



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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