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One Hundred Hikes in the Central Oregon Cascades (100 Hikes)

William L. Sullivan

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William L. Sullivan : One Hundred Hikes in the Central Oregon Cascades (100 Hikes) before purchasing it in order to gage whether or not it would be worth my time, and all praised One Hundred Hikes in the Central Oregon Cascades (100 Hikes):

Welcome to Oregon's favorite hiking area, the mountains between the Willamette Valley and Bend. Few regions pack such a variety of trails into an area crossable by a two-hour drive. This guide covers more than just the well-known Three Sisters, Mt. Jefferson, and Diamond Peak Wilderness Areas. You'll discover paths to a natural rock arch near Detroit, a cluster of lava caves near Bend, a dry waterfall on the McKenzie River, and a gold-mining ghost town near Cottage Grove. Twenty-three of the trips are open even in winter. This guidebook features several difficulty levels. Hikers with children will find 50 hikes carefully chosen for them. On the other hand, a quarter of the hikes included are unabashedly difficult, and 56 of the trails are rated as suitable for backpackers as well as day hikers. Special symbols identify trails recommended for mountain bikers and equestrians. At the back of the book you'll find a list of 20 all-accessible trails suitable for strollers and wheelchairs. And if you really want to get away from it all, there's even an appendix describing 100 MORE hikes in the Central Oregon Cascades -- little known but interesting paths for adventurous spirits.