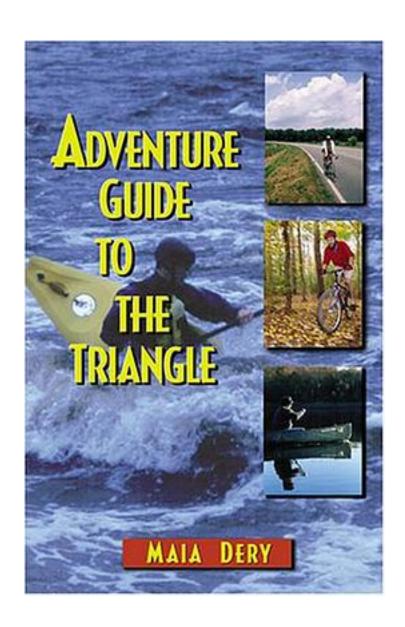
## Adventure Guide to the Triangle



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This is the first comprehensive guide that covers all hiking, bicycling, and paddling opportunities in the Triangle area of North Carolina. In this guide, the Triangle encompasses Chatham, Durham, Harnett, Johnston, Lee, Orange, and Wake counties. This guide also includes the communities of Raleigh, Cary, Durham, Chapel Hill, Carrboro, Apex, and Pittsboro. Every hiking and biking trail is described and labeled according to length, difficulty, and surface. Each trail also has a map and in-depth trail directions. The rivers are broken down by section, with classes and levels provided. Along with a general description of each section is a listing of major rapids and difficulties.