

## Bike Touring Survival Guide

The only guide of its kind, *China by Bike* allows you to get close enough to everyday Chinese life to taste what natives call *ren ching wei* - the "flavour of humanness."

Written for the traveler who needs information beyond what is provided in a general guidebook, *Travel Resources: An Annotated Guide* introduces the reader to comprehensive and specialized travel literature and resources. In this book, author Stephen Walker offers practical and accessible direction for anyone seeking detailed and valuable information on travel, while also instructing readers in ways to find information that may not be included in this guide.

Written by one of Europe's most experienced and renowned fasting doctors, this step-by-step reference provides daily guidance to complete a seven-day fast. The guidebook addresses a myriad of topics associated with fasting, including its history, common and successful forms, losing weight, overcoming temptations, and recipes for reintroducing food into the body. Additional topics relating to health and safety—such as keeping hydrated, staying warm, promoting circulation, and optimally preparing the body for a fast—are discussed at length.

The 16-Word Diet is a once-in-a-generation book - a

survival guide for people who are tired of miracle diets and magic pills, and who want common-sense solutions to the complex problems of obesity. Written by mathematician and weight loss expert Jay Wiener, *The 16-Word Diet* explodes dozens of popular myths about dieting and replaces them with just sixteen words - the simple keys to losing weight permanently and living a longer, healthier life. Here are a few of the many topics covered, written with the author's remarkable gifts for wisdom and laughter:

**On Maintenance:** Losing weight is hard work, but maintaining a weight loss is hand-to-hand combat. If you don't learn how to maintain before you start to diet, you will be clobbered.

**On Goal Setting:** Most dieters never choose reasonable goals. Worse, they do no planning before they start, unless you count reading the directions on a bottle of enchanted diet pills as planning.

**On Fad Diets:** The Raw Food Diet is a typical fad. Dieters aren't allowed to cook their food. Raw vegetables are fine with me, but... Raw pork? Raw chicken? Those dieters may get thinner, but who wants to kiss them?

**On Binge Eating:** I was a binge-eater for twenty years. The most important thing to understand is this: you can stop. Not immediately, of course, but you can learn how to turn massive overeating into mini-binges, and then into micro-binges, and happily live that way forever.

**On Bad Obesity Research:** They studied the effects of diet on ED by asking men to remember

how often they had ED. Seriously? I can remember how often I've slept in an igloo with Jennifer Lawrence, but not much else. On Temptation: Tempted to indulge in a chocolate croissant at Starbucks? Think of all the teenage baristas who breathed on that croissant before you started to eat it. On Exercise: You hate exercise. Too bad. If you're serious about losing weight, then stop reading and go for a walk. Buy this book when you come back. The 16-Word Diet. The most important new diet book in a generation - and fun to read. \*\*\*\*\*

From the Introduction: People who succeed at losing weight and keeping it off share a secret: they understand that losing weight is not about food. It's about every part of your life. And that's why this book is so different from other 'diet' books. It doesn't focus on what you eat; it focusses on how you can live a slimmer, healthier life for the rest of your life. What you eat is an important part of your life, but not the only part. To be successful, you need new skills that will help you live a healthy life at a significantly lower weight. How do you prepare before you start to diet? What are the most common mistakes people make when starting a diet? How do you choose between low-fat and high-fat diets? What makes us slip after months of success? How can we recover? What is the true value of exercise? How can you handle weight-loss plateaus? How should you manage vacations and holidays? Seven topics (there are

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many others) and only one is about food - because dieting is about so much more than what you eat. The 16-Word Diet is a rare book. It can change your life.

Baking soda is one example of an item that you buy from the store regularly and take for granted.

Chances are pretty good that you have at least one box of baking soda in your house somewhere.

However, after reading this book, you will want to strongly consider stockpiling it as part of your survival and disaster preparedness plans. The reason why is because baking soda can be used for a variety of purposes in the event of a serious crisis, and it's those purposes that we are going to talk about in detail in this book. Examples of baking soda survival uses that this guide will outline and discuss in detail include, but are not limited to, the following:

- How To Treat Heartburn
- How To Treat Ulcers
- How To Make DIY Deodorant
- How To Make DIY Soap
- How To Make DIY Shampoo
- How TO Make DIY Toothpaste
- How To Make DIY Floor Cleaner
- How To Make DIY Dishwashing Soap
- How To Treat Sunburns
- How To Remove Splinters
- How To Clean Batteries
- How Treat Bug Bites
- How To Treat Poison Ivy
- How To Improve Your Overall Physical Endurance

By the end of this book, you will have gained a wealth of knowledge on how to properly (and safely) use baking soda for survival purposes. The truth is that baking soda is one of the most

versatile sanitation/personal hygiene/cleaning/medical products there are, and this book is going to prove that to you.

With beautifully commissioned photographs, and spectacular 3-D aerial views revealing the charm of each destination, these amazing travel guides show what others only tell. DK Eyewitness Travel Guides have been updated to include: expanded hotel& restaurant listings, better maps, enhanced itineraries, and easier-to-read print! Consistently chosen over the competition in national consumer market research. The best keeps getting better!

City cycling made simple North America's cities have long been the domain of the car, but thanks to the undeniable benefits of active transport, bicycles have an increasing presence in the urban landscape. Yet our cities weren't designed for bicycles, making for intimidating, and sometimes dangerous, environments for cyclists. The Urban Cycling Survival Guide is an accessible, straight-forward pocket guide that helps cyclists new to the urban environment negotiate all the challenges, obstacles, and rules - spoken and unspoken Ñ that come with sharing the roads. From picking the bike that's right for you to smart riding strategies, tips for drivers, and bike maintenance, Cycle Toronto founding executive director Yvonne Bambrick is your trusted guide. With illustrations to help clarify even the trickiest bike situation, The Urban Cycling Survival Guide is an

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indispensible, attractive set of training wheels that can make anyone a confident, joyful city rider. Every 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 pedaling from Patagonia to Alaska. So whether cyclists are planning their own Big Trip or just enjoy reading about other people's adventures, the handbook is guaranteed to illuminate, entertain and above all, inspire. >Which bike to take -- top ten internationally-available bikes >Preparing a bike for long-range touring -- load carrying, tools, spares, and repairs >Clothing, camping gear, health, and survival >Air-freighting a bike >Transcontinental route outlines -- across Europe, Africa, Asia, North and South America >Tales from the saddle -- firsthand accounts of spoke-bending biking adventures worldwide; battling against the elements on epic journeys: Kyrgyzstan, India, The Road to Everest, Travels on a Recumbent, Costa Rica, Siberia, Crossing Europe in 1929, Californian Wine Tour

WARNING SIRENS ARE BLARING. YOU HAVE 15 MINUTES TO EVACUATE. WHAT WILL YOU DO?

Cataclysmic events strike sleepy towns and major cities every year. Residents face escaping quickly or perishing in rising waters, raging fires or other life-threatening conditions. By the time the evacuation starts, it's already too late. Being prepared makes the difference between survival and disaster.

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Guiding you step by step, Bug Out shows you how to be ready at a second's notice. • Create an escape plan for where to go and how to get there. • Pack the perfect bug-out bag for the first 72 hours. • Find food, water and other necessities outside of civilization. Floods. Hurricanes. Pandemics. Earthquakes. Blizzards. Tsunamis. Wildfires. Riots. Bug Out includes detailed information on the best escape locations everywhere in the U.S.: • The Pacific Coast • The Rocky Mountains • The Desert Southwest • The Heartland • The Lakes and Big Woods of the North • The Gulf Coast • The Appalachians • The Atlantic Coast Recommends the best routes to travel through the American West by bicycle and offers advice on equipment and riding techniques

Pick the right bicycle for your travels and you'll be sure to come home with those wonderful bicycle touring memories you've been dreaming about. But pick the wrong bicycle and your trip could be over before it has even had a chance to begin. The Essential Guide To Touring Bicycles is a short, descriptive book designed to teach you about: The features, components and characteristics that are unique to touring bicycles. The five main styles of touring bikes. The different metals used in touring bicycle frames (and why they are so important). Words and definitions you should know before purchasing a touring bicycle. The different types of touring bicycle brakes, handlebars, shifters and gears. How to find the right size bicycle for your body type. Things to look out for when purchasing a new touring bicycle. And a tip that could save you hundreds of dollars when purchasing your new bicycle touring vehicle. Written by Bicycle Touring Pro, Darren Alff, The Essential Guide To Touring Bicycles is a book that every cyclist should read before purchasing a touring bicycle of any kind. This is a book for people who are totally new to touring bicycles - not a book for experienced bicycle riders.

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CONDUCT THE BICYCLE TOUR OF YOUR DREAMS The dream you are likely having involves going on a bicycle tour and having magical experiences you will remember for the rest of your life. Experiences so incredible you will tell your friends and family about them for years to come. The reality, however, might be that you never complete your bike tour, because you picked the wrong touring bicycle – a bicycle that wasn't built for the kind of bike tour you were participating in – and you were unable to return home with those magical memories you were hoping for. What many first-time bicycle tourists don't realize is that there are several different types of bicycles made for bicycle touring. There are touring bicycles made for short day trips around your home; fast, sporty touring bicycles made for racing and light touring; and an entire separate breed of touring bicycles made to carry you and your gear all the way around the world. Plus, there are bicycles made for all kinds of other types of bike rides (that aren't designed for bicycle touring at all). Let the Bicycle Touring Pro help you find your ideal touring bicycle! The Essential Guide To Touring Bicycles is a book designed to teach you about the different types of touring bicycles, their various uses, and most importantly – to help you select the right bicycle for the type of bicycle tour that you wish to participate in. With The Essential Guide To Touring Bicycles, you will not only learn about what to look for in your next touring bike, but you will be given access to the world's largest collection of touring bicycles (included for free with this book)– a detailed directory where you will be introduced to more than 130 different types of touring bicycles made in various countries all over the world. From this database of 130+ bicycles, the author will help you narrow down your selection and find the touring bicycle that will help to make your bicycle touring dreams come true. The Essential Guide To Touring Bicycles comes with three free digital bonus gifts

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(worth more than \$25 USD): 1) A bonus eBook called “A Buyer's Guide To Bicycle Touring Panniers & Trailers” 2) An hour-long video recording where the author speaks at great length about touring bicycles, panniers and trailers. 3) And access to the world's largest touring bicycle database (where more than 130 touring bicycles are shown in great detail with their name, photo, product description, price and more). This handy guide is an almost indestructible how-to tool. It includes need-to-know information such as emergency signals, finding water and more. Best of all, the guide is waterproof, dirt-proof and pocket-sized, so you can take it everywhere!

Is my child too sick to go to daycare today? When can my child go back to daycare? What should I look for when I am considering a daycare center for my new baby? Every parent of a child in daycare asks these questions. Dr. Leigh Grossman's new book, **THE PARENT'S SURVIVAL GUIDE TO DAYCARE INFECTIONS**, presents the facts about different germs and provides guidance on what to do when your child has been exposed to or is sick with a specific infection. How do I choose a daycare center that uses current infection control practices? How long does a child need to stay home when they do have an infection? Can I prevent infection in my child? What are the appropriate and inappropriate uses of antibiotics? What are the best practices for treating a specific childhood infection? Designed to be the home reference book for parents of young children in daycare and preschool, **THE PARENT'S SURVIVAL GUIDE TO DAYCARE INFECTIONS** is a comprehensive and clear book, with an easy-to-use format, informational quick reference tables, and a detailed index. Providing up-to-date guidance, the book includes contributions from 39 pediatric expert physicians. With chapters on most of the infections that parents of children in daycare and preschool encounter, the

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authors explain what the illness is, how the infection is spread, how the illness is diagnosed, how long it lasts and how long the child needs to stay at home. This book is a ready reference for the children in your life and an excellent gift for the new parent.

**PREPPING: No1 Survival Guide For When SHTF - PLUS Bonus book inside Survival Pantry** Do you know how to survive when SHTF? In this book you're about discover how-to survive when SHTF What would happen if everything you are so used to were to be wiped out by a catastrophe? How would you survive? How would you source for food, water, and shelter when all the comforts of the life you are so used to are wiped out? Well, if you ponder on this for a moment, you will realize that you probably have a long way to go as far as priming yourself for survival when SHTF. So what should you do? Well, the answer is simple. Prepare yourself for the worst-case scenario but just hope for the best. You wouldn't want to be caught unawares if a disaster like an earthquake, floods or any other unexpected occurrence were to happen. This means that your first order of business if you want to stand any chance of survival should be to master the art of surviving without any of the comforts that your life offers at the moment. This book will provide comprehensive information on how to do just that. This Is What You'll Discover Inside SHTF Essentials & Long Term Survival Guide: Food & Water Long Term Off-Grid Survival: Foods to Stock upon Your Bugging Out Guide, & The Ultimate Guide To Living Off-The-Grid Section 3: Survival Skills- Important Survival Skills & Things You Must Eliminate From Your Survival System How to Build a Shelter Using Natural Materials Your SHTF Stockpile- 20 High Value, in-Times-of-Disaster Essentials to Stockpile The Psychological Aspect Of Wilderness Survival Free Bonus And Much, much more! Click The Orange Button At The Top Right Hand Corner And Grab

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## Your Copy Today!

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.

“No matter what or how you ride, read this book and remind yourself just how enjoyable cycling can and should be.”—Eben Weiss, author of *The Enlightened Cyclist Just Ride* is a revelation. Forget the ultralight, uncomfortable bikes, flashy jerseys, clunky shoes that clip onto tiny pedals, the grinding out of endless miles. Instead, ride like you did when you were a kid—just get on your bike and discover the pure joy of riding it. A reformed racer who’s commuted by bike every day since 1980, whose writings and opinions appear in major bicycling and outdoor magazines, and whose company, Rivendell Bicycle Works, makes bikes for riders ready to opt out of a culture overrun by racing, Grant Petersen shares a lifetime of unexpected facts, controversial opinions, expert techniques, and his own maverick philosophy. In 87 short, two-to-three page chapters, it covers: Riding: Count Days, Not Miles; Corner Like Jackie Robinson; Steer with Your Hips, Shift with Your Legs Suiting Up: The Shoes Ruse; Ponchos—the Ultimate Unracer’s Garment

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Safety: #1 Rule—Be Seen; Helmets Aren't All They're Cracked Up to Be Health and Fitness: Why Riding Is Lousy All-Around Exercise; Saddles Don't Cause Impotence; Drink When You're Thirsty—Not Before Also includes chapters on Accessories, Upkeep, and Technicalities, and a final chapter titled "Velosophy" that includes the essential, memorable thought: Your Bike Is a Toy—Have Fun with It. Winner Silver Medal 2013 Independent Publisher Book Awards

Disillusioned with society and suffering from depression, Stoll asked himself: "If I could do anything, what would I do?" His answer was to ride a bicycle around the world and find happiness or die trying. Re-live and re-imagine an archetypal adventure as a man stumbles through moments of pure survival and moments of pure enlightenment. This updated edition includes detailed information on transportation, dining, accommodations, and nightlife, with special sections for business travel, senior citizens, and even planning a Bermuda wedding.

A practical and inspirational guide to planning every kind of off-road cycling, from nearby "microadventures" to global itineraries, drawing on the author's own epic journeys

So you wiped out on your new mountain bike? Cool! That's half the reason you bought it. But now you're miles from nowhere with a broken derailleur, and you're not sure how to fix it. That's why there's Mountain Bike Emergency Repair. This pocket-sized manual gives you the dirt on performing trailside

repairs with a minimum of tools.

The DK Eyewitness Travel Guide: Sardinia is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floor plans, and reconstructions of the must-see sites, plus street-by-street maps of all the fascinating cities and towns. This new-look guide is also packed with photographs and illustrations leading you straight to the best attractions. This uniquely visual DK Eyewitness Travel Guide will help you discover everything region-by-region, from local festivals and markets to day trips around the countryside. Detailed listings will guide you to the best hotels, restaurants, bars, and shops for all budgets, while detailed practical information will help you to get around, whether by train, bus, or car. Plus, DK's excellent insider tips and essential local information will help you explore every corner of Sardinia effortlessly.

Sometimes the best way to understand history is to ride a bicycle through it. *Daunted Courage* tells the story of an adventurous father and his two young children who spend a summer re-tracing the Lewis and Clark Trail, first by car then by bike. Offering entertaining insights into the most famous expedition in U.S. history - and into raising resilient children - the story takes the reader on a thoroughly enjoyable ride. Is 1,700 miles too far to cycle for a twelve-year-old boy and six-year-old girl? Can they really pedal

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over the Rocky Mountains all the way to the Pacific Ocean? Charles Scott and his kids were daunted, but decided to try anyway, telling people, "Kids can do a whole lot more than most adults think." And like any good adventure, things did not always go as planned. *Daunted Courage* mixes danger, history, child-rearing, and the travails of exploring the unknown into a grand tale that will leave you wanting to go out and create your own adventure.

What do you do if your aircraft ditches at sea? Or your building is on fire? Or you are the victim of a terrorist attack? Would you make the right decision to save yourself and the lives of others? *Crisis Survival* is a complete handbook to any crisis that may suddenly arise, from food or water shortages, to natural disasters, to plane crashes and hostage situations. A crisis might last a few hours, days, or even years – with this book you can be ready for any eventuality. With easy-to-follow illustrations and handy lists of key information, *Crisis Survival* is the definitive crisis survival guide for anyone wanting to be ready for anything – it could literally save your life.

*Urban Cycling Survival Guide, TheNeed-to-Know Skills and Strategies for Biking in the City* ECW Press

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 Terrible Twos are a bittersweet time for toddlers and parents: both too long and too short...but either way,

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completely survivable. Learn from parents who have been there. From what toddlers understand to how to get them to talk to you and from managing defiance to keeping them happy and healthy, everything you need to survive the Terrible Twos is right here. Find out how much your toddler's behavior will predict how he will act as a teenager. Teach him to make good decisions, take on responsibility and cope with new siblings and friends. Conquer sharing, hair pulling and tantrums at the mall. Along the way, learn to laugh at the amazing things this little person does right before your eyes. When entrepreneur Len Forkas learned that his nine-year-old son had leukemia, his own life changed forever. In 2003, Len founded Hopecam, a nonprofit that uses technology to connect young cancer patients with their friends at school. Ten years later, Len's fight against childhood cancer rose to a new level. He qualified as a solo competitor in Race Across America, a 3,000-mile bicycle race that traverses scorching deserts and 11,000-foot mountain elevations. As Len fought to finish the race in just 12 days, an all-volunteer crew supported him around the clock. What Spins the Wheel is a true story about fatherhood and fortitude, business grit and growth ? and the power of combining the right mission with the right team to help others.

A book about a brilliant invention - the bicycle. A book about the joys of cycling, a book that peels back the myths of the cycling fraternity. A book about being a boy on a bike or a girl on a bike. A book that states that the bicycle is for everybody to enjoy not just the Carbon Fiber Cowboys and the Lycra Loonies

ÊIf my present reader happens to be a Boy Scout or a scoutmaster who wants the scouts to build a tower for exhibition purposes, he can do so by following the directions here given, but if there is real necessity for haste in the erection of this tower, of course we cannot build one as tall as we might

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where we have more time. With a small tower all the joints may be quickly lashed together with strong, heavy twine, rope, or even wire; and in the wilderness it will probably be necessary to bind the joints with pliable roots, or cordage made of bark or withes; but as this is not a book on woodcraft we will suppose that the reader has secured the proper material for fastening the joints of the frame of this signal-tower and he must now shoulder his axe and go to the woods in order to secure the necessary timber. First let him cut eight straight poles—that is, as straight as he can find them. These poles should be about four and one half inches in diameter at their base and sixteen and one half feet long. After all the branches are trimmed off the poles, cut four more sticks each nine feet long and two and a half or three inches in diameter at the base; when these are trimmed into shape one will need twenty six or seven more stout sticks each four and one half feet long for braces and for flooring for the platform.

Cookbook for teens and young adults covers practical food shopping, meal planning, seasoning, safety, and recipes presented in a lighthearted manner.

The Actor's Survival Guide: How to Make Your Way in Hollywood is a handbook and essential guide to the business of living and working as an actor in the Los Angeles area. Exploring the experience of relocating to L.A.; the casting process; and how to identify – and find work with – the key players in the film and television industry, the book offers a business-centered road map through the industry. It seeks to navigate the challenges and identify the pitfalls and wrong-turns that hinder too many promising careers and frustrate even the most dedicated of actors. In doing so, the book seeks to provide an extra-competitive edge of experience and know-how for those actors who have the skills and determination to persevere. This second edition features a number of new sections and topics including: Recent census

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data for the Los Angeles County Neighborhood Statistics Updates on casting diversity with the most recent SAG/AFTRA data Changes in contracts for film, television and stage, including information on AEA's new Hollywood Equity Waiver policy Details on new contracts for film, television and new media; ongoing contract negotiations for video game content; and the ramifications of the SAG/AFTRA merger The role of computer-generated images (CGI) and motion capture (MOCAP) Renewed emphasis on set safety, especially for stunt performers Audition workshops Recent prosecutions of casting directors for "Pay for Play" violations Emerging role of social media in an actor's marketing strategy Dos and don'ts of video self-taping of auditions Expanded glossary to include new media and performance capture vocabulary Written from the perspective of working actor and experienced career-guidance teacher Jon S. Robbins, this unique guide will help aspiring actors bridge the gap between training in drama schools and working in the epicentre of the film and television industries.

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

A guide to national parks in the West provides information on attractions, accommodations, restaurants, when to go, plants and animals, and activities for each park.

Every motorcyclist, from the weekend joyrider to the everyday commuter to the aspiring racetrack pro needs this book. In 291 insider hits, experts from Cycle World magazine cover: Gear: Including how to buy the best bike possible, evaluate a used ride, suit up for style and safety, and adapt your gear to a wide range of riding conditions. Riding: Make the most of any situation, from navigating dangerous city streets and enjoying desert off-roading to holding your own on

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competitive tracks around the world (amps and pro-racer tips included!). Have fun, ride like a pro, and keep the rubber side down. Repair & Maintenance : Tips for how to become your own repair shop—and how to avoid getting ripped off when you do need a mechanic. Also includes on-the-fly repairs, emergency fixes, and pro tips for maintenance routines to keep your bike running for years to come.

From the comfort of your home or office this book gives the reader access to Montana's national parks, national forests, state parks, and wilderness areas. Over 300 fishing access sites and locations are available including stream flow table information. OHV facts, sites of interest, and the very popular FYI section to help further your knowledge, interests, and opportunities. Makes a great gift to compliment any outdoor education course. Included also as a bonus are phone numbers and locations of departments involved with Montana's outdoors. If you plan on visiting or if you're serious about discovering Montana then this is a great tool and resource.

In 1983, when a friend at a party mentioned she had just returned from a bike trip in Europe - "the best trip of my life" -- Tim Leland and his wife Julie Hatfield were intrigued. Two weeks later they signed on for a guided bicycle trip to Bordeaux. So began a 30-year biking odyssey that took these two Boston Globe writers to eight countries on twelve different tours. The Globe travel section chronicled their experiences each time they went. This funny, beautifully descriptive book -- based on those articles -- captures everything unique about the joys of traveling on two wheels in foreign lands: the fragrances, the tastes, the sights, the sounds. You will fall in love, as they did, with the idea of slow travel down tiny vineyard lanes, far removed from the air-conditioned tour buses that keep you away from the real thing.

Backpacker brings the outdoors straight to the reader's

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doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish.

Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

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