



The Creaky Knees Guide Northern California: The 80 Best Easy Hikes

Ann Marie Brown

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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 times, trail conditions, access and permit requirements, and ratings of each hike's difficulty, from "Stroll in the Park" to "Prepare to Perspire."

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.

Ann Marie Brown has written more than thirteen guidebooks on California recreation. Her writing has been featured in *Sunset*, *VIA*, and *Smithsonian* magazines. She lives in Lake Tahoe, CA.

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