



# Best Trail Runs Denver and Boulder

*Adam Chase*

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*Best Trail Runs Denver and Boulder* features forty of the best trail runs within an hour of both cities—complete with color photos, maps, and detailed specs and trail descriptions, as well as GPS coordinates for all trailheads. Sidebars throughout the book highlight useful information about local restaurants, lodging, entertainment, and other amenities, as well as information about local running clubs, outdoor retail shops, and more. More than just a “where-to” guidebook to the best trail runs in and around these urban areas, *Best Trail Runs Denver and Boulder* includes vital information on warm-up exercises for each area’s specific terrain, as well as hazards in the area (and how to prepare for them), and the best seasons to run which trails. Full of inspiring photos throughout, this book also includes practical maps featuring key information such as elevation gains and noting must-see features and attractions along the way.

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