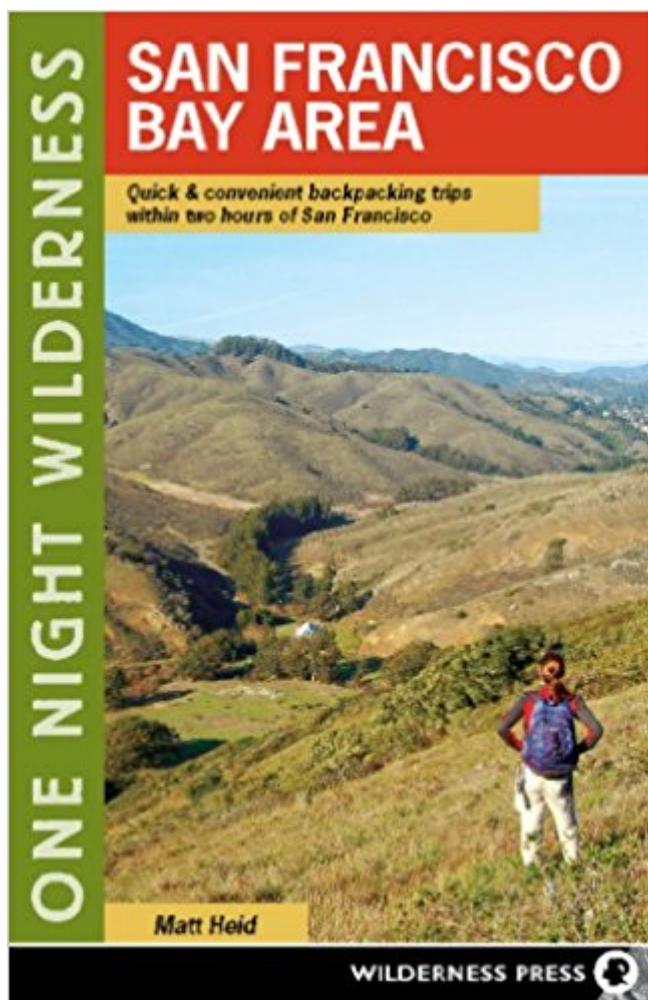


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# One Night Wilderness: San Francisco Bay Area: Quick And Convenient Backpacking Trips Within Two Hours Of San Francisco



## **Synopsis**

Hundreds of parks, preserves, and protected open spaces infuse the San Francisco Bay Area with a world of unparalleled natural wonder. Straddling a remarkable range of geographic and ecological diversity, it provides avenues for adventure in all terrains, seasons, and environments. An overnight journey deepens this outdoor experience. *One Night Wilderness: San Francisco Bay Area* presents the 28 best overnight backcountry opportunities in the greater Bay Area, from the deep valleys of the Coast Range to the old-growth redwoods of the Santa Cruz Mountains, from the shores of Point Reyes National Seashore to the remote corners of the Diablo Range in Henry Coe State Park. And all of them are accessible within a two-hour drive from any point in the Bay Area. Discovering all of these adventures without help would be a formidable challenge. Nearly a dozen different governing agencies manage the parks of the Bay Area. Regulations, sources of information, and reservation systems vary widely by park district. Plus, the proximity of millions of people means that hikers usually must make reservations at least a few weeks before their trip. But this comprehensive guide tells hikers what they need to know to get away from the city hubbub for a night or two. Within these pages you'll find detailed information on regulations, agency contact information, crowds, and reservations for every overnight destination--plus human history, natural history, trail descriptions, fun activities, maps, and more.

## **Book Information**

Series: One Night Wilderness

Paperback: 224 pages

Publisher: Wilderness Press (September 6, 2011)

Language: English

ISBN-10: 0899976239

ISBN-13: 978-0899976235

Product Dimensions: 0.5 x 5.5 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #48,326 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #76 inÂ Books > Sports & Outdoors > Hiking & Camping > Excursion Guides #94 inÂ Books > Travel > United States > West > Pacific

## **Customer Reviews**

"For a great list of campsites and hiking trails pick up a copy of *One Night Wilderness: San*

Francisco Bay Area." --San Francisco Guide, October 2011

The communities that surround San Francisco Bay have some terrific national, state, and regional park lands for day hiking. But some of these parks are so extensive they can also be used for short backpack trips. Trails like the Skyline to the Sea Trail (Castle Rock Park through Big Basin Redwoods to Waddell Beach) make for great overnight, or even longer, trips. In this new book, Matt Heid suggests nearly 30 routes in Marin, the Santa Cruz mountains, and East Bay parklands. Some of these areas, like Henry Coe State Park, offer wilderness so remote you would never guess that you are within an hour or two drive of one of the most populated urban areas in the United States. Each hike in this book features black and white photos of the destination, an explanation of how to obtain permits (so many different agencies manage Bay Area Parklands that this is perhaps the most valuable part of the book), mileage, elevation change, a sketch map of the route, and a detailed hike description. Some of these routes, such as camps in the Tennessee Valley portion of Marin Headlands, are suitable for children. Other routes are extremely rigorous. But in general, almost all the hikes described can be done more or less year round, and by anyone of reasonable fitness. In the opinion of the reviewer, the hikes in Marin county, especially those in Point Reyes National Seashore, offer the best scenic payoff, but hiking through old growth redwoods in the Santa Cruz mountains is hard to beat. And if you live in the Bay Area and want to enjoy a weekend out of doors without a long drive, this is a great book for exploring the wilderness in your backyard.

This book is a great place to start planning weekend backpacking getaways. I like the ratings for each route that help you select for scenery, difficulty, and solitude levels so you can quickly find a route that meets your needs for a given weekend. I wish there were a similar brief notation about the exposure level of each trail (e.g., totally exposed, mixed shade and exposure, etc.). The descriptions of how to reserve campsites are mostly outdated, as most parks now offer an online reservation option (easily located by visiting the parks' official websites), but otherwise the descriptions of trails and trail camps seem accurate so far. Nifty little book!

Great book, I have found numerous places that were right under my nose and it includes great detail, including basic maps (he recommends getting the topos, but this may not be necessary for some quick in and outs).

A great book for getting you out the door, and into the great outdoors. I wish the geographical area

was just a little bit bigger-- I'd love to have some trips in Big Sur.

Excellent resource for anyone in the SF Bay Area. Fore section reviews the topography, weather and basic hiking etc. the Rest of the book gives you specific info on hikes. This book is a must have if you like the out doors.

Whether you are planning to hike for an afternoon or backpack for a week, this is the book to have. It has details on all the best hiking areas in the SF Bay area, with extremely helpful details - such as where water is available, if there is parking, if dogs are allowed, if you can make fires, difficulty of terrain, etc. Good maps, too. The best book I have found on hiking in the Bay Area.

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