



Fun on Foot in New York

Warwick Ford, Nola Ford

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Do you like to keep fit by running, jogging, or walking outdoors? Are you a visitor or a newcomer to New York, or a local New Yorker seeking new ideas for places to run, jog, or walk? If so, this book is for you. Authors Warwick Ford and Nola Ford have documented and mapped the very best on-foot trails in New York City's five boroughs, Long Island, the New Jersey side of the Hudson, and the major population centers of upstate New York and regional New Jersey. They have personally explored all these routes. Outside of New York City, centers in New York State that are covered include: Albany, Buffalo, Hyde Park, Ithaca, Jones Beach, Poughkeepsie, Rochester, Sag Harbor, Sunken Meadows, and Syracuse. New Jersey areas covered include Atlantic City, Hoboken, Jersey City, Morristown, and Princeton. The book includes maps, directions, and the authors' commentary and assessment for all routes. The maps focus on details of interest to the on-foot exerciser. There are more than 130 illustrations, including maps and photographs. Keep fit while traveling and at home and use this book to make it fun!

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