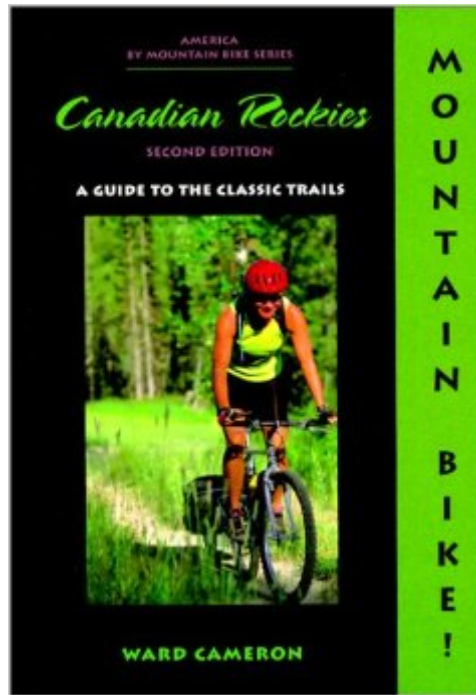


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# Mountain Bike! The Canadian Rockies



## Synopsis

In a region where temperatures range from -50(C to +40(C, snow is a year-round occurrence, and high winds, high altitude, and thinning air become problematic. It pays to have the inside scoop on mountain biking this challenging region. Mountain Bike! The Canadian Rockies will introduce you to the thrill and excitement of Canada's magnificent western wilderness. This newly revised edition provides detailed information on 108 of the best rides throughout the mountainous regions of Alberta and British Columbia, including tours through Banff National Park, Canmore/Kananaskis Country, Waterton Lakes National Park, Jasper National Park, Yoho National Park, Golden Area, Kootenay-Invermere, the Southern Rockies, and Cypress Hills Provincial Park. Author Ward Cameron has uncovered a diverse collection of trails that offer something for mountain bikers of all abilities. From monumental single-track ascents to leisurely riders through breathtaking scenery, if it's good riding, it's profiled here. Each route profile features at-a-glance key information, a thorough ride description, a detailed trail map, helpful sources of information, proximity of important services, valuable commentary on elevation changes and possible hazards and a rescue index. This guide also features interesting and entertaining photographs, vivid descriptions of the native flora and fauna, a glossary of mountain biking terms and tips on mountain biking etiquette.

## Book Information

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