

## <<京郊爬山指南>>

### 图书基本信息

书名：<<京郊爬山指南>>

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### 内容概要

Hiking A round Beijing ( updated2010 ) has been compiled under the auspices of the Beijing Hikers , based on a pioneering work done by some of the club'smembers which appeared in2003. Much has changed since then , not only in China's capitalcity but also in the surrounding country side. Roads and transportation have improved tremendously , and hiking trail shave been cleared. Some once-remote but breathtaking spotsare now within one-day'sjourney from Beijing. Moreover , accommodation and basicrestaurant services arc nowadays widely available where once they were non-existent. These improvements have been largely incorporated in the presentvolume , together with some new routes which the Beijing Hikershave explored since the first edition.

This book contains a total of27 hikes , with explanations of how to reach and follow them.It is in a format easily carried ina pocket or rucksack , and it is hoped that it will assist as many people as possible to discoverfor themselves the greatout doors that lie upon Beijing's doorstep.

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### 书籍目录

FOREWORD ACKNOWLEDGEMENTS SAFE HIKING TIPS GENERAL ADVICE KEY TO LEVELS  
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区MIYUN COUNTY密云县PINGGU DISTRICT 平谷区vANnTNc rnTTNTv 延庆县HUILAI  
COUNTYHEBEI 河北怀来县

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## 章节摘录

插图：This book is an updated version of a pioneering work titled, Hik-ing Around Beijing, which was published in 2003 and contains the Beijing Hikers' most popular hikes. The former book was inspired by four friends —— Laure Fuller, Huilin Pinnegar, Seema Bennett and Nicky Mason. Realizing that there was a wonderful world of rugged mountains and valleys, waterfalls and temples within an hour or so's drive of the Chinese capital, they set out to explore. They had the invaluable assistance of Huilin's husband, Gary, an enthusiastic hiker himself. There were not many maps of the areas outside Beijing available in those days, but one that Gary spotted showed —— apart from the usual symbols —— dotted lines meandering through empty areas and joining villages. He guessed, quite rightly, that these were ancient paths used by the villagers for communication, wood cutting and reaching hillside fields. These paths became the foundation for most of the hikes in this book.

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### 编辑推荐

《京郊爬山指南(英文版)》：The Beijing Hikers was founded "as a hobby at first" by Sun Huilin and colleagues at the International School of Beijing. Later, with the assistance of husband Gary Pinnegar, regular weekly trips were organized, and the Beijing Hikers "became a club." It is now a company run by Huilin's sister Huijie and her husband Hayden Opie. A number of Beijing Hikers regulars have had a hand in the production of this book. Their expertise and enthusiasm for hiking in the mountains and woods around Beijing, and willingness to share them with others are greatly appreciated. Part of the proceeds from the sales of *Hiking Around Beijing* (updated 2010), as with the parent volume, will be donated to charity.

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