
Mountain Bike America Virginia An Atlas Of Virgini

Mountain Bike Virginia
Fat Tire Flyer
Mountain Biking
Mountain Biking at Tsali
Mountain Bike Indiana
Mountain Biking the Washington, D.C./Baltimore Area
Mountain Biking the Appalachians
Mountain Bike America
Mountain Biking the Appalachians
Mountain Bike America
Mountain Bikes on Public Lands
Mountain Bike Virginia
Mountain Biking Virginia
Sports Illustrated Mountain Biking
Dragon's Breath
Mountain Bike America; Washington Baltimore
Fat Tire
Mountain Bike! The Mid-Atlantic States
Washington, D. C. /Baltimore Area - Mountain Biking
Hike/Bike America
Mountain Bike Rides in Pocahontas County, West Virginia
Mountain Biking
The Mountain Bike Experience
Smart Cycling
The Mountain Biker's Guide to Central Appalachia
Mountain Bike America, Indiana
Grayson Highlands State Park, Mountain Bike Trail Guide
Let's Mountain Bike!
Mountain Bike! the Mid-Atlantic States
Mountain Biking in West Virginia
Mountain Bike America
Off the Beaten Track
Best Bike Rides Washington, DC
Best Bike Rides Nashville
Mountain Bike America: Greater Philadelphia
Indiana - Mountain Bike America
Mountain Biking Virginia
Mountain Bike! the Southern Appalachian and Smoky Mountains

Mountain Bike! Virginia
Off the Beaten Track

*Mountain Bike America Virginia An
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KAELYN MCKEE

Mountain Bike Virginia iUniverse

Throughout its pages, Mountain Biking Virginia describes more than 50 of the state's greatest mountain bike rides, from sea level along the dunes at False Cape to nearly 6,000 feet atop the wind-beaten summits of Virginia's highest peaks. As the first book ever to mountain biking destinations in the state, Mountain Biking Virginia continues its excellence in providing readers with the most accurate and up-to-date information on off-road bicycling in the Old Dominion.

Fat Tire Flyer Rowman & Littlefield

Plunge down steep, rugged singletrack, relax along leisurely lakeside trails, or travel off-road through Virginia's scenic horse and wine country with Mountain Biking Virginia. Local mountain biker Martín Fernández shows both novice and experienced cyclists how to get out of the gridlock and into the woods. Look inside to find: Detailed ride descriptions GPS coordinates Full-color photos throughout Tips on riding, trip preparation, and bicycle maintenance Accurate directions, difficulty ratings, trail contacts, and more Wherever you ride and whatever your skill level, let Mountain Biking Virginia be your guide to this mountain biking paradise.

Mountain Biking Gatekeeper Press

Covers Maryland, Virginia, North Carolina and South Carolina, including the Francis Marion National Forest and Cape Romain National Wildlife Refuge.

Mountain Biking at Tsali Rowman & Littlefield

Plunge down singletrack over the Allegheny Mountains in Maryland, or travel off-road through Virginia's scenic horse and wine country with this fully updated and revised Mountain Biking the Washington, D.C./Baltimore Area. Featuring the greatest off-road bicycle rides of Northern Virginia, Maryland, and Washington, D.C., readers will find maps, color photos, GPS coordinates, and much more.

Mountain Bike Indiana Rowman & Littlefield

With rides for all types of mountain biking enthusiasts, North America by Mountain Bike Series provide readers with at-a-glance key information for each route profiled.

Mountain Biking the Washington, D.C./Baltimore Area

iUniverse

Looks at the equipment, techniques, safety concerns, and places to mountain bike.

Mountain Biking the Appalachians Rowman & Littlefield

Includes rides in New York, Pennsylvania, western Maryland, and West Virginia.

Mountain Bike America Milestone PressInc

Here is everything bicyclists need to know to enjoy off-road adventures in a region layered in more than its share of pavement. Plunge down steep, rugged singletrack over Maryland's Allegheny Mountains; relax along leisurely lakeside trails minutes from the Beltway; or travel off-road through Virginia's scenic horse country, stopping only for a taste of wine from the region's great vineyards. This guide shows both novice and experienced cyclists how to get out of the gridlock and into the woods. From this book cyclists can expect exhaustive and comprehensive trail descriptions, from beginner to advanced, GPS-quality, digitally designed relief maps detailing each ride and accurate route profiles showing the ups and downs of each ride. In addition detailed directions get them to the ride without getting lost. Detailed mile-by-mile directional cues are also provided with difficulty ratings, elevation gain, trail contacts, and much more.

Mountain Biking the Appalachians Human Kinetics

In this fun, friendly primer, The Mountain Bike Experience, Dave King, acknowledged as a mountain biking "guru" by Sports Illustrated, opens the sport to everyone--young or old, athletic or not. Along the way, you'll discover how to keep fit, enjoy the great outdoors, and even change your outlook on life's everyday challenges. With an approach the New York Times dubbed "Zen and the art of mountain biking," King has helped thousands of riders discover the sport, as founder and former director of the Mount Snow Mountain Bike Center in Vermont. Now King shares the total experience of mountain biking, with a special focus on the emotional and spiritual rewards the sport can offer--both on

and off the trail. After all, says King, "mountain biking is not a series of obstacles, but a succession of opportunities. Attitude, not ability, sets your limits." Comprehensive in scope, The Mountain Bike Experience covers: Conquering fear and embracing challenges Skills and techniques for all levels and all types of terrain Basic bike maintenance, including "Dave's 10-Step Program to Keep Your Bike in Top Running Condition" Trail selection and navigation Safety, repairs, training and conditioning Buying your first mountain bike and the gear to go with it Exploring and protecting the natural environment In addition, a handy appendix lists a variety of sources--including nonprofit organizations, bike tour companies, publications, and online resources--to aid in the further pursuit of mountain biking. Hit the trail with Dave King and discover the thrilling world of off-road riding.

Mountain Bike America Falcon Guides

Fat-tire enthusiasts will pilgrimage from afar to bike in the Southern Appalachian and Smoky Mountains -- the East's off-road bicycle belt. Don't miss this chance to supply these thrill seekers with their sacred text! Veteran mountain bike author Steve Jones covers classic trails in the Holy Land of East Coast mountain biking, including unforgettable technical single-track in North Carolina's popular Tsali Recreation Area. Mountain Bike! The Southern Appalachian and Smoky Mountains, Jones' fourth book, is also chockfull of social and natural history anecdotes and light humor. Bikers will find some serious trail mileage on routes in Alabama's Monte Sano and at North Georgia's world class destinations. And if that's not enough, the best trails in eastern Tennessee, western North Carolina, and Virginia's Mount Rogers recreation area make up more trail mileage than you will find in all the existing guides combined. From nearly unridable trails in northern Alabama to nice-and-easy jaunts through tranquil scenery, if it's good riding in the mountains of the East, it's profiled here.

Mountain Bikes on Public Lands Falcon Guides

"Exhaustive and comprehensive trail descriptions, from beginner to advanced; GPS-quality, digitally designed relief maps detailing each ride; accurate route profiles ... ; detailed directions ... ;

detailed mile-by-mile directional cues, difficulty ratings, elevation gain, environmental concerns, trail contacts, and much more"--
Page 4 of cover

Mountain Bike Virginia Children's Press(CT)

Everything you need to be your best on the trails. This book contains extensive advice and tips that cover all aspects of mountain biking. The information is presented with clear and understandable language and visuals, making it easy to digest and apply. Riders of all ages, from the complete beginner to the more advanced will benefit from the information revealed in Let's Mountain Bike! It's an indispensable guide for those looking to hit the trails and become their best. Choosing the right bike Hitting the trails fully prepared Making the climbs easier Braking for efficiency, speed, and safety Negotiating obstacles Mental toughness, focus, and state of mind Avoiding accidents Proper bike care Much more Thousands of trails are waiting... so Let's Mountain Bike! Visit letsmountainbike.com to see more from this author.

Mountain Biking Virginia John F. Blair, Publisher

Two journal tales of travel: one taking you by foot on the whole Appalachian Trail plus The Long Trail in Vermont; then a venture of pedaling across mid America coast to coast on a two wheeler. *Sports Illustrated Mountain Biking* Holt Paperbacks

Includes rides in the Boone-Blowing Rock-Linville area of northwest N.C. and Mt. Rogers National Recreation Area, the New River Trail State Park, and the Virginia Creeper Trail in southwest Virginia

Dragon's Breath VELOPRESS

Featuring more than 50 of Virginia's greatest mountain bike rides. Includes GPS-Quality, digitally-designed shaded relief maps detailing each ride; helpful ride locator maps get you to the ride without getting lost; accurate route profiles show the ups and downs of each ride; fascinating 3-D surface maps with dramatic views of the surrounding terrain; in-depth trail descriptions with difficulty ratings; detailed route directions; schedules, local attractions, eateries, and more

Mountain Bike America; Washington Baltimore John F. Blair, Publisher

Written for cyclists of all stripes, Best Bike Rides books offer a diverse array of scenic tours in and around some of America's largest urban destinations. Road rides, rail rides, bike paths, and single-track mountain bike rides all get included. Most rides are in the 5 to 30 mile range, allowing for great afternoon outings and family adventures. Each book features 35 to 40 rides with color photos, maps, point-by-point miles and directions, and GPS coordinates of starting and finishing points.

Fat Tire Chronicle Books (CA)

"Distributed in the United States and Canada by Ingram Publisher Services"--T.p. verso.

Mountain Bike! The Mid-Atlantic States Falcon Press Publishing

Featuring more than 40 of Northern Virginia and Maryland's greatest mountain bike rides. Includes GPS-Quality, digitally-designed shaded relief maps detailing each ride; helpful ride locator maps get you to the ride without getting lost; accurate route profiles show the ups and downs of each ride; fascinating 3-D surface maps with dramatic views of the surrounding terrain; in-depth trail descriptions with difficulty ratings; detailed route directions; schedules, local attractions, eateries, and more *Washington, D. C. /Baltimore Area - Mountain Biking* Falcon Guides

The author's personal adventure of biking the Appalachian Trail from Georgia to Maine.

Hike/Bike America Sports Illustrated Books

Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment contains information that new or returning cyclists need to know before taking to the road, including basic cycling skills, rules of the road, safety strategies, and maintenance. The book includes a DVD of four videos that can be shown to participants to help them better visualize the skills being taught.