



Take a Hike: San Diego County: A Hiking Guide to 260 Trails in San Diego County

By Priscilla Lister

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Few places on the planet can boast the diversity of natural landscape found in San Diego County. From the enormous Anza-Borrego desert to the Peninsular Range of mountains to the coastal wetlands of the Pacific Ocean, the breadth of San Diego County's environment is truly remarkable.

Priscilla Lister, seasoned journalist, former newspaper columnist and avid hiker, guides others down 260 trails that offer beautiful scenery, physical challenges and an up-close experience with natural flora and fauna. You'll find trail directions as well as historical tales about the natives and pioneers who once hiked the region. She also identifies trees, wildflowers and birds you'll find on every trail. Included with each entry are driving directions, mileage and difficulty of each hike, whether dogs or horses are allowed and information on how to download trail maps.

Take a Hike: San Diego County is a comprehensive hiking guidebook that shares advice, tips, and tools that will entice exploration of one of America's most diverse and beautiful regions.

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Editorial Review

About the Author

Priscilla Lister is a native San Diegan and longtime journalist for local newspapers. She wrote the “Take a Hike” column for the San Diego Union-Tribune for more than six years. When Priscilla is not hiking, she travels the world and writes about those adventures. This is her first book.

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