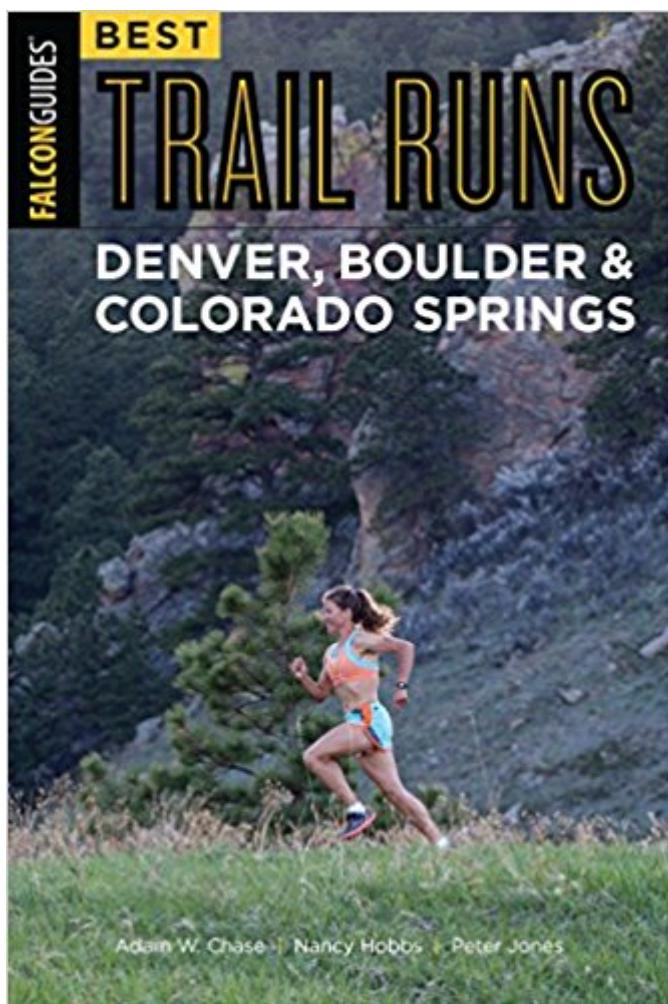


The book was found

Best Trail Runs Denver, Boulder & Colorado Springs (Falcon Guides)



Synopsis

Best Trail Runs Denver and Boulder features forty of the best trail runs within an hour of both cities—complete with color photos, maps, and detailed specs and trail descriptions, as well as GPS coordinates for all trailheads. Sidebars throughout the book highlight useful information about local restaurants, lodging, entertainment, and other amenities, as well as information about local running clubs, outdoor retail shops, and more. More than just a “where-to” guidebook to the best trail runs in and around these urban areas, Best Trail Runs Denver and Boulder includes vital information on warm-up exercises for each area’s specific terrain, as well as hazards in the area (and how to prepare for them), and the best seasons to run which trails. Full of inspirational photos throughout, this book also includes practical maps and must-see features along the way.

Book Information

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Customer Reviews

Adam Chase is a U.S. trail running brand ambassador at Salomon, and is the gear and adventure editor at RunHaven.com. He is a former editor at Running Times and Colorado Running Magazine. Co-Author Nancy Hobbs is the founder of the American Trail Running Foundation and is the manager of the US Mountain Running Teams.

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