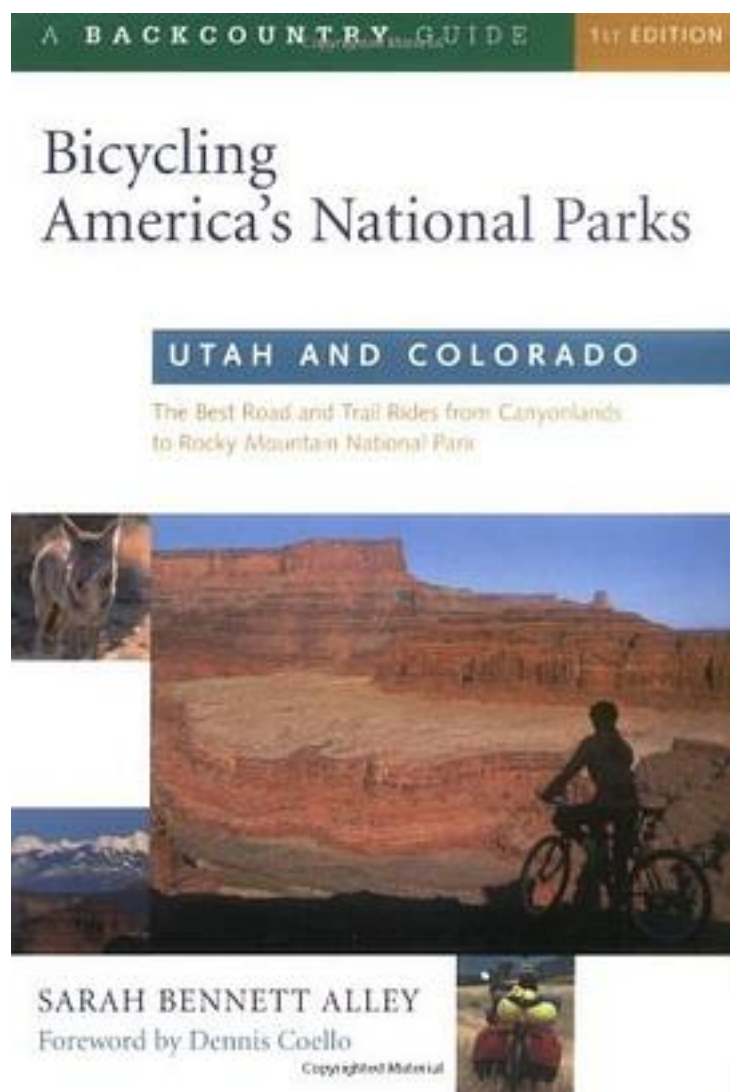


Bicycling America's National Park



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著者:Alley, Sarah Bennett

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In recent years the Rocky Mountain West has become one of the nation's most popular destinations for road and mountain bikers. The national parks in the area, long known for their dramatic scenery and wildness, offer bicyclists unparalleled opportunities to enjoy their sport in the rugged beauty of Colorado's mountains and the sculpted sandstone of Utah's canyons. Reading like a line-up of the most prized biking destinations, this guide features rides in Arches, Zion, Bryce Canyon, and the Rocky Mountain National Park. In addition, Alley introduces her readers to lesser known destinations such as Dinosaur National Monument, the Great Sand Dunes, Natural Bridges National Monument, and Timpanogos Cave - all places with outstanding rides and stories that tell about our past. Whether guiding bikers along old frontier trails, up mountains on rugged dirt tracks, or along the miles of slickrock in the Canyonlands, Alley offers something for all riders. Tours range in length from a short spin to over 100 miles. Each ride description includes a detailed map, tour directions, information about the trail or road surface, sites to see along the way, and the length and difficulty of the ride. In addition, a trip-planning appendix for each park tells you where to stay or camp, do your laundry, eat, buy supplies, and repair or rent a bike.

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