



Monterey Trail Runner's Guide

Jeffrey Van Middlebrook, Jeffrey Van Middlebrook

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Monterey Trail Runner's Guide Jeffrey Van Middlebrook, Jeffrey Van Middlebrook California's Monterey Peninsula combines natural beauty, varied terrain, and a moderate climate. In this portable guide, author Jeffrey Van Middlebrook coaxes runners "off the pavement and into the solitude and beauty of forests." Careful descriptions of his favorite routes are accompanied by maps, difficulty ratings, mileages, and parking information.



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