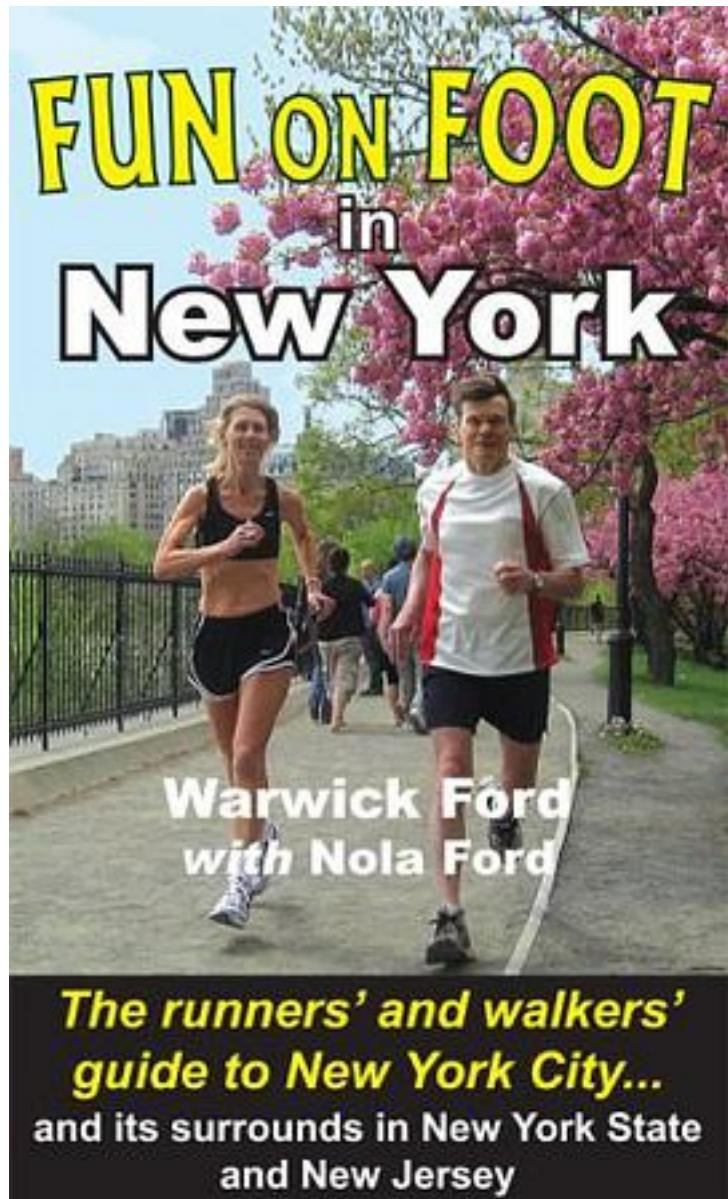


Fun on Foot in New York



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Do you like to keep fit by running, jogging, or walking outdoors? Are you a visitor or a newcomer to New York, or a local New Yorker seeking new ideas for places to run, jog, or walk? If so, this book is for you. Authors Warwick Ford and Nola Ford have documented and mapped the very best on-foot trails in New York City's five boroughs, Long Island, the New Jersey side of the Hudson, and the major population centers of upstate New York and regional New Jersey. They have personally explored all these routes. Outside of New York City, centers in New York State that are covered include: Albany, Buffalo, Hyde Park, Ithaca, Jones Beach, Poughkeepsie, Rochester, Sag Harbor, Sunken Meadows, and Syracuse. New Jersey areas covered include Atlantic City, Hoboken, Jersey City, Morristown, and Princeton. The Fun on Foot books use a consistent model for assessing the quality of on-foot routes. An ideal route is comfortable, safe, has attractions and points of interest, is convenient to population centers or public transit, and has a motivating destination such as a good food and beverage establishment for winding down. If a route is less than ideal, the description makes this clear. A wise choice of excise or training route can help motivate one to get outdoors more, build fitness, raise performance goals, and lose weight. Reliable information, as provided by this book, is essential for building confidence that an outing will not have nasty surprises. The book includes maps, directions, and the authors' commentary and assessment for all routes. The maps are kept simple and focus on details of interest to the on-foot exerciser. There are more than 130 illustrations overall, including maps and photographs. Keep fit while traveling and at home and use this book to make it fun!

作者介绍:

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