



# 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...



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