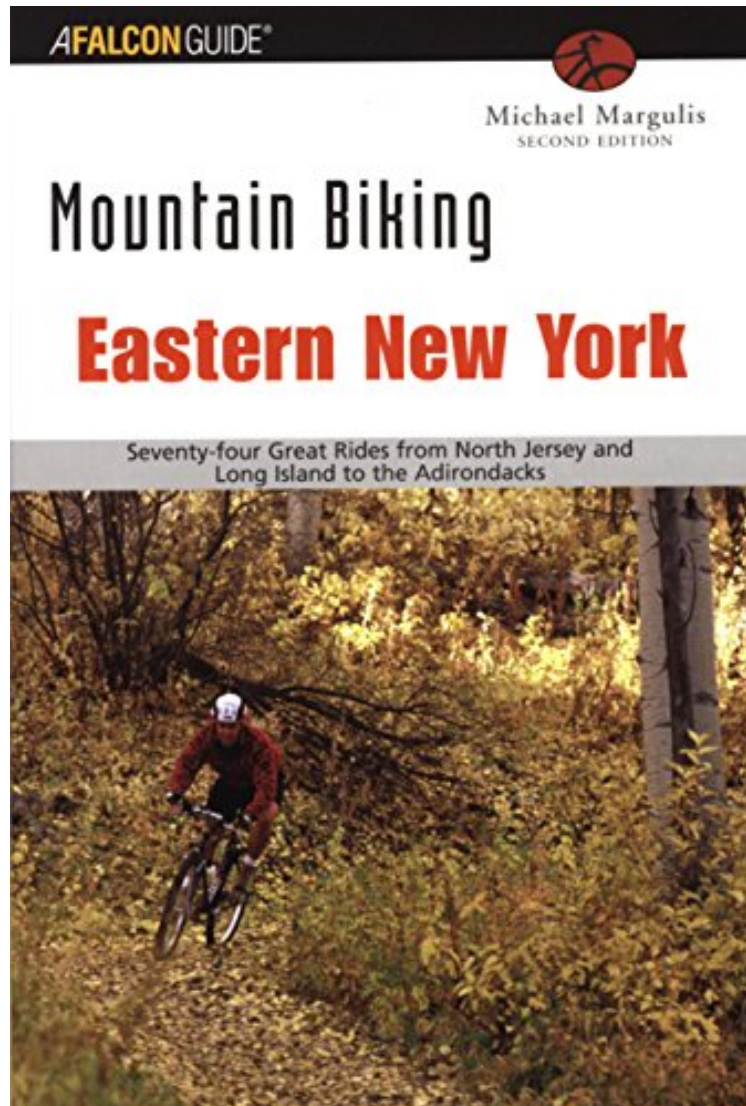


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Mountain Biking Eastern New York: Seventy-Four Epic Rides From North Jersey And Long Island To The Adirondacks (Regional Mountain Biking Series)

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Profiles over seventy of the best rides in the Adirondacks, the Catskills, Long Island, and Westchester and environs.

From the Back Cover Heaven on two wheels, Eastern New York offers trails ranging from scenic cruising to heart-pumping technically demanding singletrack. Veteran mountain biker and author Michael Margulis outlines seventy-four great rides from northern New Jersey and Long Island to the backcountry wilderness of the Adirondacks. Explore ancient stagecoach routes near Lake Placid on the Wild One tour; enjoy the solitude of Denning Trail, a Native American hunting path; and plan your own escape on rides through Westchester County where American Revolutionary forces marched and fought for freedom. Insider tidbits about the region's rich historic background make this more than just a trail guide. Also included: detailed ride descriptions; easy-to-read maps; ratings for physical and technical difficulty; tips on riding and trip preparation. (6 x 9, 382 pages, bw photos, maps)