

## **Cycling Los Angeles**

Don Brundige, Sharron Brundige

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The book provides 71 on-road trip descriptions (totaling 85 rides) in Los Angeles County. Rides vary from those for short-length family trips on separated bike paths, many longer exploratory and workout trips for more experienced riders on various quality bike routes, and a few "gut-buster" tours for the most physically fit and motivated bikers. Over 1100 one-way miles of biking are described: along harbors, beaches, rivers and lakes, in parks, valleys, and canyons. Included are a coastal century (up and back) from the City of Santa Monica to Port Hueneme in Ventura County and a tour of Avalon on Santa Catalina Island.

A master map shows ride locations within the county and a master matrix identifies ride location, level of difficulty, route composition (percentage on bike trail, signed bike lanes or open roadway) and a general trip characterization (i.e., trip is scenic; in a natural setting; there are attractions along the way.) Each trip description contains a detailed trip map and elevation-distance profile (if necessary) and scenic or characterinterest photographs are scattered throughout the book. The route maps note the location of water, landmarks, campsites, and other points of interest.



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