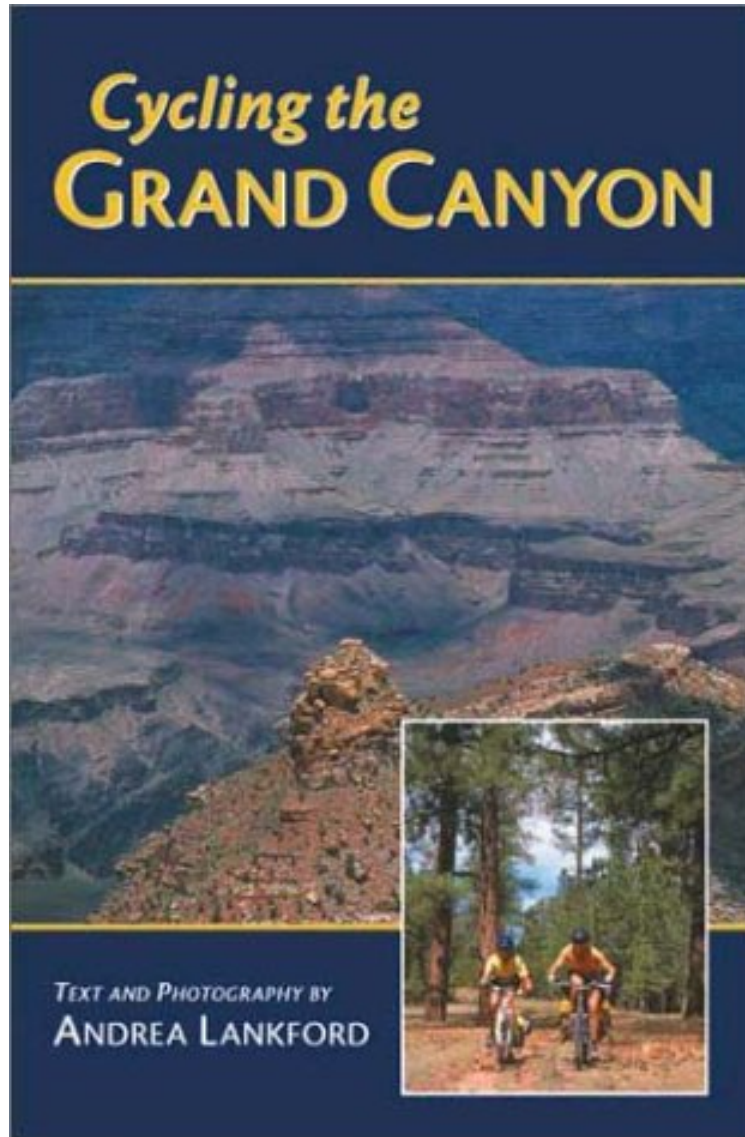


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## Biking the Grand Canyon Area

*Andrea Lankford*

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**Andrea Lankford : Biking the Grand Canyon Area** before purchasing it in order to gage whether or not it would be worth my time, and all praised Biking the Grand Canyon Area:

1 of 1 people found the following review helpful. Cycling the Grand Canyon!!By Bernard H. HalpinThis book arrived very fast! It's in "NEW" condition. Thank You Very Much!!! It will provide many planning hours on our very next biking trip to the area!4 of 4 people found the following review helpful. You, too, can do it! (be sure to get this book first)By A CustomerAndrea's been there and done that and tells all about it (and how you can do it too) in this snappily

written, info-packed guidebook for biking the Grand Canyon. Though Andrea's a long-distance cyclist at heart, she's written this book for us regular folk. An intro includes tons of advice on biking in general and biking the Grand Canyon specifically, even including a history of biking in the area which is fascinating! Rides range from 1.2 miles on up and are rated for technical difficulty and family friendliness. She includes info for each ride on the type of terrain, the availability of water, elevation profiles, necc. permits, and the best season to bike it. The book is well illustrated with photos and maps and also includes anecdotes and local lore cyclists can enjoy over a campfire or when they're taking a breather. Andrea was a Grand Canyon National Park ranger for many years and her depth and breadth of knowledge about the place is incredible. For any level of mountain biker heading to the Grand Canyon, this book is as essential as your water bottle and a set of properly inflated tires. 3 of 3 people found the following review helpful.

**Biking the Grand Canyon Area** By A Customer  
Biking the Grand Canyon Area is more than a travel book. It is immediately apparent that Andrea Lankford knows what she is talking about with regards to great trails. This is the second book of hers that I have read. Her first book scored 5 on my list as well and is called *Biking the Arizona Trail*. Andrea was one of the best Park Rangers the National Park Service had. She passes on her knowledge of an area she called home for many years. You won't find a more detailed book! Go out and buy it and ride like the wind!

For beginners and families as well as experienced cyclists, this guide encompasses Grand Canyon--area rides on paved roads, dirt roads, and prime single track, plus spectacular mountain-bike rides never before published in a guidebook. The first cycling guide specific to the area, this book provides an insider's view on how to plan day rides in and around Grand Canyon National Park, with suggestions for bike-packing tours. Maps and photographs round out this essential guide to biking the charmed area that embraces one of the nation's most heralded natural landmarks.

**About the Author** Andrea Lankford, a former National Park Service ranger, has performed firefighting, law enforcement, and life-saving wilderness medicine in Cape Hatteras, Zion, Yosemite, and the Grand Canyon. As a ranger, she won several awards for her work as a criminal investigator, and she implemented the "Heat Kills. Hike Smart" public education program credited with preventing heat-related deaths at the Grand Canyon—a program that continues to save lives today. Her masochistic adventures include thru-hiking the entire Appalachian Trail, kayaking from Miami to Key West, cycling from Fairbanks to the Arctic Ocean, and being the first to mountain bike the 800-mile Arizona Trail. Andrea currently lives in Northern California. She is the author of four books, including *Haunted Hikes: Spine-Tingling Tales and Trails from North America's National Parks*, which was featured in *USA Today*, chosen by *People* as a 2006 Travel Pick, and described by *Newsday* as "spell-binding." Her articles have appeared in *USA Today*, *Arizona Highways*, and *Backpacker*.