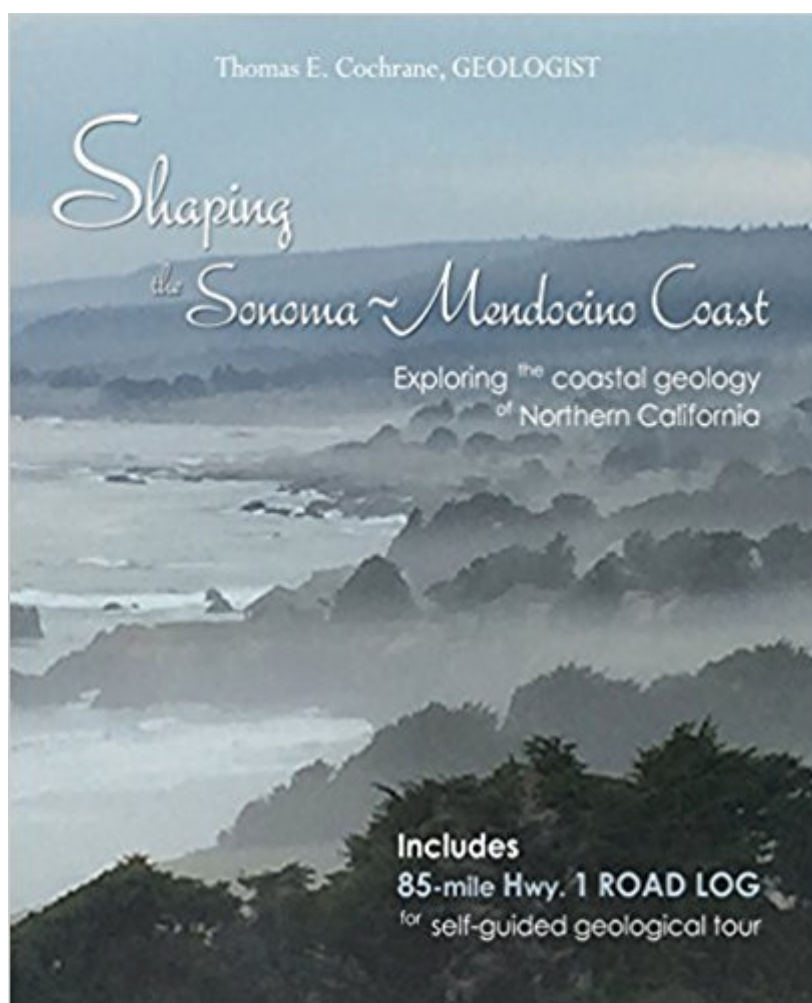


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# Shaping The Sonoma-Mendocino Coast: Exploring The Coastal Geology Of Northern California



## Synopsis

"The Earth is a book and, with the proper tools, we can read it." --Thomas E. Cochrane, CA Professional Geologist "His book is a compendium of research into one of the most geologically diverse regions in the state, and any lover of geology, nature or adventure will have a wonderful time reading through its pages." --Northbay Biz Magazine (regional Business Journal serving Sonoma, Marin & Napa counties) For the curious, here's a compelling examination of the complex processes involved inside our planet which began eons ago. With an introduction to Deep Time and the Geologic Time Clock, geologist Thomas Cochrane provides a detailed yet approachable overview for the layperson of how and why the Sonoma-Mendocino region's coastline appears as it does today--with all its fascinating oddities. EXPLORE: \* The San Andreas Fault and its dynamic--plus continuing--role in shifting both land and sea \* Unusual features including sink holes, sag ponds, submarine canyons & underground streams \* Meet the area's geologic superstars: Bowling Ball Beach, Devil's Punchbowl, Witches Cauldron, sea stacks, gargoyles, blowholes, sea caves, the 8000 Black Point Spilite and more \* Includes human impact and climate change on the regional land and ocean environment \* Features nearly 50 diagrams, maps, and striking photos The ideal primer for those interested in the often mysterious interplay of water, wind, earthquakes, and other geologic events, processes, and stressors at work in the natural world. Then EXPERIENCE this geology firsthand...on a Pacific Coast Highway road trip! The 85-mile ROAD LOG provides precise instructions for a self-drive geological tour up Highway 1 from Bodega Bay at Sonoma County's southern tip to the tiny hamlet of Elk in Mendocino County (utilizing highway mile markers) includes MUST-SEE features as well as suggestions for best hikes, picnic spots, public access beaches, campgrounds, side trips inland, and more... "Sonoma Land Trust has long known the Sonoma Coast as a special place to be protected. With his expertise, sense of curiosity, and investigation, the author came to know this place in-depth and has shared with us its story. It is a true gem to have this resource as a guide to understanding the forces that have shaped the land as we now see it. And the Road Log is an invaluable asset to our knowledge of the coast." --Dave Koehler, Executive Director, Sonoma Land Trust NOTE: with over four dozen maps, diagrams, and photos, this material isn't suitable for an ebook so it's only available in this paperback format. While most geologic Road Logs only have a dozen or fewer stops, Shaping the Sonoma-Mendocino Coast has a whopping 150!

## Book Information

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## Customer Reviews

"Having made his home at The Sea Ranch for several decades now, seasoned geologist Thomas Cochrane introduces us to the ground beneath our feet in his just-published book, *Shaping the Sonoma-Mendocino Coast Exploring the Coastal Geology of Northern California*, which is already available at over 40 retail locations in the two counties, including several state parks regionally. Outdoor enthusiasts will be particularly drawn to a unique aspect of this new title namely its 85-mile Road Log which utilizes highway mile markers in leading the reader on a self-guided geological tour up Highway 1 beginning in Bodega Bay and concluding in the tiny hamlet of Elk in Mendocino County. The Executive Director of Sonoma Land Trust, Dave Koehler, wrote an enthusiastic endorsement for the book on the back jacket. Not only does the Road Log bring to life the first part of the book's overview of the complex and interconnected natural (and sometimes manmade) forces which have shaped our stretch of California's shoreline. It delightfully includes information on best hikes, picnics, campgrounds, parking access, restrooms, and restaurant recommendations sprinkled in. Unlike most geology road logs, which only offer a dozen or so spots to check out, this book offers a whopping 150 stops in all. To further flesh out the telling of our region's coastal story, *Shaping the Sonoma-Mendocino Coast* also contains over four dozen maps, diagrams, and gorgeous color photos. Cochrane is a former teacher and definitely has a knack for distilling complex earth science into digestible information for the average reader who knows little or nothing of this topic, making the material easy to understand...and enjoy. After our miserably soggy winter, grab a copy of this book and hop in the car now that the sun's returned to engage in some firsthand exploration of some of our nearby fascinating geological oddities among them sea stacks, gargoyles, and the truly bizarre and puzzling Bowling Ball Beach among numerous other locales.

There s also an entire chapter on our ever-present worry, the San Andreas Fault, providing information as well as insights which help us better understand the over-arching role it continues to play in shaping the coast we see today. Rounding out this primer for those interested in the often mysterious interplay of water, wind, earthquakes and other geologic events, processes, and stressors at work in the natural world is a final chapter recounting human impact on our fragile coastal region." --Sonoma County Gazette (monthly newspaper)"From sandy beaches to sweeping plains and rocky hillsides, the California North Coast is a geological wonder. Thomas English Cochrane, a licensed geologist living at Sea Ranch, published *Shaping the Sonoma-Mendocino Coast: Exploring the Coastal Geology of Northern California*, a compendium of Cochrane s observations and notes of the unique structure of the coastline. Accessibility is always a concern when picking up a specialist s books: will I have to know advanced geological terms and will I need a degree to understand what the author has to say? Fortunately for the non-geologist, Cochrane s book is not only understandable, but quite interactive with the reader, as well. The introduction helps explain basic terminology and covers the geologic eras of time when the coast developed from the Earth s mantle to today. Additionally, questions interspersed throughout the book s chapters helps the reader summate the previous material and challenges them to make their own theories of why the rock formations formed or look the way they are before delving into the science behind their creation. For young adults and truth-seekers alike, there are gems to find in Cochrane s chronicled studies and travels along the coast. The book also encourages readers to plan their own journey through the coast and catalog what they observe. The book contains a map and road log for an 85-mile self-guided tour through the coast. Landmarks and points of interest painstakingly recorded from Cochrane s own excursion helps point the reader in the right direction, but the trip is ultimately at their own pace and interests. The book is available in 45 stores across the region, with Cochrane himself offering tours and geo-talks in Sonoma and Mendocino counties. His book is a compendium of research into one of the most geologically diverse regions in the state, and any lover of geology, nature or adventure will have a wonderful time reading through its pages." --Northbay Biz (regional Business Journal magazine serving Sonoma, Napa & Marin counties)

California Professional Geologist and former teacher Thomas E. Cochrane has been a resident of The Sea Ranch (Sonoma County) for nearly 30 years. He s consulted on geologic hazards and geology along this pristine stretch of Northern California s coast and has doggedly documented all aspects of the Road Log firsthand.

Admittedly, of focused interest but not just a guidebook- instead a concise aid to the understanding of what is the "Area 51" of tectonic Geological forces. So very many ancient and primitive "Plutonic" wars underfoot miles down, moving Basalt earthcrust and Granite over time unimaginable, ancient seabed folding and pushing the very earth's crust under North America, and North towards Canada. Illustrated to expose the evidence to the Amateur and to add new tid-bits as treats to the experienced and in colour! A worthy successor to my copy of Ted Konigsmark's books, I am happy this book exists, the Geological study of Point Reyes to Point Arena is so wild! The forces of the globe intersect here in a wild clash of" a rock against a hard place".

This book is filled with fascinating information on the Mendocino coast. A must for anyone interested in the geology of Northern California! I highly recommend it!

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