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The Creaky Knees Guide Northern California: The 80 Best Easy Hikes. From hikes just outside of San Francisco to long strolls in the Sierra Nevada, this book covers 80 of the best easy-to-walk hikes throughout the region, providing elevation gains, detailed maps, and up-to-date driving directions. It also includes hike mileage and estimated hiking

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times, trail conditions, access and permit requirements, and ratings of each hike's difficulty.

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Offshoot hikes are featured for those who reach the end of the hike but want to extend their workout. Written in a personal but informative tone by outdoors expert Ann Marie Brown, the Creaky Knees Guide is a perfect resource anyone can use to explore the beauty of Northern California without breaking too much of a sweat.

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About The Creaky Knees Guide Northern California, 2nd Edition. This fully updated edition of this bestselling easy hiking guide (over 10,000 sold) features the 80 best low-impact day hikes in Northern California, perfect for aging baby boomers, seniors, those traveling with small children, and anyone else interested more in a stroll than a climb. From hikes just outside of San Francisco to long strolls in the Sierra Nevada, this book covers 80 of the best easy-to-walk hikes throughout the ...

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In the final analysis then, if you want to enjoy some quality northern California hiking, The Creaky Knees Guide to Northern California should be your first choice among recent guidebooks. I will be using it on future trips to the northern part of the Golden State. 23 people found this helpful

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