

Bike Touring Survival Guide In Print

Here is plenty of inspiration for anyone who loves to ride off road and get out into the wild and stunning scenery of the British mainland. Each route suggests further routes and the book as a whole introduces the wild cycling potential of a range of different locations. These natural routes to wild places link country lanes, green lanes, bridleways, towpaths, trails and often ancient ways between places. The book is illustrated in colour and each ride includes an annotated route map and ride profile, also OS grid references. And a fact file gives further indispensable details, including an indication of how hard each ride is, and how wild. From Chalk Cliffs and Curious Sound Mirrors in the south-east to Cape Wrath in the north-west, the purity, beauty and essential wildness of these rides will ensure that over the years many of them will become classic, even legendary cycling challenges.

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

Make the most of your next road trip with these essential tips and tricks for planning the ultimate epic adventure. During COVID-19, we've all had to find different ways to travel. From the disruptions of airlines to the possibility of many travel restrictions at your destination, the car has become a more attractive (and safer) option. One part Bushcraft 101 and one part vacation planning workbook, The Road Trip Survival Guide provides guidance for new road trippers as well as essential tips and tricks for even the most experienced roadsters including:

- How to organize your car for trips
- Packing lists for different types of vacations, from city breaks to outdoor adventures
- How to develop the perfect road trip itinerary that will suit the whole family
- Recipes and recommendations for the best car snacks (easy access and less mess!)
- Tips and tricks for making your trip more eco-friendly
- How to reroute a road trip gone wrong
- And more!

The Road Trip Survival Guide is a must-have for anyone planning a vacation. Perfectly designed to fit in a glove box or back-seat pocket, you can now stop dreaming, hit the open road, and start experiencing the perfect road trip.

NEW YORK TIMES BESTSELLER - Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."--Jenna Fischer, actor and cohost of the Office Ladies podcast The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom,

have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you to be a genius about what matters and lazy about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: - Decide once - Start small - Ask the Magic Question - Go in the right order - Schedule rest Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again.

"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 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

Lightweight and small enough to fit in your pocket or tucked into your backpack, *Survive Mountains* is the must-have item to keep with you in case you find yourself in a mountainous survival situation. Including topics on administering basic first-aid, finding food and water, building shelter, and mental preparation, *Survive Mountains* also has full-color images and illustrations throughout. Expert hiker, and first-ever winter thru-hiker of the entire Pacific Crest Trail, Justin Lichter gives you the absolute essential information needed to get you home safely. Inside you'll find: How to build fire, construct shelter, find water, and get food Navigation, orienteering, and signaling Worst-case-scenario advice for precarious situations Tips for common trail concerns, from lightning to blisters

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

DK Eyewitness Travel Guide: Munich & the Bavarian Alps is your go-to guide to this beautiful region. Discover the best that Munich and the Bavarian Alps have to offer, from local festivals and markets to all the must-see sights. Experience Oktoberfest, ski down the Alps, and tour Neuschwanstein Castle. Discover *DK Eyewitness Travel Guide: Munich & the Bavarian Alps*. + Detailed itineraries and "don't-miss" destination

highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights and restaurants. + Detailed city maps include street finder index for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Suggested day trips and itineraries to explore beyond the city. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Munich & the Bavarian Alps truly shows you this region as no one else can.

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." Tour the city of Lisbon and explore monasteries, museums, stadiums, and more. See the art, history, and culture of this unique city. Discover DK Eyewitness Travel Guide: Lisbon. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Floor plans and guided visitor information for major museums. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights. + Detailed city maps include street finder indexes for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Lisbon truly shows you this city as no one else can.

With superb photography, illustrations and maps, this easy-to-use travel guide will lead you through the best of Munich and the Bavarian Alps. From unmissable city sights such as Munich's Englischer Garten and stunning Nymphenburg Palace, to Bavaria's romantic historic towns of Nordlingen and Eichstütt, DK Eyewitness Travel Guide: Munich & the Bavarian Alps will show you all of the top sights in this particularly picturesque part of Germany. Learn about the dazzling architecture, stunning array of monasteries and abbeys, and intriguing traditions and German folklore of this fascinating region. There are also practical tips on getting around, along with reviews of the best places to shop, stay, and eat. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Munich & the Bavarian Alps truly shows you this city as no one else can.

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.

With this guide, find your way effortlessly around the vast countryside and inspiring cities of Germany. Explore the vibrant center of Berlin, wonder at the stunning beauty of Bavaria, or uncover the compelling history of Saxony. Covering every part of the country in detail, the guide is broken up into sections-Berlin, Eastern Germany, Western Germany, Southern Germany, and Northern Germany-and is packed with itinerary suggestions, restaurant recommendations, and handpicked hotels. DK Eyewitness Travel Guide: Germany is the perfect companion for an exploration of this dynamic and diverse country. With hundreds of full-color photographs, hand-drawn illustrations, and

custom maps that illuminate every page, DK Eyewitness Travel Guide: Germany truly shows you this city as no one else can.

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.

Wondering what to do in Krakow? Visit Wawel Hill, home to the royal castle and stunning Gothic cathedral; explore Jewish history in Kazimierz and Podgórze, the inspiration for much of Spielberg's Schindler's List; or tuck into a plate heaped with pierogi in one of the city's milk bars. Beyond the city, venture into the intriguing underground world of the Wieliczka Salt Mines, or spend the day in quiet contemplation at the emotive Auschwitz and Birkenau concentration camps. Whatever you do, the DK Eyewitness Travel Guide: Krakow helps you to uncover the incredible history and exciting cultural life of this captivating city. Packed with fantastic photographs, illustrations, and maps, plus detailed descriptions and useful advice, this unbeatable guide is the perfect travel companion. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Krakow truly shows you this city as no one else can.

Explore the busy streets of Florence and Tuscany, see history, and stroll through museums. Eat bread dipped in olive oil and stroll along cobbled streets in these beautiful cities. Discover DK Eyewitness Travel Guide: Florence & Tuscany. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Floor plans and guided visitor information for major museums. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights. + Detailed city maps include street finder indexes for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Florence & Tuscany truly shows you this region as no one else can.

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 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.

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! 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 - 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 indispensable, attractive set of training wheels that can make anyone a confident, joyful city rider.

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 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.

DK Eyewitness Travel Guide: Amsterdam will lead you straight to the best attractions this great city has to offer, including the Van Gogh Museum and the city's most scenic canals. Visit the city's finest art galleries, museums, and landmarks, and discover the flavors of Amsterdam-from local cheeses and fresh fish to cozy cafés and gourmet restaurants. You'll find activities and itineraries to

fit all tastes and budgets in this fully updated guide. The pull-out city map, clearly marked with sights from the guidebook, includes detailed street views of all the key areas. Transportation maps help you navigate public transportation, with information on how best to get around the city. There's even a chart showing the walking distances between major sights and attractions. What's new in DK Eyewitness Travel Guides: -New itineraries based on length of stay, regional destinations, and themes. -Brand-new hotel and restaurants listings including DK's Choice recommendations. -Restaurant locations plotted on redrawn area maps and listed with sights. -Redesigned and refreshed interiors make the guides even easier to read. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that brighten every page, DK Eyewitness Travel Guide: Amsterdam truly shows you this city as no one else can. Now available in PDF format.

The ideal travel companion, full of insider advice on what to see and do, plus detailed itineraries and comprehensive maps for exploring this wild and scenic state. Tour the mighty Mendenhall Glacier, ride the Alaska Marine Highway or brave the cold to catch a glimpse of the mesmerizing Northern Lights: everything you need to know is clearly laid out within color-coded chapters. Discover the best of Alaska with this indispensable travel guide. Inside DK Eyewitness Travel Guide Alaska: - Over 25 color maps help you navigate with ease - Simple layout makes it easy to find the information you need - Comprehensive tours and itineraries of Alaska, designed for every interest and budget - Illustrations and area plans show in detail the Alaska Native Heritage Center, Independence Mine State Historical Park, Kenai Fjords National Park and more - Color photographs of Alaska's natural wonders - glaciers, waterfalls, lakes and rivers, forest trails, mountains, Arctic tundra - plus harbor towns, villages and the state's largest city, Anchorage - Detailed chapters, with area maps, cover Anchorage, the Kenai peninsula, Prince William Sound, Southeast Alaska, Western Interior Alaska, Eastern Interior Alaska, Southwest Alaska, Arctic and Western Alaska - Historical and cultural context gives you a richer travel experience: learn about the history of Alaska, land and ecology, people and society, and festivals and events that take place throughout the year - Experience Alaska with features on the Native cultures and peoples of Alaska, volcanoes and earthquakes, Alaska's glaciers, landscape and wildlife, Russian culture, dog sledding, and more - Essential travel tips: our expert choices of where to stay, eat, shop and sightsee, plus transport, visa and health information DK Eyewitness Travel Guide Alaska is a detailed, easy-to-use guide designed to help you get the most from your visit to Alaska. DK Eyewitness: winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017. "No other guide whets your appetite quite like this one" - The Independent Planning to explore more of America? Try our DK Eyewitness Travel Guide USA. About DK Eyewitness Travel: DK's highly visual Eyewitness guides show you what others only tell you, with easy-to-read maps, tips, and tours to inform and enrich your holiday. DK is the world's leading illustrated

reference publisher, producing beautifully designed books for adults and children in over 120 countries.

DK Eyewitness Travel Guide: Amsterdam will lead you straight to the best attractions this great city has to offer, including the Van Gogh Museum, the Anne Frank House, and the most scenic canals. Visit the city's finest art galleries, museums, and landmarks, and discover the flavors of Amsterdam - from local cheeses and fresh fish to cozy cafés and gourmet restaurants. Discover DK Eyewitness Travel Guide: Amsterdam. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights and restaurants. + Detailed city maps include street finder index for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Suggested day trips and itineraries to explore beyond the city. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Amsterdam truly shows you this city as no one else can.

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.

The smell of lavender at a roadside picnic, waiting for the Tour de France to race past. The Pacific Ocean view from the 10,000-foot summit of Hawaii's Haleakala? volcanic crater (after 5 hours of uphill riding). A fresh Fat Tire ale hitting your lips at the new Belgium brewery in Fort Collins, Colorado. These, and a wide-ranging variety of other experiences, all rooted to a specific location or event, comprise The Cyclist's Bucket List. The book will definitively catalog both the iconic and little known--the accessible and aspirational--sensory and emotional experiences that instill cyclists with a deep passion for the sport. In this book, Ian Dille compiles and showcases the world's quintessential cycling experiences through extensive research and interviews with expert sources, vivid storytelling, stunning photography, and compelling design. The format includes lengthy in-depth descriptions as well as much shorter, easy to consume write-ups, ranging from locations such as Italy and Belgium to Nova Scotia and Texas. The Cyclist's Bucket List will serve as an indispensable, lifelong guide for every cyclist.

A complete reference guide for cyclists planning extended trips includes everything a responsible biker needs to know, including the ultimate packing checklist, tips on selecting a bike and what clothing to wear, and much more. Original. 15,000 first printing.

The DK Eyewitness Munich & the Bavarian Alps Travel Guide is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floorplans and reconstructions of the must-see sites, plus street-by-street maps of all the fascinating cities and towns. The new-look guide is also packed with photographs and illustrations leading you straight to the best attractions on offer. The uniquely visual DK Eyewitness Travel guide will help you to 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, whilst 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 Munich & the Bavarian Alps effortlessly. DK Eyewitness Munich & the Bavarian Alps Travel Guide - showing you what others only tell you. Now available in PDF format.

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.

What should a cyclist do after getting hit by a car? What lesson learned by bicycle cops can teach normal cyclists how to avoid theft? What is the most expensive bike ever made? What are the most potentially lethal accessories that any cyclist should think twice before buying? The Urban Cyclist's Survival Guide by James Rubin and Scott Rowan answers all the questions that commuters have when thinking about using their bike instead of car or public transportation to get around.

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.

Recommends the best routes to travel through the American West by bicycle and offers advice on equipment and riding techniques

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.

DK Eyewitness Travel Guide to Munich & the Bavarian Alps will lead you straight to the best attractions this city and region has on offer. Packed with photographs and illustrations of Munich and Bavaria, the guide includes in-depth coverage of Munich's world famous Oktoberfest, Marienplatz and Residenz old towns, Bavaria's countless castles, lakes and national parks, and unearth the best of the region's stunning baroque architecture, museums, galleries and rich folklore heritage in between. You'll find 3D aerial views of Munich's most interesting districts, cutaways and floorplans of all the major sites, and detailed listings of the best hotels and restaurants in Munich and the Bavarian Alps for all budgets. The guide includes extensive practical information and insider tips from shopping and entertainment to choosing the best local cuisine. Whether you are enjoying a drink in one of Munich's finest beer gardens, finding a bargain in one of its many flea markets or exploring the Bavarian countryside, the DK Eyewitness Travel Guide to Munich & the Bavarian Alps is indispensable. Don't miss a thing on your holiday with the DK Eyewitness Travel Guide Munich & the Bavarian Alps.

CultureShock! Berlin will bring you on an exciting discovery and pave the way for a smooth and

enjoyable stay in this ever-changing city. Full of practical information and interesting insights, the book is a valuable road map for expatriates and long-term visitors on how Berliners tick, and how to get on and along in the city, down to how to separate rubbish for recycling, which, in Germany, is something for which you need an instruction manual. Understand the mechanisms of a city that has played such a compelling role on the world's political and historical stage. Appreciate the discipline and punctuality of the Berliners and learn how to get behind their serious exterior and the famous Berliner Schnauze. With its lovely parks, marvellous museums and rich artistic and cultural roots, Berlin will also surprise you with its unique beauty and charm. CultureShock! Berlin is your essential guide to making this city your own

The DK Eyewitness Travel Guide: The Netherlands 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 the Netherlands effortlessly.

Yoga, kickboxing, spinning, weights, cardio machines: the gym can leave novices bewildered! What is all that equipment for--and how do you use it? This survival manual is the antidote to gym confusion. It shows newcomers the ropes, serving up savvy advice that will get them fearlessly on the road to becoming healthier, slimmer, and stronger. From an overview of membership types (including questions to ask before signing) to help on determining your goals, from creating a well-rounded fitness program to thoroughly illustrated explanations of every type of class and equipment, this volume has it all. There's information on resistance, cardiovascular, core, and flexibility training, as well as descriptions of the different gym areas. You'll even find a "Code of Gym Conduct."

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