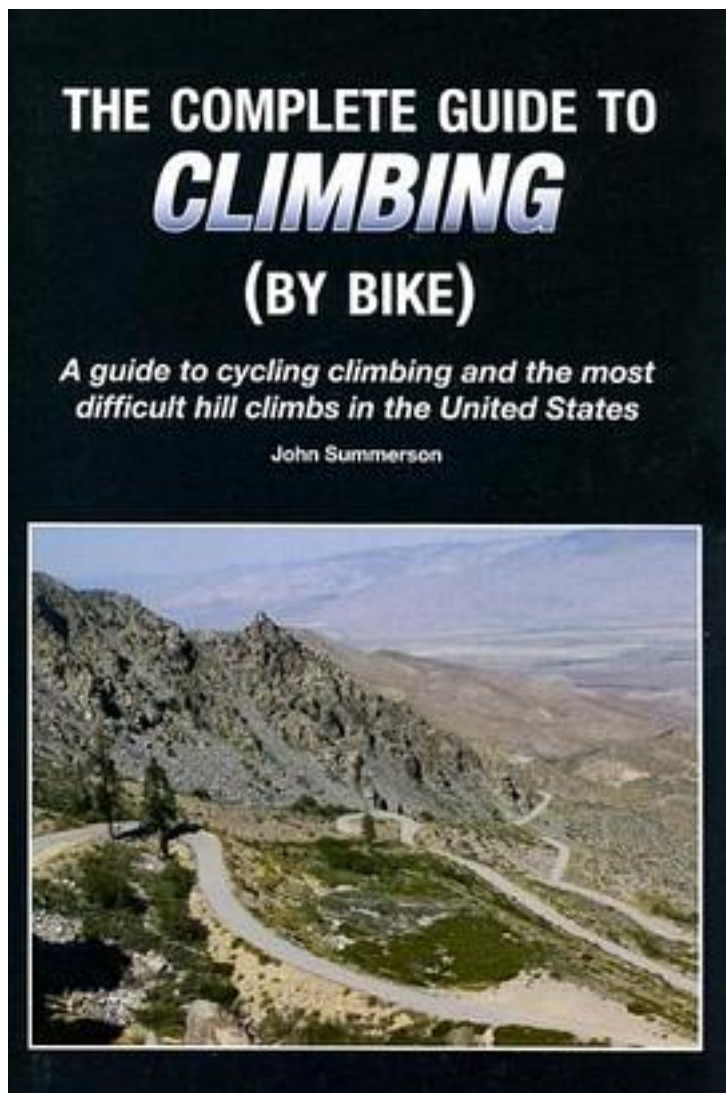


# The Complete Guide to Climbing (By Bike)



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This guidebook provides cycling peak-baggers with everything they need to know; from how best to prepare to get to the top of the mountain to the most difficult climbs in the U.S. From the incredibly steep roadways of New England, to the scenic Blue Ridge Mountains of the Southeast and the high altitude assaults of the mountain west, the most difficult climbs are all included. Includes: climbing tips, easy to read directions with maps, climb profiles, appendices with climb rankings and other information, descriptions and accurate climb information.

作者介绍:

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