



Foghorn Outdoors: 101 Great Hikes of the San Francisco Bay Area

Ann Marie Brown

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Most people think of the Golden Gate Bridge and Fisherman's Wharf when they think of San Francisco, but the Bay Area's best-kept secret is its natural beauty - the hundreds of square miles of parks and wildlands that contribute to the region's quality of life. These breezy outdoor havens are remarkably accessible, and author Ann Marie Brown presents 101 of the finest hiking trails of the region.

This book provides detailed information on the trails, which range from mountaintop rambles on Mount Diablo and Mount Tamalpais to seashore strolls at Point Reyes and Ao Nuevo. All trails are rated according to difficulty and the time required for hiking. Tips on weather and how to avoid the crowds are included. Special attention is given to wildlife habitats and areas of botanical interest.



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