

Bicycle touring is the best way to explore and enjoy the sights, culture, and people in any region. The author shares his insights, advice, and experience after many years of cycling in this practical and witty guide to long-distance bicycle touring. You will find much useful advice on how to transition from a leisure cyclist into one who is capable of planning and completing multi-day tours. The book is made up of the following sections:

*Author's Background vis-à-vis Bicycling*

*Safety First*

*Increasing Your Distances*

*Dealing with Aches and Pains*

*Two Non-Consecutive Big Day Tours*

*Planning a Longer Tour*

*What to Take With You?*

*Domestic versus International Touring*

*Transporting Your Bike or Renting One*

*Sample Domestic Tour: Seattle, WA to Crescent City CA featuring the Oregon Coast*

*Sample International Tour: Winter in Yunnan Province, China*