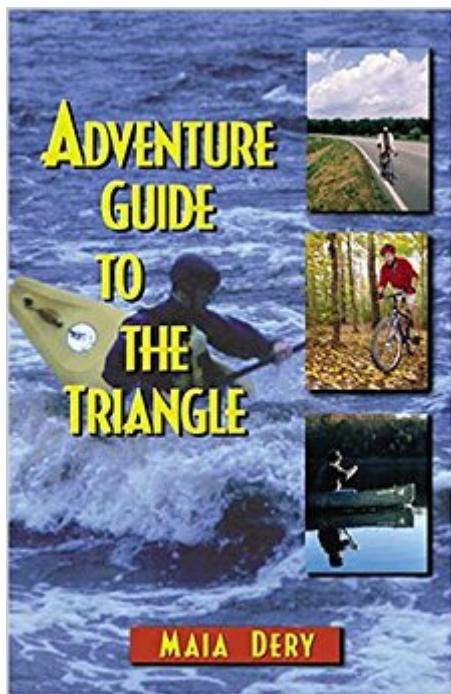


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# Adventure Guide To The Triangle



## **Synopsis**

This is the first comprehensive guide that covers all hiking, bicycling, and paddling opportunities in the Triangle area of North Carolina. In this guide, the Triangle encompasses Chatham, Durham, Harnett, Johnston, Lee, Orange, and Wake counties. This guide also includes the communities of Raleigh, Cary, Durham, Chapel Hill, Carrboro, Apex, and Pittsboro. Every hiking and biking trail is described and labeled according to length, difficulty, and surface. Each trail also has a map and in-depth trail directions. The rivers are broken down by section, with classes and levels provided. Along with a general description of each section is a listing of major rapids and difficulties.

## **Book Information**

Paperback: 452 pages

Publisher: John F. Blair, Publisher (April 1, 2005)

Language: English

ISBN-10: 0895873125

ISBN-13: 978-0895873125

Product Dimensions: 6.3 x 0.9 x 8.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,380,257 in Books (See Top 100 in Books) #103 in Books > Sports & Outdoors > Nature Travel > Adventure > Canoeing #427 in Books > Sports & Outdoors > Outdoor Recreation > Canoeing #480 in Books > Sports & Outdoors > Individual Sports > Cycling > Excursion Guides

## **Customer Reviews**

Maia Dery grew up in the Triangle area of North Carolina. She worked in a local outdoor shop for more than a decade after and while obtaining a B.A. from UNC-Chapel Hill and an M.A. from Duke University. She personally paddled every river or lake, and walked or biked every trail, greenway, and designated bike route in Adventure Guide to the Triangle. She is currently a lecturer in photography at Guilford College in Greensboro, North Carolina.

I grew up in the Triangle area. Plenty to do, but Maia Dery's guide offers the stuff even the natives don't know about. Fun, relaxed writing style makes it easy to read.

Mia Dery's Adventure Guide To The Triangle refers to North Carolina's Triangle area, who enjoy a

range of outdoor activities from mountain and road biking to hiking and sea kayaking. Visitors and residents alike will find plenty of sports and outdoors-oriented suggestions, including clear directions and line maps for locating the area, difficulty ratings, and reviews of back roads and byways.

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