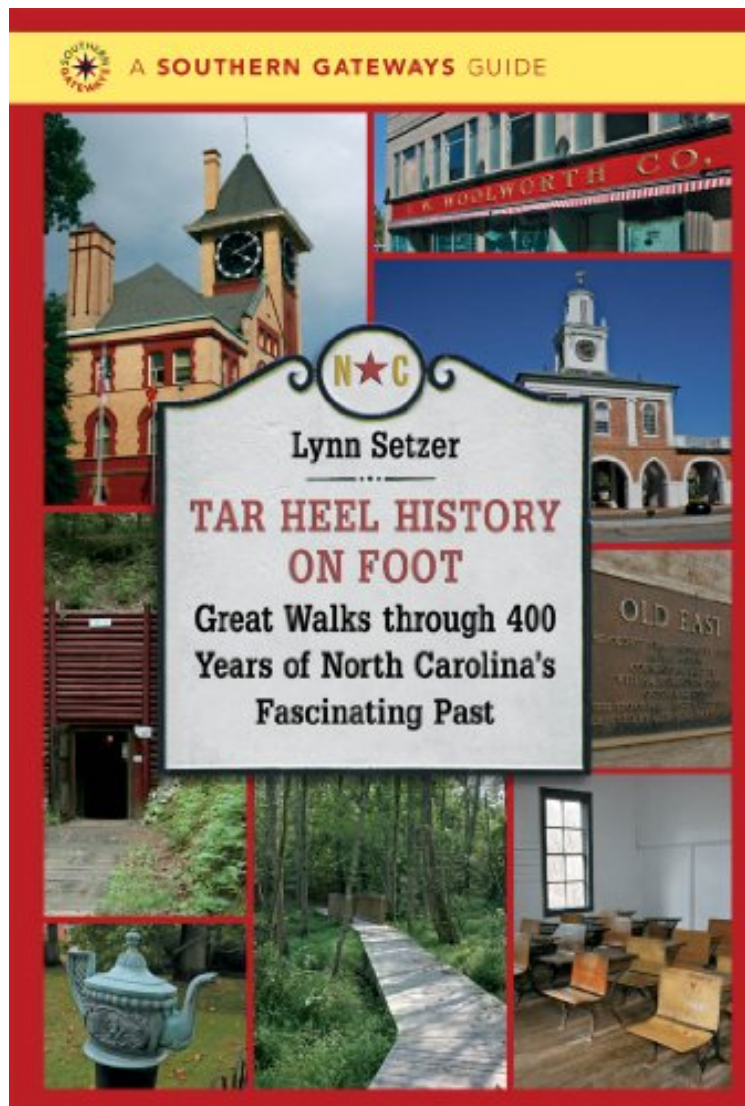


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## Tar Heel History on Foot: Great Walks through 400 Years of North Carolina's Fascinating Past (Southern Gateways Guides)

Lynn Setzer

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This lively collection of 34 of the best history walks in North Carolina highlights the richness and diversity of the state's history, from the time of its first settlement to the present. Veteran guidebook author Lynn Setzer leads readers on short walks in state parks and natural areas, state historic sites, charming small towns from the mountains to the sea, and the state's largest cities. Along the way, she brings to life some of our state's most momentous events, most accomplished and notorious characters, and most famous firsts. These walks are varied, pleasant, and accessible to almost every reader, including older day-trippers and families with young children. Some walks include add-ons, should readers wish to make a longer day of it. Organized by theme and location, the walks are accompanied by maps and photographs, as well as information on each walk's length and difficulty. A list of sources directs readers to additional information so that they can continue a deeper exploration of North Carolina history.

Comprehensiveness, historical summaries and the walking theme make it a useful volume.--Asheville Citizen-TimesSetzer has provided a great resource for walkers and history buffs alike.--North Carolina Historical Although I've visited all of North Carolina's 100 counties, Lynn Setzer's treasure trove of historic discoveries managed to surprise me many times over, unearthing new stories in familiar places and leading me to sites I never knew existed. I can't wait to lace up my sneakers and hit the trails.--Diane Daniel, travel writer and author of Farm Fresh North CarolinaAn invaluable resource for those who enjoy sightseeing at a walker's pace and who want to know the stories behind the signs and markers they encounter. Setzer's stories about North Carolina history are engaging and fascinating for their connections to the contemporary places readers will visit. The step-by-step information, along with practical details about the walks, make this book particularly useful to travelers of all ages.--Vicky Jarrett, former editor-in-chief, Our StateFrom the Inside FlapThis lively collection of 34 of the best history walks in North Carolina highlights the richness and diversity of the state's history, from the time of its first settlement to the present. Veteran guidebook author Lynn Setzer leads readers on short walks in state parks and natural areas, state historic sites, charming small towns from the mountains to thesea, and the state's largest cities. Along the way, she brings to life some of our state's most momentous events, most accomplished and notorious characters, and most famous firsts.