



## Hiking and Adventure Guide to Sonoma Coast and Russian River

By Stephen W. Hinch

Wilderness Press, United States, 2009. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The only complete guide to the six state parks and 15 coastal and riverside regional parks in one of the most rugged and beautiful regions of northern California: the magnificent Sonoma Coast and Russian River. The full range of outdoor adventures are described here, including hiking, camping, diving, whale/seal watching, and more. At Sonoma Coast State Park, explore miles of sandy beaches, isolated coves, and wildflower-covered trails. Watch for whales at Bodega Head. Visit Fort Ross State Historic Park, a Russian colonial outpost dating back to 1812. Free-dive for abalone at Salt Point State Park, site of strange sandstone sculptures and a rare pygmy forest. See the rhododendrons that bloom each spring at nearby Kruse Rhododendron Reserve, then turn inland to Armstrong Redwoods State Reserve, home to the last major stand of old-growth redwoods in Sonoma County. Detailed trail descriptions and trail maps along with a table of GPS waypoints for trail junctions and point of interest.

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