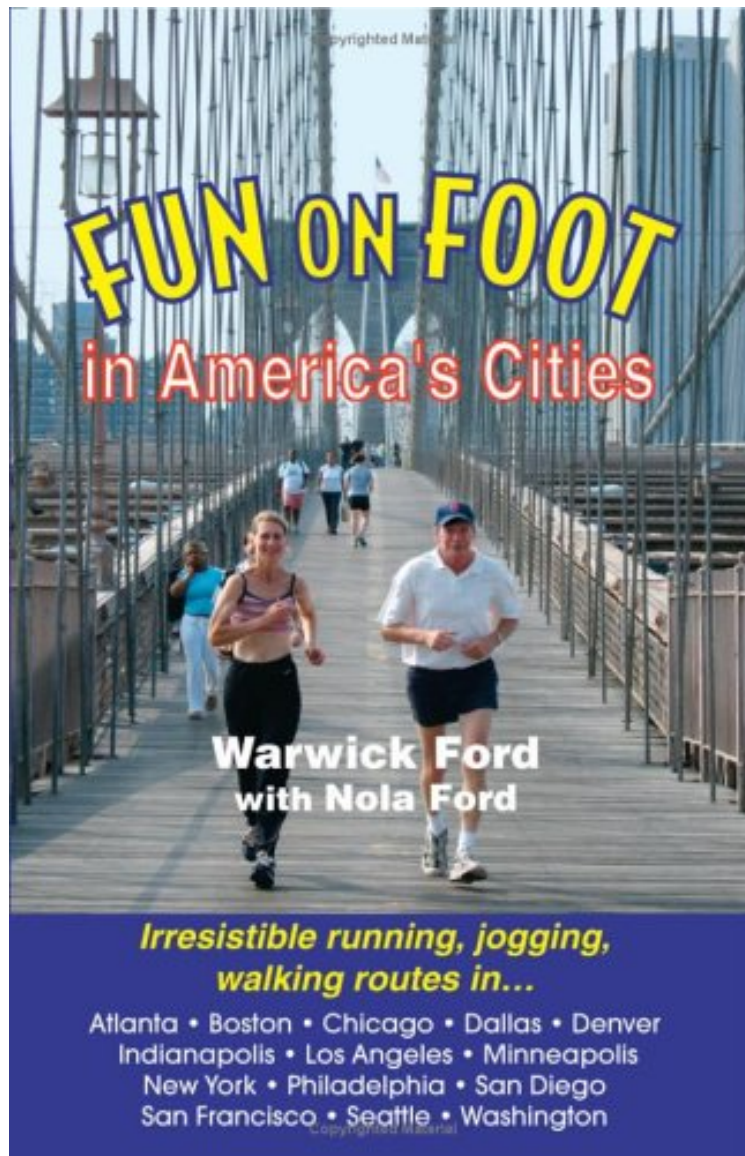


Fun on Foot in America's Cities

Warwick Ford, Nola Ford

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Warwick Ford, Nola Ford : Fun on Foot in America's Cities before purchasing it in order to gage whether or not it would be worth my time, and all praised Fun on Foot in America's Cities:

5 of 5 people found the following review helpful. The ultimate guide to the "unseen" America via foot travelBy Midwest Book ReviewFun On Foot In America's Cities by Warwick and Nola Ford is the ultimate guide to the "unseen" America via foot travel. Discover the endless pathways accessible to all walkers, runners and joggers in Fun

On Foot. As an in-depth guide to some of America's most adventurous and interesting footpaths, Fun On Foot will enlighten readers to the top 50 urban 4 to 10 mile routes in 14 major U.S. cities, including details on comfort and safety, historic, cultural or aesthetic attractions, convenience without needing a vehicle, and worthy destinations to motivate the reader to fulfill the planned route. Fun On Foot is very highly recommended to all American vacationers, especially those in tune with nature. 6 of 6 people found the following review helpful. Interested in health and fitness? This is a must have....By Carmel HaughFun on Foot makes a fantastic addition to any book collection. It is a cornerstone item if you travel around the US and like to keep fit in some of America's most fun cities. It provides great coverage on routes for casual walkers, joggers or runners. The routes can be incorporated into a leisurely afternoon stroll, or a quick run or jog for the time restricted traveler. My husband and I really benefited from the NYC Central Park route and took advantage of it many times during our visits to the big apple. The maps are great and there are well illustrated notes. Looking forward with great anticipation to the European edition....5 of 5 people found the following review helpful. Great book for the running enthusiast that travels frequentlyBy Allen VolchukI found this book to be well written and easy to read. In addition to the well planned running/walking routes in more than a dozen American cities, the book is full of interesting historical notes on the sites along the routes described. The book will appeal to those interested in keeping in shape while traveling to various cities in the USA. Having lived in New York City for many years, I am familiar with most of the wonderful routes described in this city. I will certainly bring the book along on my trip to Washington in June and other American cities in the future.Allen VolchukToronto, Canada

This book is for all on-foot exercisers, from serious runners in training to recreational joggers to people who just appreciate a solid walk. The book highlights the top 50 urban 4- to 10-mile routes in 14 major U.S. cities: Atlanta, Boston, Chicago, Dallas, Denver, Indianapolis, Los Angeles, Minneapolis, New York, Philadelphia, San Diego, San Francisco, Seattle, and Washington. The routes are short enough for a half-day walk and long enough for a nice run for a serious runner. City and route descriptions include information on local history and attractions, on-foot conditions, local weather, crime statistics, points of interest, public transit to/from start/finish (if needed), and food and beverage establishments at the end of the route. Ways to vary routes according to personal taste are discussed, along with other ideas for on-foot routes in each city covered. The book includes 64 maps and 125 photographs. It is a must-have for the business or recreational traveler who likes to get outdoors for exercise.

"It's a fitness plan so simple it's stunning. So simple, in fact, it's disguised as a guide book. Fun on Foot resonated with me instantly. ." --January Magazine"As an avid jogger and well-traveled executive of a California telecom firm, Warwick Ford could write a book on great places to run in big cities across the USA. And now he has." --USA Today" What we found most enjoyable about the new guide is the handy tips such as which Washington DC neighborhoods are best for walking, average temperatures, a map to plan your route, and what to look out for along the way." --USA Travel MagazineAbout the AuthorWarwick Ford and Nola Ford are keen runners and travelers. Their mission is to help others get outdoors running and walking more around the cities where they live or visit. Warwick and Nola are both experienced marathon runners, living in New York City. They lived previously in Boston, have spent much time around Philadelphia and throughout New England, and travel the rest of the US regularly. They help other runners and on-foot exercisers through their books, maps, and other information on their website.