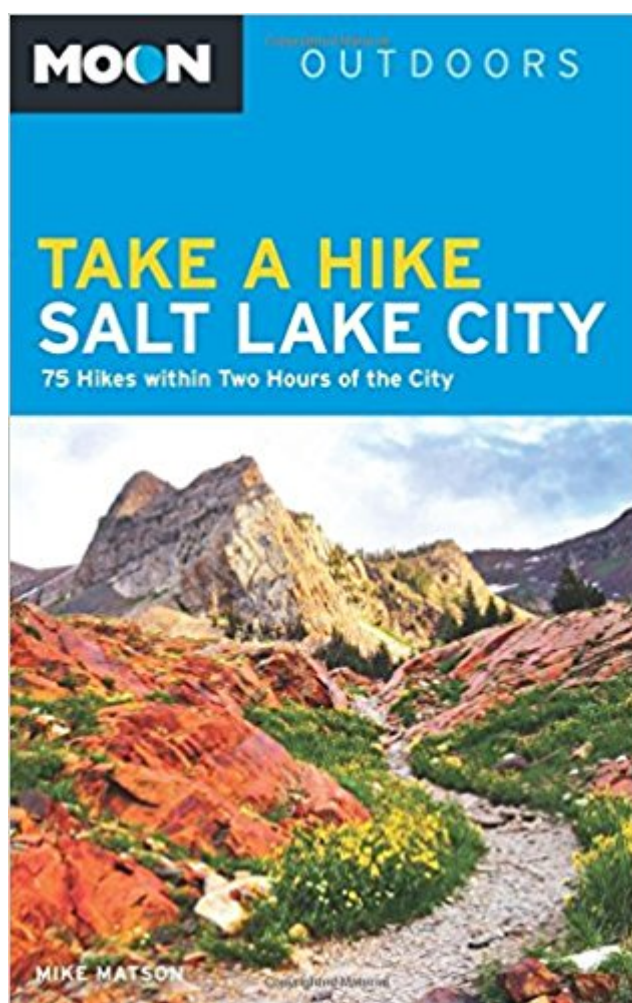


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# Moon Take A Hike Salt Lake City: 75 Hikes Within Two Hours Of The City (Moon Outdoors)



## Synopsis

When it comes to easy access to the "Great Outdoors," there are few major metropolitan areas in the United States that compare with Salt Lake City. In *Moon Take a Hike Salt Lake City*, avid outdoorsman Mike Matson shows you the best hikes in and around the Great Salt Lake—all within two hours of the city. With details on public transportation options and clear directions on how to reach the trailhead, Matson has all the bases covered. Suggested lists of hikes include: Best Hikes with Dogs, Best Hikes for Families, Best Cardiovascular Workouts, Best Hikes to Vistas, Best Hikes for Wildlife Viewing, Best Quick Escapes, Best Hikes to Historic Sites. Let Matson show you all the worthwhile hikes, from short, flat routes suitable for families to day-long, steep treks for more advanced hikers. Each hike profile contains practical information including point-by-point trail navigation, contact information, facilities, fees, parking instructions, and an easy-to-use map for each trail. From the Wasatch Mountains to the Uintas, from Aspen Grove Trail to Frary Peak Trail, your trip begins with *Moon Take a Hike Salt Lake City*.

## Book Information

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## Customer Reviews

Adventure is the guiding force in the life of outdoors writer and photographer Mike Matson. Whether he's sweating his way up a sandstone tower or skiing in the mountains, you can expect to find Mike in Utah's outdoor playground year-round. Mike finds Utah's natural diversity astounding—from the snowcapped Wasatch Mountains above Salt Lake City to the twisted, barren rock landscape of the Colorado Plateau, the state offers a lifetime of adventure. Mike's favorite ways to enjoy Utah include

camping, hiking, backpacking, rock climbing, mountain biking, river running, canyoneering, skiing, and snowboarding. Mike's views and recommendations are formed from decades of experience working as a backcountry forest ranger, a whitewater river guide, and a professional writer/photographer. His writing and photography have been published in magazines, catalogs, calendars, and online. His work has appeared in Backpacker, Canoe and Kayak, National Geographic, Northwest Travel, and Washington Trails magazines. To see more of Mike's work, visit his blog at [matsonadventuremedia.blogspot.com](http://matsonadventuremedia.blogspot.com). Mike lives in Salt Lake City with his wife Sonja and son Harvey.

This is a very comprehensive guide to the best hikes in the area. It provided a great guide and I used it as my hiking "bucket list" checking off each hike as completed. It has a nice difficulty rating for each hike which makes it possible to easily choose a hike for the ability of the group I'm going with. The maps are helpful to plot out exactly what each hike will involve.

Great info on the hikes it covered but missed some of the very best easy to moderate ones and included many less popular, less interesting ones.

I bought the book because I wanted to start hiking but I am not familiar with where the trail heads are in the Salt Lake area. I am new to hiking and wanted to start from easy/moderate then work my way to more strenuous. I also have a dog and wanted to know which trail heads I can and cannot take him on when I go hiking. The very first time I used the book, I wanted to go to Dog Lake and take my dog. I drove to the exact place the book gave me directions to go. The book tells you to drive to the Alexander Basin Trail head up Mill Creek Canyon, 7.7 miles. I saw the sign and arrow at 7.7 miles up the canyon and started my hike. It said in the book that there were two places on the hike that I would cross a stream so I did not take very much water for my dog. It also stated that I would start the hike up a trail that would merge to a single trail. The merge would become "blanketed trail is wide, smooth and shaded." I started my hike immediately on a steep trail but thought that it would merge. I finally saw a gentleman on the trail that happened to be a very experienced hiker. He read the book and said that the directions to the trail head were a BIG mistake. I was on a strenuous trail and there would be no water for my dog. He also said that I was climbing over 3000 ft. in elevation in about 2 miles to get to the destination point and the destination point was not a lake or a stream but a meadow with no water. He did state that the basin was beautiful once I got there but it was going to be strenuous all the way. I climbed a strenuous trail

with little water and then had to turn around when I got so far. I wasted three hours, never saw a lake nor any creek for my dog to get a drink. This book is not for me and I want to know where I am going when I go hiking.

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