



Mountain Biking the Washington, D.C./Baltimore Area, 4th: An Atlas of Northern Virginia, Maryland, and D.C.'s Greatest Off-Road Bicycle Rides (Regional Mountain Biking Series)

Scott Adams, Martin Fernandez

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Here is everything bicyclists need to know to enjoy off-road adventures in a region layered in more than its share of pavement. Plunge down steep, rugged singletrack over Maryland's Allegheny Mountains; relax along leisurely lakeside trails minutes from the Beltway; or travel off-road through Virginia's scenic horse country, stopping only for a taste of wine from the region's great vineyards. This guide shows both novice and experienced cyclists how to get out of the gridlock and into the woods.

From this book cyclists can expect exhaustive and comprehensive trail descriptions, from beginner to advanced, GPS-quality, digitally designed relief maps detailing each ride and accurate route profiles showing the ups and downs of each ride. In addition detailed directions get them to the ride without getting lost. Detailed mile-by-mile directional cues are also provided with difficulty ratings, elevation gain, trail contacts, and much more.

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