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The Essential Touring Cyclist has been fortunately been updated and kept in print. I found the information useful. Maybe this is not the right book for an experienced touring cyclist, as some other reviewers have mentioned. While this book gives an excellent overview and tips to prepare for a cycling adventure, it could have been a bit

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bicycles, their various uses, and most importantly — to help you select the right bicycle for the type of bicycle tour that you wish to participate in.

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The other book I have is The Essential

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Touring Cyclist (the second addition), while this books a tad out of date but the information contained in it is mostly still relevant today, and all the older stuff they discuss is really good if you ' ll be using an older bike (1985) like mine, I think its a crucial read for anyone wanting to tour for

...



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touring bikes on the market, from £ 700 to  
over £ 2,000. Each of them is worth  
considering if you ' re looking to bag

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Recreational cyclist and travel writer

Sebastian Modak ... “ and great for multi-  
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The classic guide for beginning and intermediate cyclists is back—and it's better than ever. With the latest on bikes, gear, and training techniques and new

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sections on short tours, and touring abroad, this new edition of The Essential Touring Cyclist promises to appeal to a whole new population of aspiring cyclists. Whether you 're heading out for five hours or five months, this vividly designed, heavily illustrated, and resource-rich guide delivers everything you need.

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"Empathy with the reader. What a  
concept," said Canoe magazine of The  
Essential Sea Kayaker-an illustrated  
handbook that set new standards for user  
friendliness in the field of outdoors how to.  
Following in its wake is the first fully  
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with the same mix of tightly integrated text, line drawings, and photos that made The Essential Sea Kayaker a bestseller. Readers will quickly absorb everything they need to know about buying, maintaining, modifying, and equipping touring bikes. Then they'll go on the road with experienced bike tourer Rick Lovett and get

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a complete education in living and traveling  
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A complete reference guide for cyclists  
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selecting a bike and what clothing to wear,  
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you'll be sure to come home with those  
wonderful bicycle touring memories you've  
been dreaming about. But pick the wrong

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bicycle and your trip could be over before it has even had a chance to begin. The Essential Guide To Touring Bicycles is a short, descriptive book designed to teach you about: The features, components and characteristics that are unique to touring bicycles. The five main styles of touring bikes. The different metals used in touring

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that could save you hundreds of dollars when purchasing your new bicycle touring vehicle. Written by Bicycle Touring Pro, Darren Alff, The Essential Guide To

Touring Bicycles is a book that every cyclist should read before purchasing a touring bicycle of any kind. This is a book for people who are totally new to touring

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bicycles - not a book for experienced bicycle riders. CONDUCT THE BICYCLE TOUR OF YOUR DREAMS The dream you are likely having involves going on a bicycle tour and having magical experiences you will remember for the rest of your life.

Experiences so incredible you will tell your friends and family about them for years to

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come. The reality, however, might be that you never complete your bike tour, because you picked the wrong touring bicycle – a bicycle that wasn't built for the kind of bike tour you were participating in – and you were unable to return home with those magical memories you were hoping for. What many first-time bicycle tourists don't

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realize is that there are several different types of bicycles made for bicycle touring. There are touring bicycles made for short day trips around your home; fast, sporty touring bicycles made for racing and light touring; and an entire separate breed of touring bicycles made to carry you and your gear all the way around the world. Plus, there are

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bicycles made for all kinds of other types of bike rides (that aren't designed for bicycle touring at all). Let the Bicycle Touring Pro help you find your ideal touring bicycle! The Essential Guide To Touring Bicycles is a book designed to teach you about the different types of touring bicycles, their various uses, and most importantly – to

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help you select the right bicycle for the type of bicycle tour that you wish to participate in. With The Essential Guide To Touring Bicycles, you will not only learn about what to look for in your next touring bike, but you will be given access to the world's largest collection of touring bicycles (included for free with this book) – a detailed directory

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where you will be introduced to more than 130 different types of touring bicycles made in various countries all over the world. From this database of 130+ bicycles, the author will help you narrow down your selection and find the touring bicycle that will help to make your bicycle touring dreams come true. The Essential Guide To Touring

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Bicycles comes with three free digital bonus gifts (worth more than \$25 USD): 1) A bonus eBook called “ A Buyer's Guide To Bicycle Touring Panniers & Trailers ” 2) An hour-long video recording where the author speaks at great length about touring bicycles, panniers and trailers. 3) And access to the world's largest touring bicycle database



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(where more than 130 touring bicycles are shown in great detail with their name, photo, product description, price and more).

Written by one of Europe ' s most experienced and renowned fasting doctors, this step-by-step reference provides daily guidance to complete a seven-day fast. The

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guidebook addresses a myriad of topics associated with fasting, including its history, common and successful forms, losing weight, overcoming temptations, and recipes for reintroducing food into the body. Additional topics relating to health and safety—such as keeping hydrated, staying warm, promoting circulation, and

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optimally preparing the body for a fast—are discussed at length.

The nearly 150-year-old sport of cycling had its first competition in France in 1868. Soon afterward, the need arose for purpose-built cycling tracks because of poor road conditions at the time. Racing on blocked

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off pieces of street or grass soon evolved into racing on special tracks called velodromes. This development marked the split into what are still the two main forms of cycling competition: road racing and track racing. Initially, track cycling was more popular in terms of public attention and money to be earned by racers, but this gradually changed

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in favor of road racing, which has been the most popular form of cycling since at least the end of World War II. The Historical Dictionary of Cycling takes a closer look at the sport, as well as discussing the use of bicycles as a means of fitness, touring, and commuting. This is done through a chronology, an introductory essay,

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appendixes, photos, a bibliography, and over 500 cross-referenced dictionary entries on cycling's two main disciplines—road and track—as well as brief overviews of the other forms of cycling. This book is an excellent access point for students, researchers, and anyone wanting to know more about cycling.

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Europe. Rhine River, Danube River, Elbe River, Loire River, Po River, Neckar River, Mosel River, Main River, and more. \* How to plan and prepare. \* How to get what you need to the start of a ride and home again --bikes, panniers, and you. \* What to bring and what not -- how to keep your load small. \* How to handle getting around and



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other logistics. \* Bike, Lodging and Eating advice. \* Safety, Security, and Communication advice. \* Route recommendations and key features. In short, everything you need to know to have a first-class, comfortable, flexible, and interesting riding trip to Europe without spending a fortune or going with an

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organized package. We budget about \$120 per day per person (less if sharing rooms) plus airfare for hotels, meals, and everything else for rides that are typically 8-14 days in length. Rivers make the perfect touring -- flat, easy to navigate, interesting towns, historical sites, and relatively short distances between stops and sites. These trips are for

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everyone -- from weekend warriors to casual riders, from the young to the old. Our routes guide riders through Germany, the Netherlands, Austria, Czech Republic, Hungary, France, Italy, Switzerland, and Slovakia, and utilize the detailed maps found in the terrific German Bikeline map guides. "Cycling Along Europe's Rivers" is a

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companion book to the European Bikeline Map Guides. It will tell you how and where to go, which Bikeline map guide to use for route details, and how to use these maps.

That's all you need! Please Note: While the book does provide over 25 routes, suggested overnight stops, and associated mileage, it does not provide turn-by-turn details, and

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detailed maps, because this is not necessary for these trips given GPS, generally well-marked trails, the very detailed Bikeline companion guides, and the rivers themselves providing the ultimate route guide! Cities and regions in Europe you can visit include, among many other: the Danube Gorge, Amsterdam, Leiden, the Hague, Rotterdam,

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people. A helmet perched on the back of your head is perfect if you ride your bike backwards—These and a host of other handy pointers jostle for attention within this A to Z guide to being a cyclist. It ' s an essential manual and source of wisdom for those who would be kings of the road. Many pitfalls await the unwary middle-aged-man-

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in-Lycra, but fear not, for the Guide is here to steer you through choppy waters. No more passing out halfway up a hill. No more ridicule in the workplace. No more hurty knee. And no more sock crimes. Pearls of wisdom are scattered throughout this book like rose petals before a princess on her wedding day. For instance, who could deny

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that life is too short to drink bad coffee?

That a noisy bike is marginally more annoying than a whiney toddler? Or that style should ever be sacrificed for speed?

Written by experts who know everything there is to know about cycling, yet never forget that there is nothing funnier than a rabbit playing a trumpet, How to be a

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Cyclist is mandatory reading for all bike riders. “ Prepare to have your wanderlust stoked. ” —The Herald (UK)

Describes the sport of bike trekking, the equipment and gear needed, the techniques of biking, and the safety precautions.

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Do you have dreams of going on a bicycle tour? Are you thinking about cycling across your home state? Exploring a foreign country on your bike? Or even pedaling your bicycle all the way around the world? You're not alone! Thousands of people from all around the world go bicycle touring each and every year... and you can

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be one of them! Even if you're a total beginner and haven't got a clue where to start, there's no need to worry. When I first started bicycle touring I had to start at the very beginning, just like you. I made a lot of mistakes along the way, spent money on things I shouldn't have, wasted a lot of time consulting with people who had very little

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bicycle touring experience, and I made my bicycle tours a whole lot harder than they needed to be. Had I known THEN what I know NOW, my first bicycle tours would have been so much more enjoyable. The good news is... you don't have to make the same mistakes I did, because the information I've provided for you inside



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"The Bicycle Touring Blueprint" will ensure you hit the road knowing everything you need to know... and that you arrive home safely after having completed an enjoyable and life-changing bicycle tour. "The Bicycle Touring Blueprint" is an at-home training system designed to help you plan, prepare for, and execute your first bicycle tour. The

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book is a modern, step-by-step guide to bicycle touring, written by the world's most prominent bicycle touring expert, handed to you on a silver platter. Simply follow the steps in this trademarked bicycle touring system and then hit the road on the bike tour you've been dreaming about! One step at a time, the information in this complete

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bike tour training course will transform you from an absolute beginner into a "Bicycle Touring Pro" and get you out on that incredible cycling adventure you've been dreaming about!

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