HIGH PEAKS WITH LONG VIEWS, lush nature sanctuaries, scenic stretches of the Appalachian Trail, and cliffs with rugged, rocky scramblesâ€"Connecticut offers an amazing variety of day hikes for beginner and experienced hikers alike. This information-packed guide from outdoor experts at the Appalachian Mountain Club offers 50 of the state's best trips, from a trek up Bear Mountain, to caves and riverside walks, to shoreline hikes along the Atlantic. Each trip features detailed descriptions, photographs, maps, GPS coordinates, fun facts, and information about nearby amenities. An at-a-glance chart highlights the best hikes for kids, dogs, snowshoeing, and cross-country skiing.RENE LAUBACH is the director of Mass Audubon's Berkshire Wildlife Sanctuaries and has led tours in the United States and internationally. He has authored many books, including AMC's Best Day Hikes in the Berkshires. CHARLES SMITH was raised in Connecticut and has a degree in environmental horticulture. He has authored eleven books and many articles on natural history, outdoor recreation, and gardening. Smith was named conservationist of the year by the Housatonic Valley Association.INSIDE YOU'LL FIND• 50 HIKING TRIPS for all ability levels and seasons• AT-A-GLANCE TRIP PLANNER to help you find the trip that's right for you• DETAILED MAPS showing parking areas, trails, and natural highlights• SUMMARIES of time, distance, and difficulty level for each trail• GPS coordinates for trailheads• HIKING AND SAFETY TIPS, including advice on what to carry in your pack• ESSAYS on nature and history of the region"This is a terrific guide to some of the most scenic places in Connecticut. It highlights our state's most special trails and honors those who continue to maintain and host these trails for public enjoyment.―â€" Eric Hammerling, Executive Director, Connecticut Forest & Park Association

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