



Trail Runners Guide: San Francisco Bay Area

Jessica Lage

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"Trail Runner's Guide: San Francisco Bay Area covers the best trail runs in the region's parklands and open spaces. This informative guide provides the detailed routes with descriptions of terrain, views, and vegetation from a runner's perspective. 50 featured routes, from 2 to 22 miles, plus alternative routes from every trailhead. Includes topographic maps with easy directions on facing pages, elevation profiles, and at-a-glance trail conditions and regulations for each run, plus equipment, safety, and running tips.

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