



Getting Started in Cycling: All You Need to Know About Cycling Basics, from Choosing the Right Bike to Mountain Biking and Touring, with 245 Photographs

By Edward Pickering

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Getting Started in Cycling: All You Need to Know About Cycling Basics, from Choosing the Right Bike to Mountain Biking and Touring, with 245 Photographs, Edward Pickering, Regular cycling is the perfect sport to reduce stress, improve fitness and lose weight. This book traces the history of the bicycle, from its development in the early 19th century to the present day. It will guide you through general riding skills, the best clothing and equipment, navigating urban cycling and how to help your children towards independence by becoming involved in cycling.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger