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# Fat Tire Tales & Trails: Arizona Mountain Bike Trail Guide



## Synopsis

The most well known and well loved mountain bike trail guide to the best summer and winter fat tire fun in Arizona. Cartoony, down to earth maps are adapted from topos and forest service charts, yet are friendly and easy to use. Maps are to scale and oriented north. Each humorous route description includes distance, time, effort and skill required, best season to ride, level of route finding skill required, contour profile and "fear factor". There is also a step by step mileage log when applicable. A "preferred trail" icon is used to indicate a particularly great ride in a given area for those on a limited time schedule. Rides are included for all levels of ability, but emphasis is given to the intermediate / advanced rider. A few severe / extreme rides are also included for those on the lunatic fringe. Each ride has been personally selected and ridden by the author over the past 11 editions and updated annually. You are guaranteed a favorite ride each time with no "filler". Many of the trails can be found nowhere else as they are based on personal exploration by the author. All rides are current and legal. Areas included are Grand Canyon, Flagstaff, Sedona, Phoenix, Tucson, Payson, Prescott and more. Also features a hilarious illustrated glossary of mountain biking's arcane jargon.

## Book Information

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## Customer Reviews

Before you ride Flagstaff, Sedona or anywhere else in Arizona, you need to buy this guide. -- Mountain Bike magazine, November, 1996  
Cosmic Ray has succeeded at the toughest bike trick of all: a cycling resource book you'll love reading even if your butt prefers a La-Z-Boy in your living

room over a stretch of slickrock in Arizona. -- Bikesite, Geff Hinds, June, 1998  
If you are lucky enough to run into Cosmic Ray, ask him to take you for a ride. You'll remember it for the rest of your life! -- Mountain Bike World magazine, UK, August, 1997  
Legendary! -- Outside Magazine, June, 1993  
The best all time Arizona mountain bike guide. -- Richard Cunningham, editor, Mountain Bike Action magazine, September, 1996  
The best book available on the subject. Ray is legend among the local mountain biking fraternity. A keen knowledge of off-road Arizona. -- The Sunday Times of London, January 14, 1996  
This zany little guide delivers the nitty-gritty on Arizona's best Mountain Biking. With Cosmic Ray at the wheel, just reading it is like going for a ride. --Arizona Republic Outdoor Adventure, 1996

**RATING THE RIDES** - For comparison's sake, all rides were rated by me, a seedy but sincere middle age male in reasonably good physical condition if otherwise unencumbered by the thought process. **EASY** - Some hills with nothing too steep or too long. A weenie ride. If you can't handle this, you are one hopeless sofataster. I suggest more Doritos and TV including lots of info-mercials, games, soaps, golf and shopping. Get plenty of quality couch time, high dollar gin, sex toys and video games. See a doctor! **MODERATE** - Guaranteed to get the dead laughing and singing again. Interesting terrain with some healthy exposure to risk. Good sweaty stinky hard work, but still not killer. **DIFFICULT** - Rough, tough, painful, hard and muy dangerouso with occasional warp speed, climbing and distance. Not for the respiratorily challenged. Sort of like straight espresso. If you don't know what it is, you don't want it! **EXTREME** - Caution! May set off low self esteem panic attack. Possible bloodbath. Parents would not approve. Nor your insurance agent, doctor, spouse or bike if it could talk. Also known as puck-10, no brainer, E-ticket, hairball, burley, Barney or barndog, abusive, gonzo, mongo, mondo, psycho, way super gnarly, hideous, hateful and gruesome. Do you lack common sense? Is your brain adrift in a sea of cheap beer or what? --This text refers to an out of print or unavailable edition of this title.

Still an excellent source of mountain biking info for many parts of Arizona. Some of the names for trails on the maps don't always coincide with the markers on particular trails. (If the signs are still ON the trail, that is.) To say it's 'better than nothing' would be an injustice- it's a much more valuable resource than that. Gives good driving directions to trailheads, and tells it like it is. If it's a tough trail, it's designated as such in the review. No supprises!

I attend college in Flagstaff, Arizona, and have embarked on about 10 of the 17 rides Cosmic Ray

outlines in this book. The rides themselves are great; he can't screw up the scenery or trails. But the maps are horrible. Mileage is off on nearly every leg of the map. There are helpful landmarks and signs not listed in his book which should be included. He rates every ride for skill, using "expert, not-so-tough," etc. but they are often misnomers. For example, one ride described as "rookie, comfortable," and "simple" was a grueling, rough downhill on singletrack trail and jeep trail that is often muddy as heck, followed by a extremely steep hike and bike uphill with massive rocks in the trail. Not exactly something to take the family on, but he bills it as such. Buy the book for the good compendium of rides, but check the rides out first before you decide to bring friends or family. It may not be all that is described, or much much more.

This is the best Arizona mountain biking guide ever written. It has excellent trail descriptions for the entire state. And due to it's humorous prose, it's easy to read, and easy to enjoy. Thanks, Cosmic Ray!

I would definitely not recommend this book. The language to describe rides is totally ridiculous, most of the words are made-up, not just mountain bike lingo but straight out of thin (probably smokey) air. This makes it difficult to know what the trails are actually like. Also, the maps lack any topo information and the names of key sites such as trail heads along the trail are not included. The difficulties are inconsistent and often don't make sense. In combination with the made-up descriptions there is no way to tell what a trail that's skill level is rated as "XXX Expert" means. Directions to trailheads are also pretty much nonexistent, if you aren't from the area you will need another map to find your way around.

If you love mountain biking you'll love this book!

I have relied heavily on Ray's book to plan my rides in Arizona over the past 5 years. Always right on with his descriptions, directions, and just a fun read altogether.

This book is awesome and the narrations are very helpful! I can't wait to use it this summer for all of our biking trips!

Used the book on a recent mountain biking trip to Sedona. Cosmic Ray keeps it simple and maps are more accurate than some of the Mountain Bike America guidebook series I've used in the past.

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