

Hike The Parks Redwood National State Parks Best Day Hikes Walks And Sights

Backpacker The National Parks Coast to Coast Hike the
Parks: Redwood National & State Parks California's National
Parks The Once and Future Forest Humboldt Redwoods State
Park Best Short Hikes in Redwood National and State
Parks 60 Hikes Within 60 Miles: San Francisco The Redwood
Coast Trails of Crater Lake National Park and Oregon Caves
National Monument Hiking Big Bend National Park Travel
Guide for Northern California's Redwood Forests Day Hiking
Oregon Coast Sequoia and King's Canyon National
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Lifetime in America Coastal Trails of Northern California

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Adventure Guidebook! From a challenging climb up Lassen Peak to easy rambles around crystal clear lakes, this indispensable guide covers the best of the Northern California national park with 59 hike descriptions. Information on campsites, backcountry permits, safety, trail finder table, and a list of the author's favorites, as well as the natural and human history of the park, make this an essential guide for visitors to this national treasure.

Hike the Parks: Redwood National & State Parks

California's National Parks

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types share that unique brownish red bark as well as the tendency to grow to greater heights. More so, these trees vary in climate requirements in order to thrive. The giant or coastal redwoods (*sequoia sempervirens*) are distinct from its relative tree which is the giant sequoia (*sequoiadendron giganteum*) basically because of its environmental requirements. As the name suggests, the giant coastal redwoods survive in moist or humid climates because it is where the marine fog delivers the necessary climate to enable its growth. The fog is the source of moisture to the soil which also helps trap it, thus lowering evaporation rates. The giant or coastal redwoods usually outgrow their relatives and may stand up to 378 feet in height. On the other hand, the giant sequoias survive in the higher elevation locations compared to the giant redwoods. They grow naturally along the slopes of the Sierra Nevada's, most of which stands at 5,000 – 7,000 feet elevation. The giant sequoias also need periodic heat so that their cones open and produce seeds. These trees still grow to imposing heights of 311 feet but are relatively shorter than their coastal counterparts. But although the giant sequoias lack in height, they still make up for their wider size which considerably outweighs the giant redwoods. Because of its sheer volume, it is the giant sequoias that hold title to being the largest tree in the world. The General Sherman, which is known for being the most gigantic of all sequoias, weighs in at an astounding 2.7 million pounds and stands supreme at around 275 feet from the base which was also measured at 100 feet wide. The General Sherman is not only known as the largest tree but it has also been named as the largest living organism of the earth. The people know about the Redwoods as the home to the tallest trees in the world. But apart from housing the giant trees, Redwood parks, and forests still cover and protect large prairies, gushing river ways, oak woodlands and a long 40-mile stretch

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of primeval coastline, making up an abundantly rich wildlife environment characterized by great diversity. These natural beauties serve not only as a source of enjoyment, but also of inspiration and education to the people.

The Once and Future Forest

* Color over-view map and compact size for stashing in a pack or jacket pocket * Includes a quick guide to the hikes that lists outings by features such as walks or hikes to hidden beaches, along bay spits, to lakes, or across sand dunes * Sidebars explore the natural history, flora and fauna, and geology of the area Undulating sand dunes, primeval forests, rocky headlands, remote beaches: the wild Oregon coast is impossible to resist. In this updated guide, Bonnie Henderson points you to the 120 best outings in the region, from the Columbia River in the north to the Winchuck River in the south, right by the California coast. Hikes range from an easy beach walk to a multi-day trek of the Oregon Coast Trail. For each outing, you'll find clear driving directions along with a comprehensive trail description covering distance, difficulty, terrain, best time to go, and more. You'll find suggestions for other outdoor activities, such as tidepooling, cycling, wildlife viewing, and camping, to help make the most of your time at the beach.

Humboldt Redwoods State Park

• 125 day hikes aimed at a variety of skill levels • A popular outdoor sports destination of iconic parks and mountains Day Hiking: Mount Shasta, Lassen & Trinity Alps Regions covers the expansive and beautiful geographic triangle comprised of these three areas. This new guide features: • Trailhead

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driving directions, trail descriptions, length and elevation data, nearby campgrounds, and more • Star ratings applied to every hike • GPS coordinates for every hike's trailhead • Two-color design and topo maps—plus a full-color photo insert • Icons for quick selection of hikes that are dog-friendly or kid-friendly or that have exceptional views, historical interest, and wildflowers in season • Options to extend a day hike, when applicable

Best Short Hikes in Redwood National and State Parks

60 Hikes Within 60 Miles: San Francisco

This guide includes everything you need to make the most of a visit to Crater Lake and Oregon Caves -- detailed descriptions of every trail, sightseeing suggestions, and tips on where to stay. Explore the geology behind Crater Lake's exploded volcano, read the Klath Indian legend of the eruption, and learn the history of the National Park Service's efforts to preserve these areas. Written by Oregon's foremost outdoor author in partnership with the Crater Lake Natural History Association and the Oregon Caves Natural History Association.

The Redwood Coast

Coastal Trails of Northern California Including Best Dog Friendly Beaches is a hiking guide to between 40 and 45 of the best coastal trails in Northern California including dog friendly beaches. Look inside for detailed hike descriptions, miles and directions, maps, and color photos for each hike.

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Hike descriptions also include history, local trivia, and trailhead GPS coordinates.

Trails of Crater Lake National Park and Oregon Caves National Monument

With over 90 hikes in the Southern Cascades and Siskiyou Mountain Range, this book is easily the most comprehensive guide available for Southern Oregon's diverse hiking opportunities. Explore the Mount Thielsen, Sky Lakes, Mountain Lakes, Red Buttes, and Wild Rogue Wilderness Areas, and much more. This guide also covers all trails in Crater Lake National Park. Complete with maps, elevation profiles, and clear, informative hike narratives, this book is bound to be the standard against which all other guides for the area are judged.

Hiking Big Bend National Park

Travel Guide for Northern California's Redwood Forests

Features hikes everyone, including children and seniors, can enjoy Highlights must-see park sights and activities beyond hiking Full-color maps and photos throughout Hike the Parks: Redwood National & State Parks is the first in a new series of national park hiking guides that feature an easy-to-use design, pocket-sized format, and full-color photos and maps, with top trails detailed alongside top sights. These public lands offer a breathtaking setting of giant trees that have survived dinosaurs by millions of years. 38 of the best day-hiking options, from nature walks to more challenging routes

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Distance and elevation in US and metric measurements
Information on visitors centers, campgrounds, sights, permits, fees, park facts, and more Resources for park "gateway towns" 1- and 3-day itineraries for visitors Overview of the parks' flora and fauna

Day Hiking Oregon Coast

Explore the crystal clear waters on the Summit Lakes Trail at Lassen Volcanic National Park, take in the expansive views at Shenandoah National Park's Old Rag Mountain, or traverse the sandstone cliffs at Angel's Landing in Zion National Park. Choose your adventure from any of the forty-four national parks profiled throughout the book. This book delivers jaw-dropping photos, detailed hike descriptions and maps, ranger essays, and more, all of which combine to create an intimate look at the best our national parks have to offer.

Sequoia and King's Canyon National Parks

Choose from more than 150 trips on over 500 miles of trails with this comprehensive guide to every park and preserve on the San Francisco Peninsula. From Fort Funston and San Bruno Mountain south to Saratoga Gap, and from the Bay west to the Pacific Ocean, the peninsula offers something for everyone. This edition includes 18 new trips covering newly acquired public lands. Also includes maps and a trips-by-theme appendix.

Hiking Southern Oregon

Some of the nation's top National Parks are within California's massive geography. McKinney--the Trailmaster--helps

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potential hikers choose the best parks and the right hikes and activities for every person or family. Through thoughtful and detailed descriptions of each park, the author inspires readers to load up the car and go for an adventure.

Top Trails: Northern California's Redwood Coast

On January 1 of 2016, Stefanie Payne, a creative professional working at NASA Headquarters, and Jonathan Irish, a photographer with National Geographic, left their lives in Washington, D.C. and hit the open road on an expedition to explore and document all 59 of America's national parks during the centennial celebration of the U.S. National Park Service - 59 parks in 52 weeks - the Greatest American Road Trip. Captured in more than 300,000 digital photographs, written stories, and videos shared by the national and international media, their project resulted in an incredible view of America's National Park System seen in its 100th year. 'A Year in the National Parks, The Greatest American Road Trip' is a gorgeous visual journey through our cherished public lands, detailing a rich tapestry of what makes each park special, as seen along an epic journey to visit them all within one special celebratory year.

Hiking Redwood National Park Journal

A simple antidote to our nature-starved lives, The Joy of Forest Bathing is an enticing and comprehensive introduction to forest bathing—or Shinrin-yoku, in Japan—the meditative practice of connecting with nature and disconnecting from the distractions of daily life. Full sensory immersion in the beauty and wonder of nature and trees can produce mental, emotional, and physical health benefits. Research has shown

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that forest bathing lowers blood pressure, pulse rate, and cortisol levels; improves mood; and may even boost our immunity to cancer and other diseases. The Joy of Forest Bathing invites you to experience the benefits of this healing practice for yourself. Learn the history and background of forest bathing, followed by detailed instructions for establishing a forest bathing practice in your own adopted “wild home,” encompassed in three steps: 1. Disengagement from your daily routine 2. Deep breathing and nature connection through a series of quiet activities or “invitations” 3. Transitioning back to your daily life This restorative activity can be enjoyed by people of all ages and abilities: children, teenagers, and even senior citizens with limited mobility and people recovering from illness and surgery. And you don’t need to travel to the Japanese alps to experience the benefits of forest bathing. All you need is a small patch of untouched (or lightly touched) nature to adopt as your “wild home.” Within, find practical tips and inspiration for forest bathing through the seasons: in the winter, when the leafless trees open up new vistas; in the spring, when you can hear the melodious serenade of song birds as they nest in the newly formed green canopy; in the summer, watching the butterflies nectaring on wildflowers; and in the autumn, when you can catch glimpses of hurried squirrels storing food for the winter. The Joy of Forest Bathing introduces a variety of activities that can be enhanced with forest bathing elements, such as mindfulness practices, exercise, art and writing, and outdoor celebrations. Learn, too, how surrendering to the mysteries of nature can provide guidance through difficult times. As you find nourishment in nature, you will instinctively begin to wonder how you can preserve and protect this healing resource. This guide includes suggestions for tending to your “wild home.” Illustrated throughout with enchanting artwork by Dutch illustrator Lieke van der Vorst and stunning nature

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photography, *The Joy of Forest Bathing* is the perfect guide to enhancing your life with the wondrous world of nature. The *Live Well* series from Rock Point invites you to create a life you love through multiple acts of self-discovery and reinvention. These encouraging gift books touch on fun yet hardworking self-improvement strategies, whether it's learning to value progress over perfection, taking time to meditate and slow down to literally smell the roses, or finding time to show gratitude and develop a personal mantra. From learning how to obtain more restful sleep and creating a healthy work/life balance to developing personal style and your own happy place, the *Live Well* series encourages you to live your best life. Other titles in the series include: *Progress Over Perfection*; *Find Your Flow*; *Be Happy*; *Seeking Slow*; *Finding Gratitude*; *Eff This! Meditation*; *Find Your Mantra*; *It Had to be You*; *Men's Society*; *Genius Jokes*; *The Calm and Cozy Book of Sleep*; *Beating Burnout*; *Ayurveda for Life*; *Choose Happy*; and *You Got This*.

Peninsula Trails

"A guide to the nation's great national parks and their best hikes, ranging from short day hikes to backpacking treks and featuring scenic vistas, waterfalls, and information on lodging opportunities. Includes color photographs throughout"--

Bay Area Ridge Trail

If redwood trees could share their stories, what would they say? Some of these giants are thousands of years old, but all have witnessed some truly unique moments in history. Historic Redwood National and State is a vibrant collection of essays sharing different parts of Redwood National Park's

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history, from the Native Americans and the early explorers to park visitors today. Celebrate the 100th anniversary of the National Park Service and learn more about the cultural, political, and natural history of Redwood National and State Parks.

Joshua Tree: The Complete Guide

At last there is a definitive guidebook for the magnificent and beautifully mysterious hikers' paradise known as the Redwood Coast of Northern California. In this new title in the Top Trails series, veteran outdoors author Mike White leads day-trippers and backpackers into some of the most awe-inspiring terrain on earth. Step-by-step in his trail-worn boots, the author created a menu of 57 diverse routes, from a gentle half-mile morning loop to a 29-mile backpacking adventure. Winding through Mendocino, Humboldt, and Del Norte counties, he guides readers into this landscape of lush, old-growth redwoods; picture-postcard vistas to Pacific Ocean sea stacks; winding descents to undisturbed beaches and mesmerizing tide-pool life; pathways to inland canyons; and untamed wilderness shy on humans but boisterous with herds of Roosevelt elk. For readers ready to hit the trail, this is the can't-do-without guide. For armchair travelers, it's 57 journeys into wonderland.

Hiking Humboldt

Welcome to Redwood National and State Parks

"This is not a simple or ordinary history of a conservation crusade. Schrepfer very ably traces the changes in scientific

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wisdom from nineteenth-century romanticism and teleological evolutionism to more current ecological dynamism—and the influence of those intellectual developments on political history. . . . The subject is important—much broader than the title suggests—and so is the book."—American Historical Review

Legacy of Luna

On December 18, 1999, Julia Butterfly Hill's feet touched the ground for the first time in over two years, as she descended from "Luna," a thousand-year-old redwood in Humboldt County, California. Hill had climbed 180 feet up into the tree high on a mountain on December 10, 1997, for what she thought would be a two- to three-week-long "tree-sit." The action was intended to stop Pacific Lumber, a division of the Maxxam Corporation, from the environmentally destructive process of clear-cutting the ancient redwood and the trees around it. The area immediately next to Luna had already been stripped and, because, as many believed, nothing was left to hold the soil to the mountain, a huge part of the hill had slid into the town of Stafford, wiping out many homes. Over the course of what turned into an historic civil action, Hill endured El Niño storms, helicopter harassment, a ten-day siege by company security guards, and the tremendous sorrow brought about by an old-growth forest's destruction. This story--written while she lived on a tiny platform eighteen stories off the ground--is one that only she can tell. Twenty-five-year-old Julia Butterfly Hill never planned to become what some have called her--the Rosa Parks of the environmental movement. She never expected to be honored as one of Good Housekeeping's "Most Admired Women of 1998" and George magazine's "20 Most Interesting Women in Politics,"

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to be featured in People magazine's "25 Most Intriguing People of the Year" issue, or to receive hundreds of letters weekly from young people around the world. Indeed, when she first climbed into Luna, she had no way of knowing the harrowing weather conditions and the attacks on her and her cause. She had no idea of the loneliness she would face or that her feet wouldn't touch ground for more than two years. She couldn't predict the pain of being an eyewitness to the attempted destruction of one of the last ancient redwood forests in the world, nor could she anticipate the immeasurable strength she would gain or the life lessons she would learn from Luna. Although her brave vigil and indomitable spirit have made her a heroine in the eyes of many, Julia's story is a simple, heartening tale of love, conviction, and the profound courage she has summoned to fight for our earth's legacy.

Coast Redwood

Completely revised and updated Every trail rehiked, with 13 new hikes and 80 new photos GPS driving directions to every trailhead No one knows this premier hiking region better than author John Soares, who now offers his fourth and fully updated edition of 100 Classic Hikes: Northern California. And while he's still in love with many of the old trails, some of them have become unsafe or less accessible. The good news is that this gave him the chance to fall for some new trails, which are happily now included in this new edition. The old-growth forests and multiple mountain ranges of Northern California beckon the 10 million urban inhabitants of the Bay Area—who need outdoor experiences BADLY! This new edition not only gets them to the best of nature not far from their door, but looks tremendous on an urban coffee table,

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too. New hikes in this edition include: 2 in the Bay Area, including the Coastal Trail in San Francisco 5 in the Redwoods and along the coast north of the Bay Area 4 in the Sierra Nevada, including two summits: Ellis Peak and Sierra Buttes 2 in the Russian Wilderness in the Klamath Mountains

Best Easy Day Hikes Redwood National and State Parks

Renee & Matthew Hahnel, two professional travel photographers, embarked on the adventure of a lifetime a seven month journey to every national park in America. Over the course of this epic road trip, they traveled through 39 states, two US territories, drove over 25,000 miles, took 26 flights, and hiked hundreds of miles across some of the most dramatic landscapes on the planet. *Roaming America* tells their story through breathtaking imagery and musings from the road that will set your wanderlust into overdrive. The Hahnel's also share their personal experiences, and give away their insider tips to help you plan your own national parks adventure!

Roaming America

Joshua Tree National Park boasts some of California's most dramatic desert scenery. From the weird and wonderful Mojave Desert to the vast and stark Sonoran Desert, *Joshua Tree: The Complete Guide* reveals the park's highlights and hidden gems. Whatever your interests—hiking to the top of Ryan Mountain, rock climbing the Wonderland of Rocks, watching golden sunsets from Keys View—*Joshua Tree: The Complete Guide* puts the best of Joshua Tree National Park at your fingertips. Gorgeous color photos showcase the park's

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best destinations. Fascinating chapters on History, Geology and Wildlife reveal the story behind the scenery. Detailed maps guide readers on the park's best hikes. An indispensable guide for outdoor enthusiasts and travelers on a budget, Joshua Tree: The Complete Guide is the only guide you'll need! The bestselling Joshua Tree guidebook for over a decade! Over 100 Stunning Color Photos Over 20 Detailed Maps Printed on sustainable FSC paper

Walking the California Coast

Sequoia and Kings Canyon National Parks, situated in California's rugged Sierra Nevada, boast some of the most spectacular landscapes on the continent: towering groves of giant sequoia trees, crystalline trout rivers, jagged peaks and alpine meadows, and Mount Whitney, the highest mountain in the lower 48.

The Joy of Forest Bathing

Takes a close-up look at the world's tallest trees, the coast redwoods that grow only in the coastal regions of California, and at the previously unknown ecosystem that the trees form high in the air in the forest canopy.

The Wild Trees

* More than 60 short hikes in the Redwoods -- from half-hour to half-day -- with camping and park facilities information * Handy quick-guide for selecting hikes by difficulty, mileage and features (flowers, water, views, etc.) * Little-known Redwood Park gems as well as world-famous Founders Grove and Fern Canyon trails A stand of towering old-growth

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redwoods, where sounds are dampened to near silence, where only the dimmest rays of light penetrate or are you looking for redwood hikes with beaches? Redwood hikes known for wildflowers? You'll find those, too, in this guide devoted to the best hikes in Redwood National Park and the state parks-Prairie Creek, Del Norte Coast, Jedediah Smith and Humboldt Redwoods State Parks. Most trailheads are adjacent to paved roads, accessible within five miles of Pacific Coast Highway 101. This guidebook includes many short hikes off Avenue of the Giants and Newton B. Drury Scenic Parkway. It will take you to the Boy Scout Tree and to the Tallest Tree, a 367.8-foot skyscraper. But it also includes trails for solitude even at the height of the tourist season. Background information on redwood biology rounds out your experience.

The Creaky Knees Guide Northern California

From hikes just outside of San Francisco to long strolls in the Sierra Nevada, this book covers 80 of the best easy-to-walk hikes throughout the region, providing elevation gains, detailed maps, and up-to-date driving directions. It also includes hike mileage and estimated hiking times, trail conditions, access and permit requirements, and ratings of each hike's difficulty, from "Stroll in the Park" to "Prepare to Perspire." Offshoot hikes are featured for those who reach the end of the hike but want to extend their workout. Written in a personal but informative tone by outdoors expert Ann Marie Brown, the Creaky Knees Guide is a perfect resource anyone can use to explore the beauty of Northern California without breaking too much of a sweat. Ann Marie Brown has written more than thirteen guidebooks on California recreation. Her writing has been featured in Sunset, VIA, and

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Smithsonian magazines. She lives in Lake Tahoe, CA.

Hiking Lassen Volcanic National Park

Fully updated and revised, this comprehensive guide features forty-seven trails in Big Bend National Park.

The Fight to Save the Redwoods

Hiking the Redwood Coast is a trail guide covering all of the best hikes along California's central and northern coastlines. In addition to detailed directional cues, hike stats, and local information, the book provides comprehensive trail descriptions and GPS-quality, digitally designed route maps for each hike.

Day Hiking: Mount Shasta, Lassen & Trinity

Enjoy the majesty of Redwood National Park and stay organized with this useful hiking journal designed to help you determine the best trails, rate your adventures and record your memories! The pages in this outdoor journal will guide you to organize your hiking equipment, gear, meals, and more. The 6x9 size is perfect for fitting in a backpack. You'll feel confident you remembered everything as you explore our incredible world! Some of the pages in this helpful journal include: Hiking shopping list Hiking gear checklist Hiking supplies checklist Hiking meal planner Hiking tracker and journal Enjoy the great outdoors and record your many adventures with this awesome journal. Grab yours today!

Hike the Parks: Joshua Tree National Park

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In commemoration of Save the Redwoods League's 100th anniversary, Heyday is proud to present a book that showcases both the grandeur of the redwood ecosystems that sustain California and the deep love they have engendered in scientists, writers, artists, and the general public. At the heart of this celebration are five new essays by Gary Ferguson, David Harris, Meg Lowman, Greg Sarris, and David Rains Wallace. These pieces discuss a multitude of topics, including the fascinating science of redwoods, the League's history of redwoods conservation, and the big trees' significance to indigenous cultures; but what unites the essays aside from their theme is awe. In evoking the big trees as natural cathedrals wreathed in misty canopies, readers will be inspired to protect these majestic beings and to look for a more ecologically informed future. The volume itself is a luxurious objet of book arts: protected by a foil-embossed slipcase, this clothbound hardcover is constructed of the highest quality materials and features over 175 full-color images.

California Desert Byways

Bay Area parks and preserves offer a dramatic variety of landscapes, from rugged redwood-forested canyons to breezy coastal bluffs, grassy rolling hills to sunny chaparral-coated hillsides. Well-known destinations such as Point Reyes National Seashore, Mount Diablo State Park, Mount Tamalpais State Park, and many other more obscure jewels of the Bay Area park system are just a short drive from the heart of San Francisco. Completely updated and including several new hikes and a complete new map set, *60 Hikes within 60 Miles: San Francisco* guides readers to a splendid assortment of trails in the nine counties surrounding one of

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the world's most beautiful cities. Whether hikers crave a quick and easy get-out-of-town stroll or a challenging day-long trek through wilderness, this book is the perfect trailblazer, for city natives and first-time visitors alike.

Historic Redwood National and State Parks

Redwood National and State Parks are home to some of the world's tallest trees: old-growth coast redwoods, living to be 2000 years old and growing to over 300 feet tall. Author and hiker Dan Brett includes trail descriptions and maps of nearly 22 easy day hikes within these spectacular parks. This indispensable guide provides accurate hike descriptions, easy-to-follow maps, and concise trail information for the author's favorite trails.

100 Classic Hikes: Northern California

The book describes the in intriguing geology and geologic evolution of Lassen Volcanic National Park and surrounding areas, providing an up-to-date source of geologic information specific to Lassen Country. The book includes updated geology based on over 30 years of regional field work in Lassen Volcanic National Park and vicinity.

Geology of the Lassen Country

The official guide to the ever-growing Bay Area Ridge Trail, a proposed 400-mile route that circles the ridgeline of the San Francisco Bay, crossing over nine counties. Five new trails and 13 more miles await discovery in this new edition, bringing the mileage of the completed Ridge Trail to 225.

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A Year in the National Parks

This book gives a brief history and description of Redwood National and State Parks, located on the Pacific coast of northern California.

Walks of a Lifetime in America

Experienced hiker and guidebook author and Southern California native Scott Turner has been exploring Joshua Tree National Park for years, fostering a deep knowledge of its geography and natural and human history. Here he provides distinct guidance for choosing the perfect hike to experience the unique landscape of the Mojave and Sonoran Deserts. Attractive, all-color guidebook packed with info to help readers choose activities that meet their interests: Day hikes from 1 to 10 miles, with elevation from 250 to 1500 feet Distances and elevations measured in both US Standard and metric Information on park campgrounds and lodges Park basics: visitor centers, must-see sights and activities, permits and fees, fun facts, gateway towns, and more Overview of flora and fauna and the effects of climate change in the park

Coastal Trails of Northern California

Presents 65 desert trips from Bishop to the Mexican border, including expanded coverage of popular destinations such as Death Valley National Park, Mojave National Preserve, and Anza-Borrego Desert State Park. This book makes high-walled canyons, lonely ghost towns, and soaring peaks from Mexico to the Great Basin easily accessible to recreational drivers. Tony Huegel's glove-box-sized Byways have been leading drivers to the hidden surprises found along unpaved

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backroads for more than 10 years. These books are for recreational drivers who want to use their four-wheel-drive or sport-utility vehicle beyond the pavement to explore, but who might not want to do hard-core or lengthy off-road driving. They are also for adventurers who use these trips as jumping-off points for muscle-powered exploration, such as hiking and mountain biking.

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