



Adventure Handbook Biking (Adventure Handbooks)

Hugh McManners

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This practical handbook contains projects and activities, hints, tips and techniques for adventure biking. Step-by-step instruction guide readers through the basic techniques, such as pedalling correctly and using the gears, to more advanced moves involved in taking corners and anticipating obstacles. It also demonstrates simple outdoor skills such as planning a trip, how to read a map and using a compass. Tips and hints on basic bike repairs, how to read the weather for signs of change, and first aid are also included.

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