



Hike the Bluegrass and Beyond

Valerie L Askren

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Hike the Bluegrass and Beyond is your personal guide to walk, roll, and stroll your way across Kentucky. This newly revised full-color edition describes over 80 hikes, urban walks, and public gardens, complete with maps, photos, and side trips. Lightly doused with humor and just the right amount of historical trivia, this book focuses on many of the lesser known hiking spots in the Bluegrass region. Whether you rarely get off the couch or you do ironman triathlons for fun, you're sure to find a hike or walk to add to your favorite short list.

Each entry includes a full description and trail map, directions to the trailhead, other facilities available, contact information, and lots of full-color photographs. A detailed trail chart indicates which hikes and walks are accessible, kid-appropriate, and dog-friendly.

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