



DOWNLOAD



Adventure Cycle-Touring Handbook: A Worldwide Cycling Route & Planning Guide

By Lord, Stephen

Trailblazer Publications, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!
Summary: INTRODUCTION (1) PART 1: PRACTICAL INFORMATION - What kind of bike? (Touring , MTB, Trekking, Tandem, Recumbent, Which frame material- steel or aluminum, Folding bikes), Buying new: Top ten internationally available bikes, Setting up your bike for the Big Ride (Wheels, Tires, Gears, Pedals, Saddle, Comfort, Seat position, Saddle position, Handlebars - type, adjustment, padding), Load carrying (Racks, Panniers, Trailers, Bar bag and other add-ons), Bike Equipment Checklist (Tools, Spares & Repairs), Clothing (Bike shorts, Footwear, General clothing suggestions & lists), Camping Gear (Tent, Bag & Mat, Stove, Filter), Other gear (bike computer, altimeter, GPS, headlights. Electronics & Communications), Health and ailments (Vaccinations, First Aid kit, biker's ailments, Stress & fatigue, Survival rules), (2) PART 2: TRANS-CONTINENTAL ROUTE OUTLINES - Europe (France & Spain, Mediterranean route, Northern Europe, Danube, Alps. Eastern Europe), Asia (Overland - Central Asian route, Southern route (Turkey, Iran, Pakistan etc.), India, Central Asia, China & Tibet, Himalaya and Karakoram, SE Asia, Japan), North America (Classic routes, East to West, West coast, Great Divide MTB route, Baja California), Central & South America, Australasia (Gold Coast, Nullarbor & South coast, Biking...



READ ONLINE

[3.04 MB]

Reviews

A must buy book if you need to adding benefit. It really is packed with wisdom and knowledge I found out this book from my dad and i encouraged this pdf to understand.

-- **Mr. Bennie Hirthe**

Most of these publication is the perfect publication offered. It is amongst the most incredible book we have read through. You can expect to like just how the writer write this pdf.

-- **Theresa Bartell DVM**