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Ned Friary, Glenda Bendure

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Ned Friary, Glenda Bendure : Walks Rambles on Cape Cod and the Islands (A Naturalist's Hiking Guide)
before purchasing it in order to gage whether or not it would be worth my time, and all praised Walks Rambles on Cape Cod and the Islands (A Naturalist's Hiking Guide):

Cape Cod, Martha's Vineyard, Nantucket: The very names conjure images of endless sandy beaches, old whaling towns, lighthouses, cranberry bogs, and sheltered coves. Here, the scenery changes with the seasons--from colorful wildflowers to fall foliage, from migrating birds to wintering seals--and this naturalist's hiking guide tells you when and where to see it all. The region includes some of the best bird-watching trails in the Northeast: salt marsh walks, woodland rambles, beach strolls, wildlife refuges, and the magnificent 40-mile-long Cape Cod National Seashore. With a climate tempered by the sea, summers linger into fall and winters are mild enough for year-round hiking. Of the 35 walks described in this updated second edition, 24 are mainland jaunts, 7 explore Martha's Vineyard, and 4 are on Nantucket. Each description includes a map, directions to the trailhead, and commentary on local and natural history. Great for summer visitors looking for refreshing day trips off the beaten path. A must for residents interested in the local and natural history of their home.

This wonderfully detailed book makes you want to lace up your walking shoes and head out. -- Northeast Outdoors
About the Author Ned Friary and Glenda Bendure have also written travel guides to Hawaii, Micronesia, and Norway. Glenda writes for the Cape Cod Times; Ned's photographs have appeared in many books and magazines. They live in Marstons Mills, on Cape Cod.