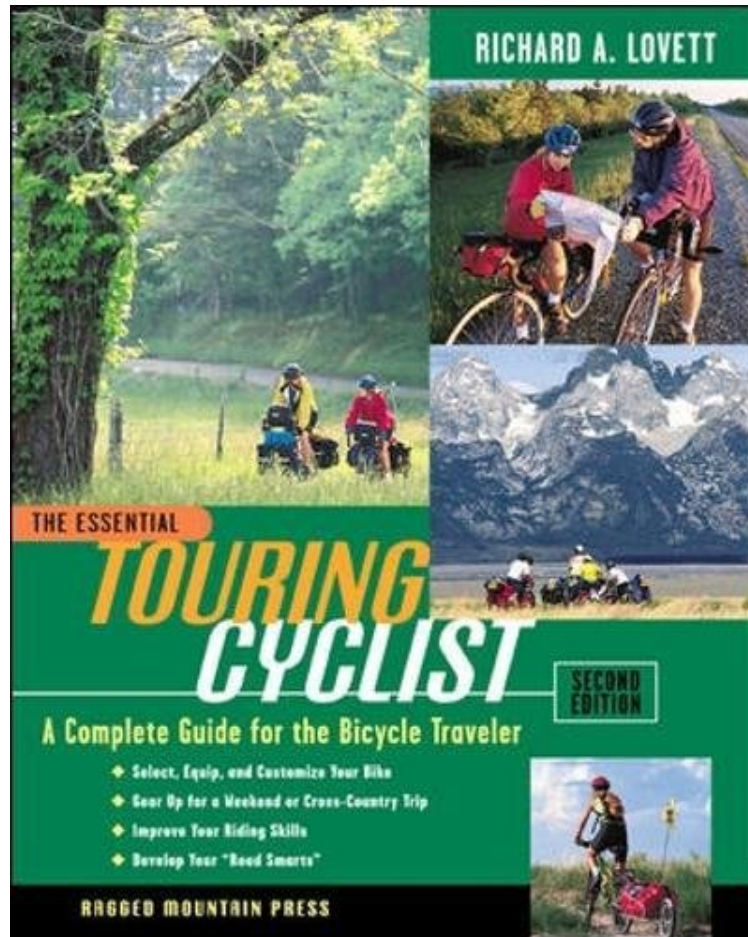


(Read now) The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition

The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition

Richard A. Lovett

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Richard A. Lovett : The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition:

2 of 2 people found the following review helpful. Very basicBy George EdmondsIt is for the people that are new to cycling that think they might want to do touring. I won't say that I didn't get anything out of it, I certainly did, and I enjoyed much of the commentary; however, since I am a fairly avid road cyclist, much of the book was too basic for my needs. The parts that are specific to touring were, for the most part, new information for me. It is certainly a great read for someone who is either new to cycling, or, if you want to do what I did five years ago, picking it up again after a long hiatus.1 of 1 people found the following review helpful. For me, best return on time/money spent than any other single source of 'touring' knowledgeBy Regular JoeThree Observations followed with Conclusion:1. Of all the books I

have ever 'studied' on how to bicycle tour, the 1st Edition (comment on 2nd Edition follows) provided me with the greatest amount of practical knowledge.² Beyond books: I have repeatedly looked back on 'studying' the 1st Edition in comparison with 'the outcomes' of my first few solo self-supported bicycle expeditions and determined that the "Essential Touring Cyclist" provided me with the largest percentage of what I needed to know in comparison with any other single source (e.g., blogs/forums, speaking directly with other bicycle tourists, vids, bicycle maintenance classes, etc.).³ I am now reading this, the 2nd Edition, on a from time to time basis to remind me of how much I am capable of forgetting :-)! And of course, I am offering this Review, because I have found the 2nd Edition to be even more information rich than the 1st Edition. CONCLUSION: This text provided me with enough FOUNDATIONAL knowledge so that I could take off on a solo self-supported tour fairly safely, i.e. cause it enabled me to pretty much know what I didn't know. Btw, the book IS about all the different methods by which to bicycle tour, not just my personal focus of solo self-supported.¹ of 1 people found the following review helpful. Informative Book on Touring for the Cyclist By perrymasonry This is a good book to get an overview of touring by bicycle. This book is published by the same publisher who published Trudy Bell's The Essential Bicycle Commuter, which is unfortunately out of print and should be a candidate for updating. The Essential Touring Cyclist has been fortunately been updated and kept in print. I found the information useful. Maybe this is not the right book for an experienced touring cyclist, as some other reviewers have mentioned. While this book gives an excellent overview and tips to prepare for a cycling adventure, it could have been a bit more detailed like Bell's book--why I gave it 4 instead of 5 stars.

The classic guide for beginning and intermediate cyclists is back and its 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 Back Cover The Essential Series--Your Trusted Guides "One of the best pieces of equipment you can get to prepare for a tour."--Odyssey "If you like to bicycle and you're prone to wanderlust, proceed with caution before reading The Essential Touring Cyclist . . . you may find yourself suddenly giving two weeks' notice and hitting the road."--Outdoor Traveler "Just about everything a person needs to know to travel by bike."--Denver Post Each year thousands of people pedal across the country, and even more choose weekend or weeklong tours near home or abroad. Bike touring is a way to really see and experience the countryside and come home healthier than when you left. The Essential Touring Cyclist, the only fully illustrated manual for bicycle touring, guides you through choosing a bike, equipping and customizing it for touring, and preparing yourself for life on the road. Other features include Getting into shape and dealing with aches and pains Touring solo or with groups Riding skills and endurance techniques Tips on clothing, camping, food, and safety Whether you're heading out for a few hours or a few months, this new edition of The Essential Touring Cyclist gives you everything you need to know about traveling on two wheels. About the Author Richard A. Lovett has published more than 2,000 articles on travel, science, and cycling for such publications as the Economist, Backpacker, and Travel Leisure. The coauthor of Freewheelin': A Solo Journey Across America, he has bicycled more than 50,000 miles, including a 5,400-mile trek from California to Maine. He is also coauthor of The Essential Cross-Country Skier: A Step-by-Step Guide and Alberto Salazar's Guide to Running.