



*Take a tranquility break with a nature hike in the city*

## Hiking Intown Atlanta's Hidden Forests

*Inside and On the Perimeter*

**JONAH MCDONALD AND ZANA PONCEY**

MILESTONE PRESS

"Finally, a resource that pays tribute to Atlanta's rich and diverse habitats and park lands—bravo! *Hiking Intown Atlanta's Hidden Forests* makes it inviting for anyone to learn about and explore these relatively unknown, and many times underappreciated, outdoor sanctuaries."

—Atlanta Audubon Society

"Some say Atlanta is only about asphalt. This guidebook will change their minds."

—South Fork Conservancy

"Jonah McDonald and his hiking shoes are reinventing our deep-rooted image of a traffic-choked city smothered in asphalt and concrete. McDonald says it only takes a step into the woods beyond our backyards to begin a genuine pilgrimage into the natural world—yes, here in Atlanta, Georgia."—*Saporta Report*

**JONAH MCDONALD** arrived in Atlanta on foot over two decades ago after completing a 2,172-mile southbound thru-hike of the Appalachian Trail and today serves as the DeKalb County Park Naturalist at Mason Mill Park. He published the first edition of *Hiking Atlanta's Hidden Forests: Intown and Out* in 2014 and is the author of *Secret Atlanta: A Guide to the Weird, Wonderful, and Obscure*.

**ZANA PONCEY** is a native southerner and has lived in Atlanta for more than ten years. She has a degree in Environmental Science from Emory University and has worked in environmental advocacy and education for Trees Atlanta, Zoo Atlanta, and the Atlanta Botanical Garden. She's been awarded a Grosvenor Teacher Fellowship by the National Geographic Society, is on the board of the Atlanta Green Theater Alliance, has presented at environmental conferences and teacher workshops, and has written for National Geographic's Education Blog.

Atlanta's hidden forests are among the city's best-kept secrets. In this guidebook, outdoor leaders Jonah McDonald and Zana Poncey recommend sixty-one hikes inside and on Atlanta's I-285 perimeter. From well-known forests along Atlanta's Beltline and Chattahoochee River to memorable Constitution Lakes and verdant Cascade Springs, intown Atlanta hiking is your opportunity to experience historical ruins, urban art, original-growth forests, and peaceful nature trails in the city.

Ranging from one to six miles, these hikes are suitable for experienced and beginning hikers of all ages. Each route includes maps, complete hiking directions, trailhead location, and even public transit access information. There's no need to drive to the mountains to get out on the trail. *Hiking Intown Atlanta's Hidden Forests* lets you visit wildlife areas, nature preserves, and historic sites without leaving the city.

Courtesy of the author



Courtesy of the author



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