that would accommodate a walker. Debbi added photography to her outings, and turned some of the scenes into oil paintings. One summer she concentrated on studying wildflowers by photographing and then identifying and organizing them by color and number of petals. A credentialed community college teacher, Debbi was also passionate about sharing her knowledge with others and teaching the rewards of hiking. With the encouragement of her husband, Jeff, she organized the hikes into this book.