

# Hiking, Cycling, and Canoeing in Maryland



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From Assateague to Swallow Falls, from the Susquehanna River Trail to Rock Creek Park, Maryland offers residents and visitors a wealth of recreational opportunities in a remarkable variety of natural settings. Bryan MacKay's *Hiking, Cycling, and Canoeing in Maryland* has been the essential guide to outdoor recreation in the state's parks, preserves, and waterways for more than a decade. A lifelong resident of Maryland, MacKay combines in this book his love of outdoor activities and his knowledge of the places, plants, and animals of the region. For each of the 23 walks, 16 bicycle rides, and 19 canoe trips, he includes general information on the natural history and ecology of the site and a short essay that focuses on a topic of special interest—a particular plant or animal or an important conservation issue. Along with maps and detailed directions for each outing, the book also features beautiful pen-and-ink drawings by Sandy Glover of the Irvine Natural Science Center. The second edition provides updated information on the Capital Crescent Trail, North Point State Park (Black Marsh), Soldiers Delight Natural Environmental Area, and the Susquehanna River Trail, as well as current contact information for all parks and preserves.

作者介绍:

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