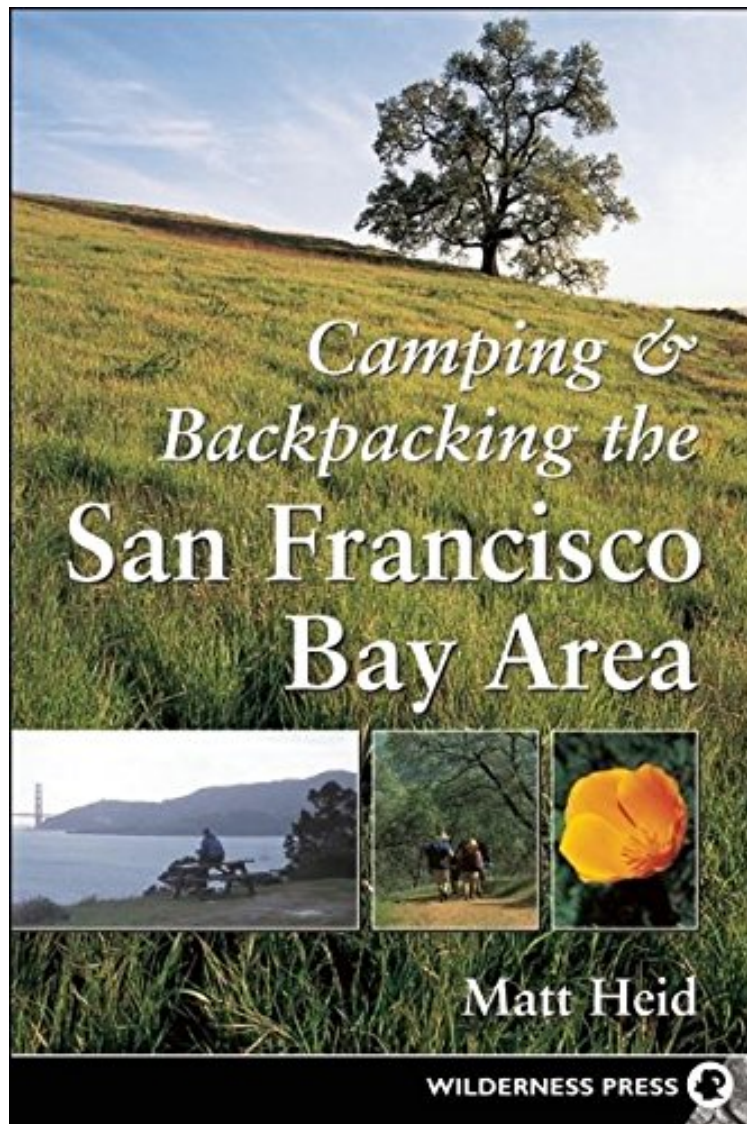


# Camping and Backpacking San Francisco Bay Area

*Matt Heid*

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**Matt Heid : Camping and Backpacking San Francisco Bay Area** before purchasing it in order to gage whether or not it would be worth my time, and all praised Camping and Backpacking San Francisco Bay Area:

5 of 5 people found the following review helpful. Not your average "Hike in the Bay Area" bookBy Rich JohnsonI bought this book after flipping through it at REI, and I thought it had hiking routes in it. But the hiking routes were actually backpacking trips, with routes to campsites. This was not a disappointment as I was actually looking for a book with more detailed information on overnight trips vs general day hikes.This book is broken into two parts: camping and backpacking. The camping trips are generally areas that you can drive to and park, where as the

backpacking trips require you to hike to your destination. Each half is divided into 3 sections, covering the North Bay, East Bay, and Santa Cruz Mountains. Furthermore, the table of contents has a second organization method, grouping the trips by theme. Some of the themes are waterfalls, wildlife, lakes, and dog friendly campgrounds. This is a great tool if you're in the mood for something specific on your trip. The part where this book shines is the information included on each park. Take a look at the excerpt provided by and you will see the type of information given. One of the most useful pieces of data that would be difficult to find on the parks websites would be when the best time to go is. Crowds can put a damper on a peaceful walk in the woods. My favorite though is at the end of each trip's listing, where the author tells you who to contact if you would like to contribute back to the park. One downside of the book is the limited number of trips. There are only about 25 each of backpacking and camping trips. But if you went on an overnight trip every two weeks this would still be enough trips to last you two years, so that's not too bad. If you simply want to take day hiking trips then another book might suit you better than this one. But if you would like to go overnight camping in the Bay Area, either at a campground site or in a remote backpacking camp, this book is an excellent place to start. The information provided is well worth the cost of the book.

0 of 0 people found the following review helpful. So many parks right here where i live  
By Nathan Edward Thomas  
Finding this book is rather difficult now and pricy but its fantastic and so far the trail descriptions have been accurate and lovely. Any time i need a new place to go check out i start with this book.

0 of 1 people found the following review helpful. Great starting point  
By Aardvark Cafe  
I bought this book so that my boyfriend and I could do more camping and hiking closer to home instead of driving all the way to the mountains. If you are interested in exploring the bay area this is a fine book to start with. It is easy to flip through and it is categorized by region and interest, like where to go to see waterfalls, and wildlife etc. There is also a handy little map for each site along with it's topography. There are sections for family oriented visits as well as more secluded areas to camp or hike in. The book gives details on camp fees but have not been able to confirm if all are up to date. At least it's a good starting point!

The first and only guide to fully explore the Bay Area's campgrounds and backpacking trips, and to describe the best overnight excursions for locals and visitors alike. Every public campground in the North Bay, East Bay, South Bay, and Santa Cruz Mountains is included (more than two dozen unique destinations). For backpacking trips, over 30 backcountry trail camps and more than 200 miles of trail are featured. Matt Heid simplifies an overnight getaway with this comprehensive guide and includes: in-depth descriptions of campgrounds, driving directions, facilities, parking, regulations, and fees, as well as other indispensable tips for when it's best to go; where the serenity, beauty, and biodiversity are greatest; and how to avoid crowds and make reservations

"...one of the Bay Area's most knowledgeable hikers." -- Sierra Club Yodeler  
"...the first comprehensive camping guide focused on the Bay Area." -- Oakland Tribune  
"For those wishing to experience the Bay Area's natural wonders, [Heid's] latest book will prove to be an indispensable guide." -- Hills Newspapers, The Montclairion  
"Heid's book is well written, exceptionally organized and chock-full of helpful information...an excellent reference book." -- Fremont Bulletin  
"The maps are exemplary....Some of the photographs, you might expect to find on gallery walls." -- Bodega Land Trust  
"[Heid] has lots of ideas for quick camping escapes. He's no help at all with excuses to stay home." -- Marin Independent Journal

About the Author  
Matt Heid holds a degree in Earth Planetary Science from Harvard University and has been hiking the trails of California for more than 20 years. His first book, 101 Hikes in Northern California, received Honorable Mention in the 2001 National Outdoor Book Awards.