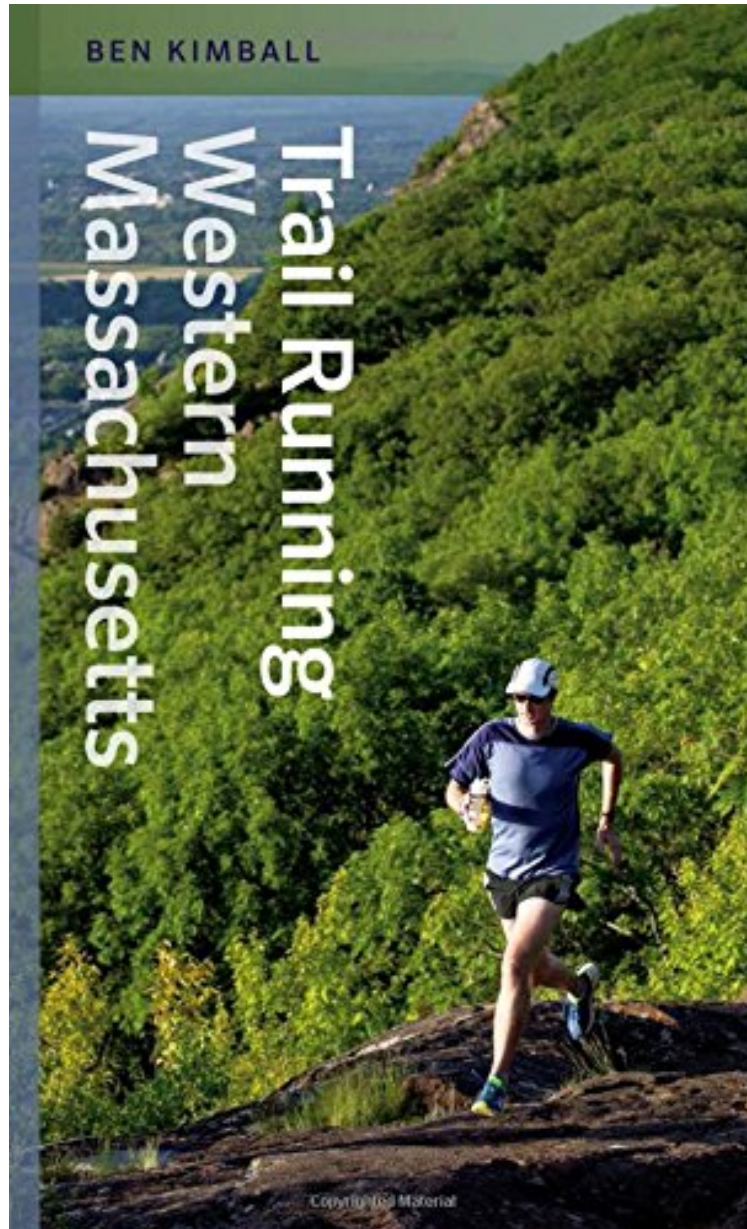


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## Trail Running Western Massachusetts

*Ben Kimball*

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**Ben Kimball : Trail Running Western Massachusetts** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trail Running Western Massachusetts:

1 of 1 people found the following review helpful. ... trail running guide is a book that combines the best features of a guidebookBy mark staplesBen Kimball's trail running guide is a book that combines the best features of a guidebook.

It serves those who are familiar with the area, as well as those with those new to the area. He covers the trails familiar to many area runners, but offers twists on the usual routes. He also introduces area runners to places previously unknown (one trail he covers was practically in my backyard, but I had no idea it was there!). And for those new to the area it offers the greatest hits of the Valley and the Berkshires. This book, unlike so many of the hiking/trail running guidebooks out there, is clearly the effort of a man who knows and loves the territory he covers. He shows a fine appreciation and understanding of the area. The literary crowd will appreciate the clarity and strength of the prose; the bibliophiles will appreciate the fine design by New England Press. And runners will appreciate the diversity and expert coverage of some of the finest running trails of the Northeast. I couldn't have imagined a finer book. 1 of 1 people found the following review helpful. I can't recommend this book enough. By Nathan Davis Whether you're a longtime resident or just visiting Western Massachusetts for a long weekend, I can't recommend this book enough. Although the title contains the words, "Trail Running," it's suitable to just about anyone who likes to get out and enjoy the woods once in a while. The book contains many shorter routes that would also make for great hikes. That said, the title \*does\* contain the words "Trail Running," and not surprisingly, that's where the book shines. Kimball matches his passion, experience, and great photography with a large variety of well-planned routes that range from short jaunts, to long epics. He gives a fresh take into some of the area's more popular spots, while also highlighting hidden gems that I'd never heard about, despite living in Western Massachusetts for nearly my entire life. For the price of a couple post-run beers, it can't be beat! 0 of 0 people found the following review helpful. Just wish it existed years ago! By Meghan Lynch This was the book that I wish existed when I first started trail running and was ineffectively googling "trail running trails in Western Massachusetts" - and that I am happy exists now so I can expand my running options. Much more user-friendly for runners than hiking books and maps. I love that it includes options all over the area, which also makes me appreciate what wonderful region I live in. If you are thinking about starting to transition from road running to trails, or hiking to running, or are just looking to expand your horizons, you need this book. And if you know someone who loves running and already has way too much gear (is that possible?), this is a fabulous and affordable gift that will definitely be used and appreciated.

Ben Kimball, a long-time trail runner, provides profiles of fifty-one great trail runs in western Massachusetts. Geographically, this book covers the area between the Quabbin Reservoir and upstate New York, including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands. Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state's highest point at the top of Mount Greylock. The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types. There are options for everyone, from the beginner to the experienced trail runner looking for new options. Each run receives a two-page treatment that includes an informative trail description and a trail map, along with a scannable QR code to download each map to your smartphone. This book will appeal to the entire running community of Massachusetts and the surrounding region, including the Pioneer Valley along the Connecticut River, communities along the Housatonic River corridor in the Berkshires, the many running clubs in the Boston area, and seasonal vacationers.

About the Author BEN KIMBALL is the co-author of *The Nature of New Hampshire*. He is also an editor, cartographer, and photographer. He maintains a blog called *Northeast Adventures* that profiles trail runs. He lives in Williamsburg, Massachusetts, and gets out as often as possible to run on trails.