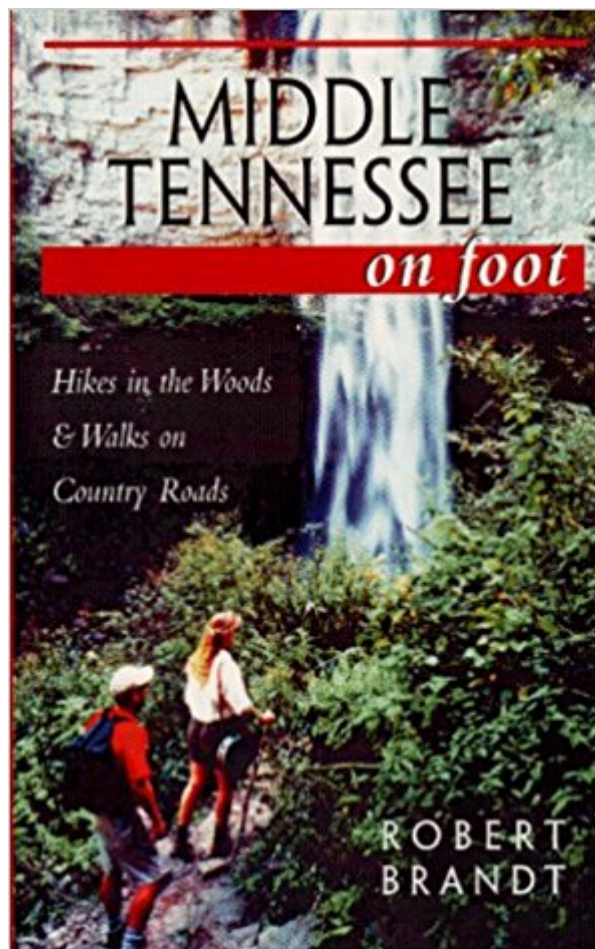




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# Middle Tennessee On Foot Hikes In The Woods & Walks On Country Roads



## Synopsis

Book by Brandt, Robert

## Book Information

Paperback: 334 pages

Publisher: John F. Blair Publisher (April 1998)

Language: English

ISBN-10: 0895872129

ISBN-13: 978-0895872128

Product Dimensions: 8.5 x 5.2 x 0.9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,476,219 in Books (See Top 100 in Books) #37 in [Books > Travel > United States > Tennessee > General](#) #5605 in [Books > Sports & Outdoors > Hiking & Camping > Excursion Guides](#) #11026 in [Books > Sports & Outdoors > Nature Travel > Adventure](#)

## Customer Reviews

From the lowlands along Kentucky Lake to the heights of the Cumberland Plateau, Middle Tennessee on Foot covers every trail in the Midstate over a mile in length that's worth hiking. The Hidden Springs Trail at Cedars of Lebanon State Park epitomizes the hiking opportunities in the Central Basin. Here, you'll experience an environment unlike any other in the United States: deep sinks, caves, disappearing streams, rock gardens, Middle Tennessee's unique cedar glades. On the Highland Rim, there's the Montgomery Bell Trail, which visits impressive hardwood forests, scenic lakes, and numerous sites of historical interest. On the Cumberland Plateau, there's the challenging Fiery Gizzard Trail, which travels a wild gorge among waterfalls, cascading mountain streams, and pinnacles. Middle Tennessee on Foot also includes a section of walks on country roads, intended for people who love to walk but who aren't hikers\_those who like to stay on pavement. Written for both the merely curious and serious hikers, this book contains a wealth of information about Middle Tennessee's topography, forests, wildlife, and history. Its hike descriptions offer lively reading even for those who never set foot on a trail or a country road.

Nashville attorney Robert Brandt is the author of *Touring the Middle Tennessee Backroads* and *Tennessee Hiking Guide*. His writing has appeared in such periodicals as *Tennessee Historical Quarterly*, *Tennessee Conservationist*, *Sierra*, *Nashville Scene*, and *The Tennessean*.

Robert Brandt's book is a "Must Have" for anyone who enjoys hiking the trails in Middle Tennessee. In addition to an accurate, vivid description of the trails and the hiking conditions, Mr. Brandt also includes a very informative history lesson of the area as well as discussing it's geology, botany and wildlife. "Middle Tennessee On Foot" now accompanies my wife & I when we lace on the boots and strike out on a new hiking adventure. Thank you, Mr. Brandt.

Simply the most enjoyable hiking book on Middle Tennessee one can buy. It is informative, with plenty of maps and photos, and the text is conversational, something you'll want to read again and again as you plan your trips or reminisce on trails already covered. I've done about 100 miles of the trails in this book and have yet to be disappointed. Virgin Falls, South Cumberland, Radnor Lake, Cedars Of Lebanon, Cardwell Mountain...other books cover more concentrated natural areas of Tennessee with more depth, but not as much charm. If you live in Middle Tennessee or are planning a visit, this book is the perfect starting point. Thanks, Mr. Brandt!

very nice, great condition, and i found the hike i was needing for my scout troop

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