



Adventure Cycle-Touring Handbook: Worldwide Cycling Route & Planning Guide (3rd Revised edition)

By Neil Pike, Harriet Pike

Trailblazer Publications. Paperback. Book Condition: new. BRAND NEW, Adventure Cycle-Touring Handbook: Worldwide Cycling Route & Planning Guide (3rd Revised edition), Neil Pike, Harriet Pike, 'the definitive guide to how, where, why and what to do on a cycle expedition.' Adventure Travel Magazine (UK) Every cyclist dreams of making the Big Trip, the Grand Cycle Tour abroad. Whether that's a two-week trip or a year-long journey, the Adventure Cycle-Touring Handbook is the comprehensive manual that will make that dream a reality. Riding across Asia, cycling in Africa or pedaling from Patagonia to Alaska, whether you're planning your own Big Trip or just enjoy reading about other people's adventures, the Handbook is guaranteed to illuminate, entertain and above all, inspire. This fully revised 3rd edition includes: PART 1 Practical information How to prepare for a long-distance trip What to look for in a new bike with reviews of some of the world's best touring- and trekking-bikes Adapting a standard bike for the Big Ride Choosing components, equipment for the road and reviews of camping gear Health precautions, inoculations, visas, money and safety PART 2 Worldwide route outlines Across Europe, Asia, Australasia, North and South America and Africa; recommended routes within...



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