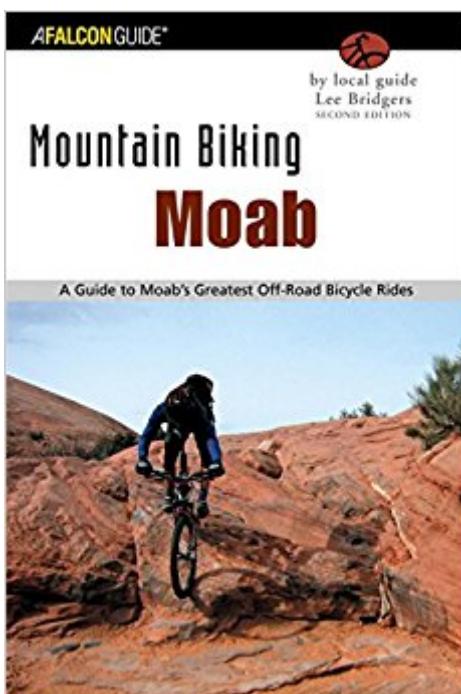


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# Mountain Biking Moab: A Guide To Moab's Greatest Off-Road Bicycle Rides (Regional Mountain Biking Series)



## Synopsis

We flock to it in droves to pay homage to what many consider the North Shore, the Mount Everest, the Vatican, the Taj Mahal, the Empire State Building, the Marilyn Monroe of mountain biking -- Moab, Utah. But mind you, Moab is not for everyone. Nowhere is the terrain more challenging or more dangerous. Nowhere is the penalty stiffer for screwing up. But if mountain bikers don't ride Moab, they will forever dream of what could have been. Moab is simply the best mountain bike destination on earth. No question. No controversy. No ifs, ands, or buts. It gets under your skin. Come here once, and you will come again and again. From this book mountain bikers can expect exhaustive and comprehensive trail descriptions, from beginner to advanced, GPS-quality, digitally designed relief maps detailing each ride, and accurate profiles maps showing the ups and downs of each route. In addition, detailed directions get cyclists to the ride without getting them lost. Detailed mile-by-mile directional cues are also provided with difficulty ratings, elevation gain, trail contacts, and much more.

## Book Information

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## Customer Reviews

Moab is a mecca for mountain bikers, who come from around the world to ride its challenging trails. Whether you're a newcomer to the area or a frequent fat-tire flier, Mountain Bike America: Moab is a great addition to your fanny pack. Local cyclist Lee Bridgers blends his passion for mountain biking with his obvious love of Moab, describing 49 rides ranging from easy (Old Moab Highway, Dalton

Wells) to "very difficult to abusive" (Porcupine Rim). Each starts with an overview--where to start, how far the ride is, how long you can expect it to take, warnings, environmental concerns, and how to get there--before launching into a detailed description of what you'll experience along the way, be it slick rock, deep sand, dinosaur tracks, or rusted mining equipment. Bridgers is careful to point out places where cyclists should use caution, encouraging less experienced riders to dismount--"if you are pushing a mountain bike, you are still mountain biking. Live to ride tomorrow." Detailed maps will help you plan your days--especially the cross-sections of each ride's ups and downs. Throughout the book, Bridgers emphasizes the need to protect the environment--"as mountain bikers we had better learn to co-exist with nature or else we'll lose the privileges to enjoy it from the saddle"--and offers up stories from his experiences as one of Moab's leading bike tour guides. Special sections on safety (carry more water than you think you'll need), bike selection and repair, Moab-necessary techniques (sand riding, dealing with flies), and area food, lodging, and services make this a useful all-around resource. --Sunny Delaney --This text refers to an out of print or unavailable edition of this title.

These two guidebooks are part of Globe Pequot's extensive new series on mountain bike trails throughout the United States, all written by local mountain bikers familiar with the turf. Of these two, D'Antonio's Philadelphia is perhaps more representative of the series as a whole, which also includes guides on Boston, Colorado, Washington, New Hampshire/Maine, Indiana, Ohio, Virginia, Oregon, Vermont, and Washington, DC/Baltimore. D'Antonio is a knowledgeable guide and a skilled writer who provides the reader with a solid account of the 44 trails from Philadelphia and the surrounding states of Pennsylvania, New Jersey, Delaware, and even Maryland. He gives basic specs on how to get to each trail, how long the ride is, how difficult it is, and who else uses the trail. Each description features a narrative overview of the trail, with background information as well as a trail map, an elevation map, milepost-by-milepost directions, and ample black-and-white photographs. In addition, contacts are given for local information, organizations, events, accommodations, and food. The Moab guide includes the same features but takes a more gonzo, extreme tack that probably befits the exhilarating nature of what might be the ultimate challenge in bike trails. Bridgers, owner and operator of Dreamride Mountain Bike Tours in Moab, UT, includes a lot of local color beyond the trails, elaborating on the notable characters, history, and scenery of the canyon-lands area. He also injects more of his life and opinions into the work than the reader may want to know. Nevertheless, the guide as a whole is exceedingly thorough and its subject spectacular. All libraries will want to buy at least the trail guides local to their regions. Larger libraries

may want to consider purchasing the entire series. DJohn Maxymuk, Rutgers Univ. Lib., Camden, NJ Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Haven't been able to get to Moab but the book seems like it will be helpful when I get there.

I found Lee Bridges book very entertaining. He breaks the area down into regions and gives detailed descriptions of his favorite rides in each of the five regions. Interspersed with the trail descriptions are his own stories about the town of Moab and the people who reside there. It is not a comprehensive trail guide and is not meant to be. The trails are always changing. One can get a trail map for a few dollars at any bike shop in town. However, the trail maps will not be nearly as entertaining as this book.

new trails are always being added in and around Moab but this book gives some great descriptions of the basic trail system and also a lot of great history and insight. I would recommend it to get the local authors input on the details for the area you want to ride

I've had this book since early 2001 before my first trip to Moab. I've been biking and hiking there many times since then but I can remember how scared I was before I went there for the first time after reading this. I kind of laugh to myself about that now because I can see what he's doing. He is a bike guide trying to drum up business and I get that. It's just a little off-putting that he puts down his fellow businesses and the people that patronize them. There is definitely a tone of self-aggrandizement in the book and I get the feeling that he wants to be regarded with the likes of Edward Abbey. He just can't pull it off. That being said, he does have some interesting stories. The most interesting are about Lin Ottlinger -- the Rock Shop guy who, from reading this book seems to be friends with the author. The local stories are interesting and he obviously does have a good knowledge of the area. Who's to say whether he is communicating it honestly. I can see where he would drive local business people crazy. I remember the first time I went to Moab, asking a few guides and local shop owners (who do NOT carry his book) about him and they all acted like they had no idea who I was talking about--through gritted teeth. A credit to their professionalism. I'll be honest, I guess I couldn't resist the "sensationalism" his book provides. Gives you more insight to small town competitiveness and tourism than it does biking. But I guess it's all what you're looking for.

I am headed to Moab for the first time and picked up this book hoping to make some rough plans. I like irreverent travel authors with an attitude (Bill Bryson, William Nealy, Jim Malusa) but this guy is over the top. There is more opinion and attitude than information. The author is way too full of himself. I really need the information but I refuse to read anymore. It is like getting directions from some one who is mooning you and breaking wind while they are talking to you. There may be useful information in there but you will have to hold your breath and plug your nose trying to find it. The glowing reviews of this book are highly suspect.

Great book, great service. Thanks!

may have been good 15 years ago but no longer applicable

This book is a must for anyone planning a ride in or around Moab. I've been there many times to bike and jeep and a resource like this book makes things must more enjoyable

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