

Mountain Bike Forks Guide

Located in Tennessee and Kentucky, the Big South Fork National River and Recreation Area boasts a diverse and dramatic landscape ideal for all types of outdoor activities. This newly updated guide includes information on the area's geology, history, and wildlife, plus horseback riding, whitewater paddling, and backpacking. There's also advice about accommodations and services, activities for children, universally accessible campgrounds and trails, and exploration by car.

Award-winning author, naturalist, and conservationist Tim Palmer presents the world of California rivers in this practical and inspiring field guide. Loaded with tips on where to hike, fish, canoe, kayak, and raft, it offers an interpretive approach that reveals geology, plant and wild life, hydrologic processes, and other natural phenomena. Palmer reports on conservation with a perspective from decades of personal engagement. More than 150 streams are featured, 50 riparian species are illustrated, and 180 photos show the essence of California's rivers. Palmer brings a natural history guide, a recreation guide, and an introduction to river ecology together in one illuminating volume; it belongs in every river lover's book collection, boat, and backpack. Alphabetically lists and describes Web sites on a variety of topics, including health, culture, business, travel, and education.

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

Mountain Bike magazine has everything for the mountain bike enthusiast, from the best mountain bike and equipment reviews to a trail database with the recommended MTB trails.

More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country-and to improve cardiovascular fitness, control their weight, and liven up their social lives. At the same time, cycling remains very much a "man's sport," an intimidating world that can be difficult for women to navigate. Now celebrity spokeswoman Selene Yeager covers all the basics-for all ages and fitness levels. Women will learn... - How to find the perfect bike and other essential equipment - How to shift, spin, climb mountains, and get back down - Training techniques that take it up a notch - What to eat off-and on-a bike - Competition craziness-race information and strategies - Why guys who work in bike shops act the way they do - And more!

From the shimmering blue waters of Lake Titicaca to the blindingly white salt flats of the Salar de Uyuni, the snow-capped peaks of the Andes and the verdant rainforests of the Amazon, Bolivia's diverse landscapes astound. The country is incredibly rich in culture and history, boasting ancient pre-Inca ruins, fascinating witches' markets, vibrant carnivals and some of South America's finest colonial architecture. There are also plenty of activities for thrill seekers, including cycling down the world's most dangerous road, exploring legendary silver mines, swimming with pink river dolphins and retracing the footsteps of Che Guevara. Now available in ePub format. This new, fully-updated edition of The Rough Guide to Bolivia helps you discover both the big sights and the hidden gems, with expert reviews of the best places to stay, eat and drink for everyone from backpackers to five-star travellers. Make the most of your time on Earth™ with the Rough Guide to Bolivia.

This is the complete reference guide to bike servicing and repair, and an essential bible for every cyclist's bookshelf. Incredible CGI illustrations show you every aspect of bike repair and maintenance more clearly than ever before, whether you're a mountain biker, cycling commuter, or road racer. All major types of bicycle from the leading brands are covered - including road, racing, hybrid, mountain, and utility bikes - with detailed, practical advice to take you from symptom to solution. The Complete Bike Owner's Manual takes away the need for expensive expert advice, showing you how to service and maintain every aspect of your bicycle. Learn how to replace or repair a chain, correct sagging suspension, fit brake cables, adjust electronic shifters, and much more, with incredible up-close detail helping you to get your wheels turning again.

For a limited time, receive a free Fodor's Guide to Safe and Healthy Travel e-book with the purchase of this guidebook! Go to fodors.com for details. Ready to experience the National Parks of the West? The experts at Fodor's are here to help. Fodor's Complete Guide to the National Parks of the West travel guide is packed with customizable itineraries with top recommendations, detailed maps of each National Park, and exclusive tips from locals. Whether you want to hike through jaw-dropping landscapes of Yosemite, see rare wildlife and natural wonders in Yellowstone, or go river-rafting in the Grand Canyon, this up-to-date guidebook will help you plan it all out. This new edition has been FULLY-REDESIGNED with a new layout and beautiful images for more intuitive travel planning! Fodor's Complete Guide to the National Parks of the West includes: ? AN ULTIMATE EXPERIENCE GUIDE that visually captures the top highlights of each National Park. ? SPECTACULAR COLOR PHOTOS AND FEATURES throughout, including special features on the geothermal wonders of Yellowstone, tips for stargazing, and identifying rock formations and ancient petroglyphs. ? INSPIRATIONAL "BEST OF" LISTS identify the best things to see, do, eat, drink, and more. ? MULTIPLE ITINERARIES for various trip lengths help you maximize your time. ? MORE THAN 70 DETAILED MAPS help you plot your itinerary and navigate confidently. ? EXPERT RECOMMENDATIONS ON HOTELS AND RESTAURANTS offer options for every taste. ? TRIP PLANNING TOOLS AND PRACTICAL TIPS include: guides to getting around, saving money and time, and beating the crowds. ? LOCAL INSIDER ADVICE tells you where to find under-the-radar gems, along with the best campsites and lodges in each park. ? HISTORICAL AND CULTURAL OVERVIEWS add perspective and enrich your travels. ? NEW FEATURES like the best site in each National Park; A SPECIAL GUIDE to river-rafting in the Colorado River. ? COVERS: Yellowstone, Glacier and Waterton Lakes, Grand Teton, Zion, Olympic National Park, Yosemite, Grand Canyon, Bryce Canyon, Carlsbad Caverns, Rocky Mountain National Park, Mesa Verde, Badlands National Park, Great Basin, Crater Lake, and more. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. Planning on visiting more of the West? Check out Fodor's California, Fodor's Utah, Fodor's Colorado, and more.

A handy pocket-sized guide to mountain biking in Moab, Utah. Detailed ride descriptions make it easy to find the trailheads and follow the routes, helping mountain bikers stay on track with accurate distances keyed to easy-to-read maps and ratings for physical and technical difficulty.

"Discover Bolivia with the most incisive and entertaining guidebook on the market. Whether you plan to swim with pink river dolphins, cycle the world's most dangerous road, or follow in the footsteps of Che Guevara and Butch Cassidy, The Rough Guide to Bolivia will show you the ideal places to sleep, eat, drink and shop along the way. Inside The Rough Guide to Bolivia - Independent, trusted reviews written in Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout -navigate the steep, narrow lanes of La Paz's market district or the ordered colonial streets of Sucre's historic centre without needing to get online. - Stunning, inspirational images - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage-whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: La Paz; Oruro; Potosí; Sucre; Cochabamba; Santa Cruz; and Rurrenabaque. Attractions include: Mercado de Hechihería; Tiwanuku; Lake Titicaca and Isla del Sol; Coroico and the "Death Road"; the Inca trails; Salar de Uyuni; Reserva de Fauna Andina Eduardo Avaroa; the Che Guevara trail; the Jesuit missions of Chiquitos; Parque Nacional Madidi and the Amazon. - Basics-essential pre-departure practical information including getting there, local transport, accommodation, food and drink, fiestas, health, national parks and reserves, outdoor activities, crime and personal safety, culture and etiquette and more. - Background information- a Contexts chapter devoted to history, wildlife and ecology, books, music and dance, plus a handy language section and glossary. Make the Most of Your Time on Earth with the Rough Guide to Bolivia. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides."

Complete Mountain Bike Maintenance provides mountain bike enthusiasts with step-by-step guidance to maintaining and repairing their bikes, combining an easy-to-use format and design with high quality photographs of the latest equipment. The book guides the reader through every problem that may occur on a mountain bike and shows how to repair it. It also gives tips on how to spot the early warning signs of trouble so that you can fix the problem before it you need to get involved with costly replacements. It is the perfect reference manual to have in your shed or workshop and also contains lots of tips on how to conduct quick repairs if you get into trouble while out on the road.

"Consistently rated the best guides to the regions covered."—National Geographic Traveler History, nature, art, gourmet cuisine, and viticulture unite in the Hamptons and the North Fork of Long Island to create a wonderfully vibrant tapestry full of charm and inspiration. Well-known travel writer Suzi Forbes Chase provides thorough coverage of the area. With all the latest information on places to eat, stay, shop, and see, you'll find everything you need in this book.

A hand-illustrated and accessible introduction to the world of bike repair! Through working at both Plan B Bike Project and French Quarter Bicycles in New Orleans, our co-authors have gathered a wealth of experience to share with would-be mechanics. The first half of this book is a complete repair manual to get you started on choosing, fixing, and riding your bike. The second half reprints all four issues of Chainbreaker zine, whose originals were destroyed in Hurricane Katrina.

The guide to India is a useful handbook to an extraordinary country. The introductory colour section includes photography of the country's many highlights in the 42 Things Not To Miss section, from boating on the backwaters of Kerala to taking in a cricket match at the Oval Maiden in Mumbai. It provides comprehensive accounts of every attraction from the vibrant cities and elaborate temples to Himalayan peaks and palm-fringed beaches. There is also practical advice on activities as diverse as camel trekking in the Rajasthan desert, rafting on the Indus and hiking through the lunar landscapes of Ladakh. The listings sections provide hundreds of insider reviews of the best hotels, hostels, restaurants, bars, shops and museums in every city and village. The authors also give an informed insight into India's history, politics, religion, music and cinema, providing a valuable context to the reader's trip.

First published in 1992, Cherokee National Forest Hiking Guide has been a vital companion to thousands who have explored the 640,000-acre Cherokee National Forest. This second edition has been substantially expanded to cover all hiking trails in the forest as of 2003. Stretching across the Tennessee-North Carolina state line, the Cherokee National Forest includes much of the western slopes of the southern Appalachian Mountains, north and south of the Great Smoky Mountains National Park. The area encompasses tremendous diversity of wildlife, vegetation, and scenic vistas of high mountain peaks and beautiful creeks, waterfalls, and valleys. Almost two hundred described and mapped trails and footpaths wind throughout this wildlife haven, inviting everyone who loves the outdoors-- hikers, backpackers, hunters, anglers, and horseback riders-- to explore its natural beauty. The Cherokee National Forest Hiking Guide provides maps and specific directions along with a wealth of general information on the forest's present and past wildlife, vegetation, and geology, as well as a history of the forest's human inhabitants-- including the political battles that have been waged to protect the forest. Featuring a new foreword by Senator Lamar Alexander, this book remains the definitive guide to this expansive and alluring landscape sure to thrill outdoorsmen for many generations to come.

Zinn & the Art of Mountain Bike Maintenance is the world's best-selling guide to the maintenance and repair of mountain bikes, hybrids, and fat bikes. From basic repairs like how to fix a flat to advanced overhauls of drivetrains and brakes, Lennard Zinn's clearly illustrated guide makes every bike repair and maintenance job easy for everyone. Lennard Zinn is the world's leading expert on bike maintenance and repair. His friendly, step-by-step guide explains the tools and parts you'll need and how to know you've done the job right. The book's two-color interior is easy to read--even in a dimly-lit garage or workshop. Hundreds of hand-drawn illustrations and exploded-parts diagrams show just the right level of detail to lead you through every mountain

bike repair task. This smartly organized guide shows how to repair new and old mountain bikes from top to bottom. In over 500 pages and more than 750 illustrations, Zinn's guide includes simple instructions for hundreds of mountain bike maintenance and repair jobs: Basics: How to fix a flat tire, lube a bicycle chain, adjust the brakes Emergency repairs: How to fix a broken chain, tighten loose spokes, repair a bent derailleur Easy shifting: How to adjust shifters, derailleurs, and cables for clean and smooth shifting Wheels: How to true a wheel, install a new tire, change a cassette, replace broken spokes, build your own wheels Overhauls: How to service and replace pedals, chains and chainrings, saddles, handlebars, stems, headsets, forks, bottom brackets New tech: How to maintain 1x-speed systems, electronic and wireless shifters Troubleshooting: How to figure out what's wrong with any bike and fix it Zinn & the Art of Mountain Bike Maintenance makes bicycle repair and maintenance easy, quick, affordable, and fun. With Zinn at your side, you'll know how to keep your bicycle running smoothly for years. What's New in Zinn & the Art of Mountain Bike Maintenance, 6th Ed.: New chapter on electronic shifting covers maintenance, service, repair, and troubleshooting of all Shimano electronic shifting groups. Also included: How to program your electronic shifting system for personalized shifting as well as real-time display and shift recording on a head unit. New chapter on disc brakes covers maintenance, service, and repair of all hydraulic and mechanical systems. Includes integrated systems and their bleeding requirements. New guides on how disc brake mounting adapters work and how to install them. Complete info on the new 11-speed and SRAM 12-speed drivetrains. Info on all the newest bottom brackets including 1x11 and 1x12 systems. New guidelines on wheel size selection for your frame size, suspension settings, and travel. New procedures for mounting and sealing tubeless tire systems. New usage guidelines for flat-prevention sealants. Updated guides on replacing press-in bottom brackets with thread-in bottom brackets. New wheel lacing guidelines for building disc-brake compatible wheels. More than 750 comprehensive illustrations and exploded views including 150 new or revised illustrations. Updated and expanded guides on how to tune, rebuild, and maintain suspension forks and rear shocks. Includes tuning guides for preload, compression, rebound, and sag. Updated and revised troubleshooting tables, torque tables, and gearing charts for 26", 27.5", and 29" bikes. Also covered in the 6th edition: All derailleur shifting systems; all bottom bracket systems; all brake systems; all headset, stem, handlebar and fork systems; wheelbuilding for all bikes; updated and expanded torque tables; complete indexes of all illustrations and topics covered. Whether you're riding a classic Stumpjumper or a carbon-fiber race machine, Zinn has got you covered!

A complete reference guide for cyclists planning extended trips includes everything a responsible biker needs to know, including the ultimate packing checklist, tips on selecting a bike and what clothing to wear, and much more. Original. 15,000 first printing.

This classic reference guide to mountain bike repair and maintenance has been updated to include the most recent information on state-of-the-art mountain bike components. 150 illustrations. Fix a broken chain with a shoelace! Improve shifter performance with dishwashing detergent! Inside are thousands of tips to repair and maintain any road or mountain bike. Whether it's the latest model or a classic that has thousands of miles on it, beginners or experienced riders can keep their bikes on the road longer and spend less time in the repair shop. With this ultimate repair manual: * Build a dream bike workshop with complete plans and comprehensive tool lists * Wow ride partners with tricks for fixing breakdowns with a minimum of tools * Roll wheel hoops and save time and money * Dial in suspension shocks for comfortable rides * Discover top tricks from professional mechanics * Expertly work on any style of brakes, including the V-Brake * Overhaul freewheels and cassettes for peak performance * Service clipless pedals for maximum safety What's new in the expanded and revised fourth edition? * Updated text that covers the latest models and parts * Over 160 new photos so you get repairs right the first time * Clearer, better designed captions so you can read as you repair * Troubleshooting sections to quickly identify and correct common problems * Web sites and phone numbers of bicycle and parts manufacturers * An updated glossary with the latest in bike lingo

THE ROUGH GUIDE TO NEPAL is the ultimate guide to this beautiful and varied country. Features include- Full-colour section introducing Nepal's highlights. Unrivalled accounts of all the sights, from legendary Kathmandu and the peaks around Pokhara, to the jungles and ethnic diversity of the Tarai region. incisive reviews of the best places to stay, eat, drink and shop, whatever your budget. Detailed chapters on trekking, rafting and mountain-biking. Comprehensive background on Nepalese culture, politics and the environment. Maps and plans for every region.

A guide to bicycle maintenance and repair covers frames, wheels, chains, gear shifts, tools, adjustments, and safety.

Mountain Bike! Los Angeles County is must-have literature for the cyclist who is eager to explore the wonderful terrain that housed the genesis of mountain biking in the late seventies. In this trail guide you'll find detailed maps of carefully planned routes, some popular and some unknown to many, as well as comprehensive descriptions of what hazards and delights you'll encounter along the way. Whether you're a adrenalin seeking downhill bomber, or a gram-counting cross country racer, the Wide Grin guide will be your bible. Los Angeles County has every conceivable type of mountain bike accessible terrain, from remote, loamy oak forest floor singletracks without a person in sight, to roller coaster, rock-garden filled chutes that will give you plenty of thrills. Several easier routes for novice riders are also included. Over the years, mountain biking has become a multi-faceted sport, encompassing several disciplines that all utilize the 26-inch knobby tire. The masochistic single-speeder, the cross country racer, the dirt-jumping purist, the downhill racer, the freerider, the epic rider and the weekend warrior will all find their needs catered to in this guide. Each route is rated on technical and aerobic difficulty, so no rider will get more than they bargained for. Additionally, GPS waypoints for the start of each route are given in both UTM and latitude/longitude coordinates, so you'll never find yourself lost. Los Angeles County has enough riding terrain to keep your riding experiences new, fresh, and challenging for a lifetime. Even veteran Angelinos will find themselves surprised at the number of great loops and shuttle-runs unbeknownst to them until now. After a broad tour of LA's mountain bike playgrounds, you'll surely cancel your plans to relocate to Vancouver's North Shore or to the city of Moab, Utah, because Socal truly is the Mecca of mountain biking, and Los Angeles is right in the center of it.

More riders than ever are heading to the country on their mountain bikes. It's a sport that has exploded over the last twenty years, as people of all ages and walks of life are drawn to the thrill of the ride. Written by rider, racer and trainer Clive Forth, The Mountain Bike Skills Manual is the best resource for anyone who wants to know more about the sport and develop their abilities. It covers all the major disciplines including dirt biking, trail riding, cross country, 4X, enduro and slalom and is suitable for pleasure-seekers as well as the more competitive rider. Illustrated

with excellent step-by-step biking trick shots and covering everything from equipment and core skills to competitions and recreational riding, it's a book no rider will want to be without. Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Contents include; choosing a bike and getting started in the sport; clothing, shoes and equipment; detailed coverage of core techniques for all forms of mountain biking, including body positioning, climbing, cornering and braking; techniques specific to trail riding and sections on improving your skills; tips for training and how to solve common riding problems; guide to maintaining your bike to prolong its life and keep the rider safe; trail-side repair techniques; nutrition and fitness, including hydration requirements; guide to the main race events, starting out in racing and what happens on a race day. Superbly illustrated with over 200 colour photographs.

With over 100,000 copies of the previous editions sold, Gilleen Daffern's bestselling hiking guides to Kananaskis Country have been completely reformatted, revised and updated. As the pre-eminent expert on the area, the author continues to offer something for every level of foot-traveller, be they novice or experienced hikers, scramblers or backpackers. Gilleen's clear and detailed text, enhanced with colour photos and maps, enables everyone to navigate safely through this complex and beautiful area. NEW! The previous two volumes have been extended into five exhaustively researched books. NEW! Each new volume includes exciting and previously unpublished trails and routes. NEW! All maps have been completely redrawn and enhanced. NEW! Full-colour photographs throughout do justice to the spectacular scenery of the Canadian Rockies.

The Women's Guide to Triathlon presents female-specific training, techniques, and equipment for triathlon. Guided by the USAT Women's Committee, whose goal is to encourage women's participation in the sport, 20 of the sport's top female coaches and athletes offer their winning advice.

The use of bicycles by police, EMS, and security personnel continues to grow along with increased awareness of the benefits of an extremely mobile team of first responders. While the reasons for implementing a bicycle unit may vary, the goal of each agency is the same: to provide assistance to those who need it as quickly, safely, and effectively as possible. In the past, officers and agencies seeking to get a public safety bike unit rolling had to look far and wide to assemble the necessary information. The Complete Guide to Public Safety Cycling is the single comprehensive source of in-depth information on starting a bike unit or enhancing an established bike unit with tactical and technical tips on everything from basic equipment needs to detailed insights on policy, maintenance, training, legal issues, and much more.

The fully revised and updated sixth edition of the best-selling guide to bike maintenance from the world's leading authority on cycling Whether they own the latest model or a classic with thousands of miles on it, beginner and experienced cyclists alike need a guide that will help them get their bikes out of the shop faster and keep them on the road longer. For more than 20 years, The Bicycling Guide to Complete Bicycle Maintenance & Repair has done just that. With troubleshooting sections to quickly identify and correct common problems, 450 photographs and 40 drawings to clarify all the step-by-step directions so even the complete neophyte can get repairs right the first time, and websites and phone numbers of bicycle and parts manufacturers, this is truly the ultimate bicycle repair and maintenance manual. Now better than ever, the newest edition contains the latest information on component kits and carbon fork specifications.

Learn how to make the wheels turn in this informative guide that provides solid instruction on choosing the best bicycle and the differences between road, touring, racing, and cross bikes.

The Rocky Mountain State of Colorado offers soaring peaks, world-class skiing and vibrant cities that lure travellers from all over the world to America's alpine heartland. Be inspired to visit by the new edition of Insight Guide Colorado, a comprehensive full-colour guide to the state. Inside Insight Guide Colorado: A fully-overhauled new edition by our expert Colorado-based author. Stunning photography that brings this fascinating country and its people to life. Highlights of the state's top attractions, including the Rocky Mountains, Denver and the San Luis Valley. Descriptive accounts cover the whole state from the Mesa Verde to the Eastern Plains. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. Insight Guide Colorado now includes the Walking Eye app, free to download to smartphones and tablets on purchase of the book. The app includes our independent selection of the best hotels and restaurants, plus activity, event and shopping listings. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

Let's Mountain Bike! stands out as the most comprehensive book ever written on the sport of mountain biking. Detailed information is provided for all of the important facets, including purchasing the right bike, upgrades, accessorizing, bike set-up, bike care, skills training and how to maximize your performance on the trails, fitness training, trail dangers, trail etiquette, and much more. Presented with clear and understandable explanations and visuals, the information is easy to digest and apply. Everyone from the complete beginner to the more advanced rider will benefit from the depth and variety of advice and tips revealed in Let's Mountain Bike! It's an indispensable guide for those looking to hit the trails and become their best. Thousands of trails are waiting... so Let's Mountain Bike! Visit letsmountainbike.com to see more from this author.

The Rough Guide to Nepal offers an insider's guide to Nepal, from its 'Tantric' temples to its lively bars. It details all the finest Himalayan treks, with practical, up-to-date and expert advice on where to go when and what to take. It covers all the National Parks, offering advice and information on everything from tracking wildlife to hiring elephants. Dedicated chapters are devoted to mountain biking, white water rafting and other adventure sports, and there is unrivalled detail on Buddhism, Hinduism and the numerous ethnic groups that make Nepal a unique destination. The Rough Guide to Nepal also contains scores of detailed maps, covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek. Originally published in print in 2012. Make the most of your time with The Rough Guide to Nepal. Now available in ePub format.

The Rough Guide to Nepal is the most passionate and knowledgeable guide to this inspiring country. Discover Nepal's highlights with stunning photography, itineraries and colour-coded maps, plus detailed, up-to-date descriptions of the country's best restaurants, lodges, shops and hotels, for all budgets. There's solid practical advice on what to see and do, from rooftop bars in Kathmandu to meditation retreats in Boudha, and from riverside adventure resorts on the Bhote Koshi to tiger-spotting safaris in Chitwan and Bardia national parks. All the finest Himalayan treks are covered in detail, from the Annapurna Sanctuary and Everest Base Camp treks to the less-trodden trails of the Upper Mustang. Dedicated chapters are devoted to mountain biking and whitewater rafting, and there is unrivalled detail on Buddhism, Hinduism and the many ethnic groups that make Nepal a unique destination.

The classic guide for beginning and intermediate cyclists is back—and it's better than ever. With the latest on bikes, gear, and training techniques and new sections on short tours, and touring abroad, this new edition of The Essential Touring Cyclist promises to appeal to a whole new population of aspiring cyclists. Whether you're heading out for five hours or five months, this

vividly designed, heavily illustrated, and resource-rich guide delivers everything you need.

From the author of *The Mountain Bike Skills Manual*, this take-along guide has everything you need to know when you're out on your mountain bike. Mountain bike racer and trainer, Clive Forth, emphasizes practical skills that a surprising number of riders lack, including changing your chain, adjusting your gears, fixing breaks, and mending punctures. Included is information on getting the best out of your bike and your ride – from cornering effectively to wheelies and bunny hops – as well as tips on preparation, planning, weather, nutrition, trail etiquette, and first aid. Packed with color photos and illustrations in a step-by-step format, this is a must-have companion for all mountain bikers heading out on the trail.

With over 15,000 copies sold, *Cycling the Kettle Valley* has proven to be a remarkable resource for anyone interested in the stunning abandoned railbed located in the southern interior of British Columbia. One of the premier rail trails in North America, it contains spectacular sections through impressive canyons requiring tunnels and trestles to carry the railbed through rock ridges and across mountain streams. Growing public interest in conservation of the railbed and its structures, along with government support, has resulted in many improvements in both access and safety. The Kettle Valley Railway and its many connectors offer the cyclist everything from easy day-riding to multi-day adventures through the magnificent scenery of southern British Columbia between Midway and Hope. This world-renowned guidebook includes detailed maps, safety tips, historic information, a listing of accommodations and a kilometre by kilometre guide to each of the Kettle Valley Railway subdivisions.

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