



Bicycling Magazine's Guide to Bike Touring: Everything You Need to Know to Travel Anywhere on a Bike

Doug Donaldson

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Bicycling Magazine's Guide to Bike Touring by Doug Donaldson is for adventure-loving cyclists as well as anyone who has ever daydreamed of pedaling the open road or trail . . .

Imagine a bike trip through California wine country, a nature tour of Vermont in autumn, mountain biking the north rim of the Grand Canyon, climbing Mont Ventoux during the Tour de France! There's nothing quite like the exhilaration of a bike tour vacation if it is done right-not to mention the fitness benefits it provides. Backed by nearly two decades of experience from the most authoritative magazine on cycling, this book shows the way. Written in a quick, easy-to-absorb style, it tells you:

- o How to buy the right touring bike and gear
- o How to find a good touring company
- o How to plan your own tour
- o Training programs for any length of tour
- o What clothing to choose for specific weather conditions
- o How much and what to eat and drink
- o Cycling Dream Trips-the 10 places you have to ride

Complete with maintenance tips and 12 emergency repairs you should know how to do, advice on riding in bad weather and in heavy traffic, and the ultimate packing checklist of what you need to take no matter where (or how long) you go, this handy, helpful guide is designed to make your bike tour an invigorating, rewarding experience you will never forget.

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