

Best Hikes with Kids: San Francisco Bay Area

Laure Latham



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In this colorful guidebook to the best family trails throughout the entire Bay Area including Sonoma and Santa Cruz counties author Laure Latham developed her list of hikes not just through personal experience, but also by interviewing local mom groups to hear what families really want when they go hiking. Beyond detailed trail descriptions, BEST HIKES WITH KIDS: SAN FRANCISCO BAY AREA features:

*Info on junior ranger/child recognition programs

*Section on environmental awareness for kids

*Trail safety and how to easily identify poison oak and poison hemlock

*Healthy snacks with vegan options and basic foraging info

*Seasonal events organized by various park associations: harvest, wild flower, even tarantula festivals!

*Stroller-friendly and dog-friendly hikes

- *Routes near campgrounds, playgrounds, or quality picnic areas
- *Best hikes accessible via public transit

*Best hikes with nearby farms or nature museums

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Raymond Murray:

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