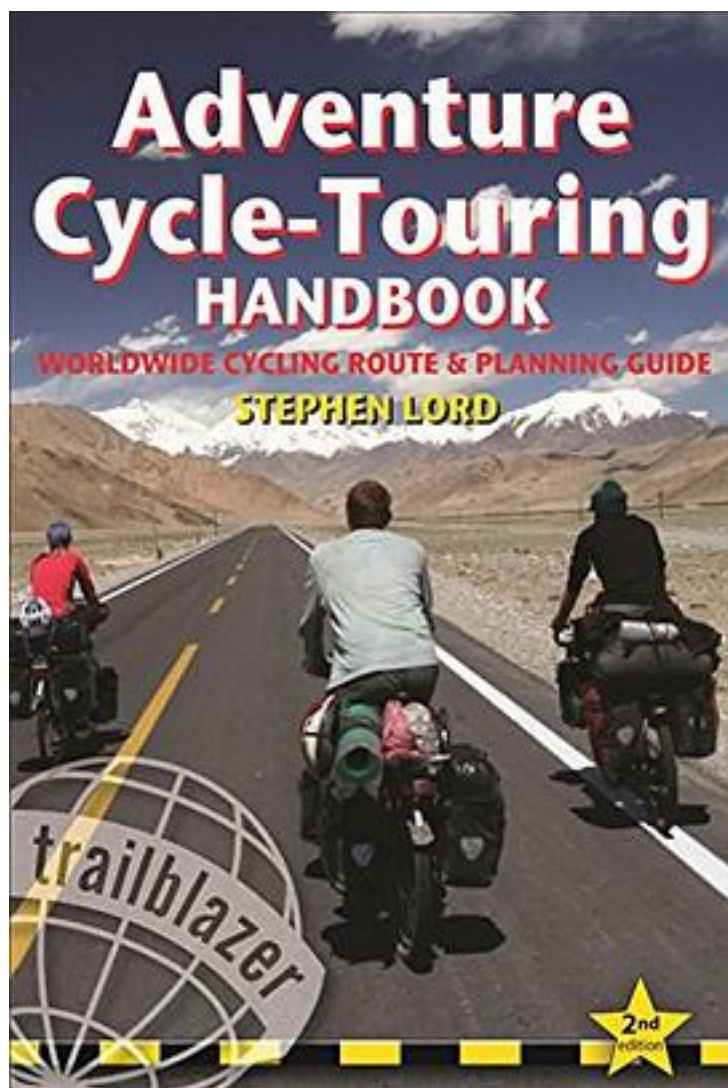


Adventure Cycle-Touring Handbook



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著者:Stephen Lord

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Worldwide Cycling Route and Planning GuideEvery cyclist dreams of making the Big Trip, the Grand Cycle Tour abroad. The "Adventure Cycling Handbook" is the comprehensive manual that will make that dream a reality whether it's riding the Karakoram Highway, cycling in Tibet or pedalling from Patagonia to Alaska. So 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. Practical information - Which bike to take, Top ten internationally-available bikes, Setting up your bike for the Big Ride, Load carrying, Bike Equipment Checklist (Tools, Spares and Repairs), Clothing, Camping Gear, Health and Survival/LI/UL Trans-continental route outlines - across Europe, Africa, Asia, North and South America./LI/UL Tales from the Saddle - first-hand accounts of spoke-bending biking adventures worldwide; battling against the elements on epic journeys. 10 new tales for this new edition./LI/UL

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评论

此書介紹了單車旅行的方方面面，是一本難得的好manual

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