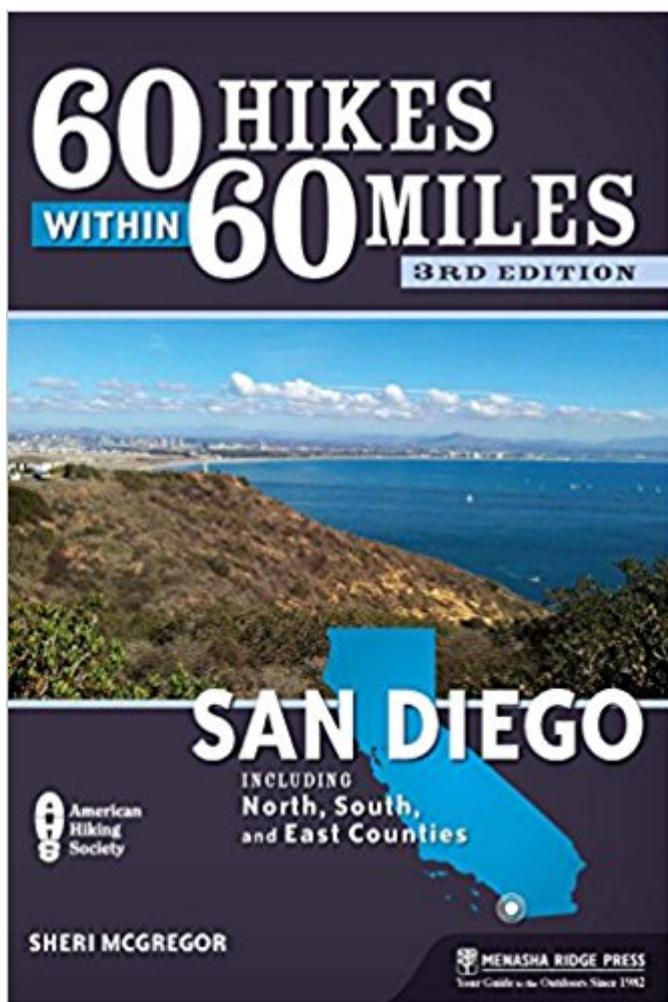


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# 60 Hikes Within 60 Miles: San Diego: Including North, South And East Counties



## Synopsis

The natural open spaces in and around San Diego are a prized natural resource for area hikers, and author Sheri McGregor shows you where and how to enjoy 60 of the best trails that the city of San Diego, nearby state parks, and private ventures have to offer. Bounded by San Diego Bay and the Pacific coastline to the west, the Santa Rosa Mountains to the east, Mexico to the south, and the lower reaches of the Los Angeles metro area to the north, the 60-mile radius beyond San Diego creates a small, but rich wedge of scenic, natural wealth. Whether you're an experienced hiker or a casual day-hiker, 60 Hikes Within 60 Miles: San Diego is the perfect tool to explore it all.

## Book Information

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## Customer Reviews

A prolific writer of outdoor narrative, travel, fitness, and fiction, author Sheri McGregor knows San Diego hiking. Author of Day and Overnight Hikes Anza-Borrego Desert State Park, McGregor appreciates the tranquility of a coastal walk but is just as at home trekking along a stark desert trail. Over 1,000 of her articles have appeared in print, including The Washington Post, Salon.com, and Reader's Digest publications. An active promoter of her books, Sheri appears frequently on local TV, is featured in local publications, and maintains two websites, one of which is devoted to 60 Hikes Within 60 Miles: San Diego.

So you want to visit San Diego. The Zoo and Wild Animal Park are world renowned, and of course you need to go to Sea World, Lego Land, and a host of other attractions, all worthy, and all

expensive. (I find myself visiting regularly to watch college football and basketball.) But have you thought about hiking there? San Diego County offers some wonderful undeveloped shoreline where temperatures are pleasant year round. Inland nature and recreational preserves are numerous, and growing all the time in both size and number. And within roughly an hour's drive you can reach beautiful mountains and parts of California's largest state park, the Anza Borrego Desert. All these regions are found in this 3rd edition of Sheri McGregor's 60 Hikes within 60 Miles, San Diego. For a hiking guide to even reach multiple editions it has to be pretty good and this one is deservedly a best seller within the genre. Part of that is due to the author's commitment to outdoor recreation both as an exercise and as a source of spiritual and psychological healing. This vision of what hiking can be informs much of the book and the selections the author offers are mainly chosen with the goal of reconnecting oneself with nature, even if time constraints mean you cannot travel to far from the large urban centers within the county. Another part is attempt to make this book accessible to everyone, from the casual walker to those who favor hard core hiking adventures. Although none of the trails in this book require an overnight, some of the day hikes are quite challenging. The hikes presented at the Elven Forest Recreational Reserve, outside of Escondido, exemplify the variety of trails found in this text. (I visited the preserve before writing this review and I have hiked many of the other trails described in the third edition which appeared in previous trail guides.) The two hikes from this preserve include a moderately gentle (albeit rocky in places) one mile nature walk, and a fairly strenuous 5.6 lollipop loop with substantial elevation gain and loss. And readers will easily find just about everything in between these types of hikes. Nearly half of the hikes in this book are found in north county preserves, which isn't surprising because the relative lack of population density in the north inland region of San Diego County has left more opportunity for open space. But readers will also find a dozen hikes in the San Diego mountains where elevations reach 6,000 feet and cool pine forests offer a break from summer heat. I love all ten coastal trails described here, and particularly the ones around Torrey Pines State Reserve, arguably the most spectacular coastline in southern California. A smattering of trails from inland south county and the Anza Borrego Desert round out the book. As for the routes themselves, descriptions are detailed and often include a personal touch involving the author's experiences on that particular trail. Some of the mileages in the third edition have been slightly revised from distances listed in earlier editions of this book. Maps remain adequate and easy to follow. If I have a complaint, it is that the synopsis of information about a trail appears usually on the second page of the write up and not the first, and driving directions to the trail head appear at the end of the route description, not at the front. These cavils pretty much apply to the entire 60 Hikes in 60 miles series. But then the whole series, in one sense, limits all that

San Diego offers in the way of outdoor recreation. Only 60 hikes? But if you had to narrow it down to just 60, it would hard to beat the list MacGregor offers in the third edition of this guidebook.

I bought this for the Kindle and really like it. I use it with the alltrails app on my iPhone. I am considering purchasing the paper copy of it so I can take notes.

This book has a lot of information as to the walks as well as a description of the walk and directions however if one is not familiar with the San Diego area I recommend a good map or use maps on your computer to at least get you close to the area where you will be walking.

Great addition to my collection. I've already explored these trails.

has pictures, great descriptions, and very informative. I didn't know about a lot of the hikes in this book even though I was born a raised in San Diego

Good hiking book!

Great!

This book gives me all the information I need to schedule hiking trips while in the San Diego area. It was in great condition and I will use it often during my stay there.

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