

# 2012 ROAD BIKE BUYERS GUIDE

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*Build Your Own Dream Camper Van for Less Than 1000 Pounds* - Matthew Ball 2012-11

Now you can build your own dream campervan in just ten weeks – for less than \$1,250! This is the first book to give easy, step-by-step illustrated instructions for the amateur DIYer on a budget. Full of never before seen money- and time-saving ideas, including how to kit out your interior for free, and source your van for peanuts. The ideas in this book will work on any van.

*Bicycle Transportation* - John Forester 1994

This new edition of John Forester's handbook for transportation policy makers and bicycling advocates has been completely rewritten to reflect changes of the last decade. It includes new chapters on European bikeway engineering, city planning, integration with mass transit and long-distance carriers, "traffic calming," and the art of encouraging private-sector support for bicycle commuting. A professional engineer and an avid cyclist, John Forester combined those interests in founding the discipline of cycling transportation engineering, which regards bicycling as a form of vehicular transportation equal to any other form of transportation. Forester, who believes that riding a bicycle along streets with traffic is safer than pedaling on restricted bike paths and bike lanes, argues the case for cyclists' rights with zeal and with statistics based on experience, traffic studies, and roadway design standards. Over the nearly two decades since *Bicycle Transportation* was first published, he has brought about many changes in the national standards for highways, bikeways, bicycles, and traffic laws. His Effective Cycling Program continues to grow.

*The Rough Guide to Sri Lanka* - 2012-11-01

The Rough Guide to Sri Lanka is the most comprehensive and user-friendly travellers' guide to this fascinating country. Each chapter of the Rough Guide includes thoroughly researched travel information, hotel and restaurant listings, sections on everything from food and language to media and sport, and thoughtful background on the environment, politics, culture, music and history. The new stunning full-colour design combines glorious images to whet your appetite with a practical layout and dozens of accessible and accurate maps to guide you from the urban centres to the jungle, beaches and mountains. This is the time to discover Sri Lanka - the Rough Guide is your perfect companion. Make the most of your time with The Rough Guide to Sri Lanka. Now available in ePub format.

*Handbook of the London 2012 Olympic and Paralympic Games* - Vassil Girginov 2013-11-20

The Handbook of the London 2012 Olympic and Paralympic Games is the first authoritative and comprehensive account of the world's greatest sporting and cultural event. It tells the complete story of the 2012 Games from inception, through the successful bidding process and the planning and preparation phase, to delivery, the post-Games period and legacy. Written by a world-class team of international Olympic scholars, the book offers critical analysis of the social, cultural, political, historical, economic and sporting context of the Games. From the political, commercial and structural complexities of organising an event on such a scale, to the sporting action that holds the attention of the world, this book illuminates the key aspects of the 2012 Games, helping us to better understand the vital role that sport and culture play in contemporary global society. The book is divided into two volumes: Volume Two - Celebrating the Games, examines the period of competition and immediately afterwards, covering key topics such as: London welcomes the world - hospitality and the look of the games Experiencing the games -spectators, tourists,

volunteers, shoppers, viewers Media and communications Running the games Creating Olympic celebrities Protesting the games Commerce, retail and consumption Documenting London 2012 in films and books The legacy of the 2012 Games for London, the UK and the Olympic Movement Richly illustrated with the personal accounts of key stakeholders, from sports administrators and politicians to athletes and spectators, and including essential data and evocative visual material, this book is essential reading for anybody with a personal or professional interest in the Olympic and Paralympic Games, global culture or the development of sport.

**Family Biking** - Robert Hurst 2015-10-22

Family Biking is a guide for parents and parents-to-be on how to introduce their children to the joys and responsibilities of bicycle riding. The guide includes safe methods of transporting children via trailer bike or tandems, taking young children on bicycle tours, fitting a child to a bicycle, teaching all aspects of bicycle safety, as well as how to deal with dangerous or potentially dangerous situations. It also includes how to teach children to care for their own bicycle, how to dress, how to carry things on their bicycle, and how to perform basic maintenance and repairs.

*Routledge Companion to Cycling* - Glen Norcliffe 2022-12-07

Routledge Companion to Cycling presents a comprehensive overview of an artefact that throughout the modern era has been a bellwether indicator of the major social, economic and environmental trends that have permeated society The volume synthesizes a rapidly growing body of research on the bicycle, its past and present uses, its technological evolution, its use in diverse geographical settings, its aesthetics and its deployment in art and literature. From its origins in early modern carriage technology in Germany, it has generated what is now a vast, multi-disciplinary literature encompassing a wide range of issues in countries throughout the world.

*Bradt Travel Guides - Colombia* - Sarah Woods 2012-01-20

The most in-depth guide available to one of South America's undiscovered gems.

*The Renewable Energy Home Handbook* - Lindsay Porter 2015-03-01

Most renewable energy systems aren't new, but their use is. This handbook shows how each of the main renewable energy technologies works, along with step-by-step details of how it's installed, as well as the pros and – at least as importantly – the cons of each type of installation.

**Cutting-Edge Cycling** - Hunter Allen 2012-03-23

Increase speed, power, endurance, and efficiency with Cutting-Edge Cycling. You'll learn how to apply the latest in cycling research, science, and technology to train smarter, ride longer, and race faster. Renowned cycling coach Hunter Allen and leading scientist Stephen Cheung share the most recent biomechanical, physiological, and technical advances and research, why they matter, and how you can incorporate them for maximal training and optimal performance. From the latest information on periodization, lactate threshold, and recovery to bike positioning, pedaling technique, and cadence, Cutting-Edge Cycling covers every aspect of conditioning, preparation, and competition in this physically demanding sport. Additional coverage includes interviews that cover a broad range of topics: interpreting lab results, fatigue, monitoring training, high-intensity training, prevention of and recovery from overtraining, pacing, bike fit, power meter quadrant

analysis, hydration, and cooling strategies. If you're serious about gaining the edge on the competition, Cutting-Edge Cycling is one guide you shouldn't be without.

**Motorcycles** - Peter Henshaw 2013-09-05

Taking the first-time-buyer step-by-step through the entire experience of buying your first motorcycle, this friendly, clear, and jargon-free book explains everything you need to know to get the most out of your bike. Covering practicalities such as the pros and cons of biking, and what type of bike may best suit you, to training, insurance, and maintenance – even choosing the right kit, where to buy, and where to ride are covered in this invaluable guide – this book shows you the whole story.

**Martindale-Hubbell Buyer's Guide** - 2002

**The Rough Guide to Thailand** - Paul Gray 2012-01-01

These acclaimed travel guides feature a dramatic full-color section at the front, design elements to make them easier to use, up-to-date information on restaurants and accommodations, meticulously detailed maps, transportation tips and discussions on geography, natural wonders, landmarks, itineraries, cultural facts and other valuable tips for travelers.

**TT Talking - The TT's most exciting era** - Charlie Lambert 2014-04-28

The 2007 centenary of the Isle of Man Tourist Trophy launched the TT into a new era of success. In this book, Charlie Lambert – Manx Radio TT's lead commentator – tells the story of this sensational upturn, from his own role behind the microphone, to the pressures, controversies, laughs and sadness that go with being the man at the heart of the world's most famous motorcycle road race.

*The Rough Guide to New Zealand* - Catherine Le Nevez 2012-09-03

The new Rough Guide to New Zealand is the definitive guide to the world's adventure capital. Now in full-colour throughout, it contains dozens of tempting colour photos illustrating the country's iconic landmarks and its stupendously diverse scenery. Detailed accounts of every attraction along with crystal-clear maps and plans will show you the very best New Zealand has to offer: from white-sand beaches and vast kauri trees in the north to the hairline fiords and penguin colonies in the south. With expert guidance you won't put a foot wrong when experiencing Maori culture or simply striking out on multi-day hikes. At every point this guide steers you to little-known sights such as secluded hot pools or Wellington's best cafés. Insider tips, planning itineraries and author picks give you the inside scoop on the best accommodation across every price range, how to track down Marlborough's tastiest Sauvignon blancs and where the most delectable Maori hangi can be found. Make the most of your time with The Rough Guide to New Zealand. Now available in ePub format.

*Shifting Gears at 50* - Philip Buonpastore 2012-01-24

From the publishers of Motorcycle Consumer News, *Shifting Gears at 50* is a one-of-a-kind motorcycling manual for returning and late-entry riders, essentially anyone 40 years old and up who's looking to hit the road on two wheels. Author Philip Buonpastore, a motorcycle journalist and retired US Air Force photographer, helps readers gear up to get back on a motorcycle (or get on one for the first time). In Part 1, "Becoming a Motorcyclist," Buonpastore discusses the basics of buying the right bike, gear, and equipment and getting the bike up to speed. The book continues with a good overview of learning to ride, the importance of taking a road course, venturing out on the first ride, and extending rides to long-distance jaunts. Throughout Part 1 are sidebars by riding- safety instructor and expert Walt Fulton, offering sound advice on safety precautions and execution for every leg of the new and returning rider's journey. The author emphasizes what older riders should be aware of and which factors can affect their rides. Adding lots of great firsthand advice are humorous and helpful stories collected by the author and related by returning riders at various ages, from their late 30s to 60s. In Part 2, Buonpastore shares five of his favorite travelogues covering his long-distance tours around the US, from the American South to the west coasts. This section is illustrated by over 100 of the author's breathtaking photographs of the various locations he toured on his bike. The foreword to the book is provided by best-selling motorcycle author David Hough (author of I-5 Press's *Proficient Motorcycling and Mastering the Ride*). Hough writes, "If you're getting into today's motorcycling at an age your doctor would describe as 'middle aged' or 'senior,' do you yourself a clever favor and read Phil's book."

*Off-Road Giants! (volume 3)* - Any Westlake 2014-12-12

This book includes some of the greats of the scrambling world – Dave Bickers, John Banks, Rob Taylor – and others not, perhaps, quite so well known. From the hard-riding Devon farmer John Triple, Gloucester ace Tommy Barker, and Six Days trials star Eric Chilton, to the last ever interview with Olga Kevelos, a true star.

**Why Would Anyone Do That?** - Stephen C. Poulson 2016-04-19

Triathlons, such as the famously arduous Ironman Triathlon, and "extreme" mountain biking—hair-raising events held over exceedingly dangerous terrain—are prime examples of the new "lifestyle sports" that have grown in recent years from oddball pursuits, practiced by a handful of characters, into multi-million-dollar industries. In *Why Would Anyone Do That?* sociologist Stephen C. Poulson offers a fascinating exploration of these new and physically demanding sports, shedding light on why some people find them so compelling. Drawing on interviews with lifestyle sport competitors, on his own experience as a participant, on advertising for lifestyle sport equipment, and on editorial content of adventure sport magazines, Poulson addresses a wide range of issues. He notes that these sports are often described as "authentic" challenges which help keep athletes sane given the demands they confront in their day-to-day lives. But is it really beneficial to "work" so hard at "play?" Is the discipline required to do these sports really an expression of freedom, or do these sports actually impose extraordinary degrees of conformity upon these athletes? *Why Would Anyone Do That?* grapples with these questions, and more generally with whether lifestyle sport should always be considered "good" for people. Poulson also looks at what happens when a sport becomes a commodity—even a sport that may have begun as a reaction against corporate and professional sport—arguing that commodification inevitably plays a role in determining who plays, and also how and why the sport is played. It can even help provide the meaning that athletes assign to their participation in the sport. Finally, the book explores the intersections of race, class, and gender with respect to participation in lifestyle and endurance sports, noting in particular that there is a near complete absence of people of color in most of these contests. In addition, Poulson examines how concepts of masculinity in triathlons have changed as women's roles in this sport increase.

*Zinn and the Art of Road Bike Maintenance* - Lennard Zinn 2009

The author of *Zinn's Cycling Primer* and *The Mountain Bike Owner's Manual* includes how to choose the right bike, instructions for regular care, proper installation of the newest ten- and eleven-speed chains, torque specifications for tightening delicate parts, and much more. Original.

*Cycling the Islands* - John Crouch 2016

Featuring over 35 adventures on 13 different islands, each route includes a map and detailed information on local history, topography, aesthetics, places of interest, type of road, general route condition, level of difficulty, start and end points, checkpoints along the way and plenty of full-colour photographs. All of the text and accompanying information is fun, accessible, clearly laid out and easy to use. Readers can escape to the following unique destinations: CANADA Salt Spring Island Pender Island Mayne Island Galiano Island Gabriola Island Denman Island Hornby Island Quadra Island USA San Juan Island Lopez Island Orcas Island Whidbey Island Shaw Island

*The Rough Guide to Vietnam* - Martin Zatko 2012-04-02

The Rough Guide to Vietnam is the essential guide to one of Southeast Asia's most enticing destinations. Roam the markets, temples and shops of thousand-year-old Hanoi, and then slow the pace down with a trip to national parks or the remote highlands. From the rugged mountains of Ha Giang in the north to the pancake-flat Mekong Delta in the south, the Rough Guide's honest and up-to-date appraisals will steer you to the best places to stay, eat and party across every price range. Reviews take in hill-tribe homestays, quirky hostels, boutique hotels, sophisticated restaurants and delicious street food, while informed and accessible writing covers everything from Buddhism to battlefields. This fully revised edition is full-colour throughout, helping the country's tremendous food, impressive colonial architecture and colourful ethnic minorities leap from the page, and detailed maps offer clear guidance.

*How to Restore Suzuki 2-Stroke Triples GT350, GT550 & GT750 1971 to 1978* - Ricky Burns 2015-11-06

Whether it be an entry level GT380, or a ground-breaking water-cooled GT750, this step-by-step full restoration guide covers it, from dismantling, sourcing parts, spraying and decals, to polishing, safe set-up and general maintenance. Even riding safely and storage are covered, making this a must-have guide for all

Suzuki Triple enthusiasts.

**The Big Book of Bicycling** - Emily Furia 2010-12-07

The world's authority on cycling provides a comprehensive guide to the sport for cyclists of all levels. The sport of cycling has experienced an exciting boom in popularity fueled by Lance Armstrong's success and recent comeback, the popularity of triathlons, rising gas prices, and the need to find a sport that lets people have some fun while they get fit. No one knows more about this boom than the pros at Bicycling magazine. For nearly 50 years, Bicycling has brought its readers the most up-to-date advice on everything from training and gear to nutrition and stories of cycling's greatest stars. Now, for the first time, Bicycling gathers its best advice in *The Big Book of Bicycling*, a must-have book that cyclists of all levels can refer to again and again for answers to all of their cycling questions. Senior editor Emily Furia and her colleagues have gathered the latest, most useful information on getting started, buying gear, maintaining both road and mountain bikes, training for speed, racing techniques, understanding the rules of the road, and much more. This evergreen book is an invaluable resource for any cyclist who wants to ride their best.

[The Ultimate Guide to Green Parenting](#) - Zion Lights 2015-11-15

How can the modern family live an environmentally-friendly lifestyle? Although many adults aspire to be green, there is no comprehensive lifestyle guide available for them when they become parents. *The Ultimate Guide to Green Parenting* will be the first book to provide information for living a truly green lifestyle that is based on sound science.

[The Complete Book of Road Cycling & Racing](#) - Willard Peveler 2008-09-06

Ride faster, fitter, smarter, & farther. Every road rider has goals. Yours may be to begin racing, to become more competitive, or to win a specific tour. Not interested in racing? Perhaps you want to complete your first century ride, improve your overall fitness, or ride faster and just for the sheer joy of flying on two wheels. No matter what your goals, *The Complete Book of Road Cycling and Racing* gives you all the information you need to become a better, more performance-focused cyclist. Written by an accomplished racing coach, cyclist, and exercise physiologist, this book shows you how to: Fit the bike to your body for maximum efficiency and comfort. Ride safely in a group. Cope with any weather or altitude. Maintain your bike. Prepare for races of all types. Master racing strategies and tactics. Train efficiently and stay in peak condition year-round. And much more.

**Tony Robinson** - Ian Wagstaff 2012-12-15

A biography of motor racing mechanic Tony Robinson, who worked with some of the great names of the sport in the 1950s and '60s.

[Heels on Wheels](#) - Katie Dailey 2012

Learning to ride a bike is easy, but getting back on one if you're over the age of 12 - and have developed a penchant for high heels - can be a daunting task. In *Heels on Wheels* Katie Dailey offers sage advice to the modern gal who would like to get back in the saddle after a short (or very long) hiatus. Find out how to choose your trusty steed, stay safe on the road, fix a puncture and select the best lock for your bicycle. As well as this, more pressing issues are covered, including how to combat helmet hair, wearing a skirt without losing your dignity, and all the exciting things you can buy to pimp your ride. So whether you plan on being a weekend cruiser, or a riding-in-all-elements fanatic, *Heels on Wheels* will make you fall in love with cycling all over again.

[The Custom Road Bike](#) - Guy Andrews 2010-10-06

This book is the complete guide to specifying and buying your dream bike. Each chapter covers a particular part of the bike, from the frame, to forks, headset, wheels, tyres, hubs, gear components, chains, brakes, saddles, handlebars, pedals, water bottle cages, and accessories. Including beautiful studio images of the latest kit, the chapters feature interviews with the top designers and manufacturers, and maintenance tips from professional mechanics.

[The Outdoor Citizen](#) - John Judge 2019-12-17

From the president and CEO of the Appalachian Mountain Club comes an astounding comprehensive plan to save our planet, make the outdoors the epicenter of our communities, and commit to an active outdoor lifestyle. In *The Outdoor Citizen*, John Judge coins the term "Outdoor Citizen" as he delivers an urgent call to action and a remarkably persuasive argument for why we must all become citizens of the natural world,

reconnecting with life's most essential foundation, nature, and defending it, embracing it, and advocating for it. Judge, an international leader in conservation stewardship, covers such topics as how to turn our cities into Outdoor Cities, with a wide range of green spaces, outdoor recreation activities, eco-friendly transportation, and sustainable food sources; how to globally transition to green energy sources; what environmental policies must be implemented and how to enact them; and how to fund a sustainable economy. At a time when we are facing an unprecedented climate crisis, the continued use of carbon emissions will lead to devastating, irreversible effects on the earth. This unique and riveting volume, brimming with expert advice and case studies, is unparalleled—a game-changer for saving our planet and an entry point into a world of healthier and happier people.

**Triumph** - Hughie Hancox 2013-02

"The best motorcycle in the world"--Cover.

**Urban Bikeway Design Guide, Second Edition** - National Association of City Transportation Officials 2014-03-24

NACTO's Urban Bikeway Design Guide quickly emerged as the preeminent resource for designing safe, protected bikeways in cities across the United States. It has been completely re-designed with an even more accessible layout. The Guide offers updated graphic profiles for all of its bicycle facilities, a subsection on bicycle boulevard planning and design, and a survey of materials used for green color in bikeways. The Guide continues to build upon the fast-changing state of the practice at the local level. It responds to and accelerates innovative street design and practice around the nation.

[John Deere Snowmobiles](#) - Ronald K. Leonard 2014-01-23

Long respected as a manufacturer of sturdy agricultural machinery, the John Deere Company began in the 1960s to build a line of consumer products in a dedicated factory in Horicon, Wisconsin. Starting with a lawn and garden tractor in 1963, Deere soon entered the fast-growing snowmobile market, introducing two models in 1971. The next 13 years would see a succession of models as Deere vied against tough competitors in a weather-dependent market. This detailed history, written by two key participants in the snowmobile program, describes the development of John Deere snowmobiles from start to finish: the design and engineering decisions that shaped each important model; reception of the snowmobiles by consumers; the factory race teams; the introduction of front-engine and water-cooled models; the process of selecting engines and negotiating with suppliers, including when problems developed; and the snowmobiles' impact on product engineering. The text provides an inside view of Deere's Consumer Products Division at a time of rapid growth, and of the people and processes that made it all happen.

**Just Ride** - Grant Petersen 2012-05-08

"A wonderfully sane, down-to-earth, and frequently funny guide to riding, maintaining, fixing and enjoying your bicycle." Dave Eggers, New York Times Book Review Winner Silver Medal 2013 Independent Publisher Book Awards. In the same way that Michael Pollan's slim bestseller *Food Rules* brought a gust of common sense to the everyday activity of eating, *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 as well as a final chapter titled "Velosophy" that includes the essential, memorable thought: Your Bike Is a Toy—Have Fun with It.

**Illustrated BMW Motorcycle Buyer's Guide** - Stefan Knittel 1996-01-01

Includes all models of the popular and collectible BMW motorcycles including the new R and K series.

**Two Summers** - Robert Ackerson 2015-11-16

Explores the Mercedes-Benz W 196 R's historic roots, development, and races. Also its triumphs, struggles and disappointments, as well as the spirited challenges from Maserati, Ferrari, Gordini and Lancia. Accompanying the text are hundreds of photos sourced from the legendary Daimler Archives.

*BSA Motorcycles* - Brad Jones 2014-09-15

The BSA and Triumph motorcycles designed for the 1971 model year, including Ariel 3 and the 750cc Triumph Hurricanel. A study of related promotional and racing events, the US organisation, and BSA's financial position prior to 1971's devastating trading loss announcement.

*Every Woman's Guide to Cycling* - Selene Yeager 2008-03-04

More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country-and to improve cardiovascular fitness, control their weight, and liven up their social lives. At the same time, cycling remains very much a "man's sport," an intimidating world that can be difficult for women to navigate. Now celebrity spokeswoman Selene Yeager covers all the basics-for all ages and fitness levels. Women will learn... - How to find the perfect bike and other essential equipment - How to shift, spin, climb mountains, and get back down - Training techniques that take it up a notch - What to eat off-and on-a bike - Competition craziness-race information and strategies - Why guys who work in bike shops act the way they do - And more!

**Higher Hopes: a Black Man's Guide to College** - R.D. Smith 2012-08-17

For many, college is their first chance at life without a guide or instruction manual. There is great room to succeed-as well as fail. How can you approach your college career with the right tools, insights, and tips to succeed? In Higher Hopes, the author meticulously covers every aspect of your college journey from academics to relationships to studying abroad to dealing with race and class issues. Far from telling you to just do your homework and obey the rules, Higher Hopes outlines the hidden lessons and sometimes painful learnings that can make college not only an accomplishment but a triumph.

*British Café Racers* - Uli Cloesen 2016-09-01

This is the first book to solely concentrate on the British-powered café racer motorcycle. Renewed interest in custom British café conversions is illustrated with stunning images of select sporting, racing, and 'café'd' British motorcycles. From single-cylinder to four-cylinder variants - see the 'café'd' side of British bikes! [Italian Café Racers](#) - Uli Cloesen 2014-08-15

There have been plenty of books published about Italian motorcycles, and a few covering the café racer genre, but none has covered the evolution of the Italian sportsbike into the Italian café racer - until now. Coming from a nation with a great motorcycle racing heritage, Italian motorcycles have, unsurprisingly, always had a sporting flair. This book lifts the lid on the growing trend of custom Italian café conversions, illustrated in detail with stunning images of select sporting, racing, and café'd Italian motorcycles. Italian Café Racers celebrates stunning Italian bikes from all over the globe. From the old to the modern, from horizontal-singles to inline sixes, this book reveals these stylish machines in all their innovative glory. Whether you're a enthusiast, a follower of the café racer culture, or simply appreciate beautiful bikes, this book is guaranteed to interest and inspire ... see the 'café'd' side of Italian bikes.

**The Rough Guide to the Lake District** - Jules Brown 2013-01-24

The Rough Guide to the Lake District, features comprehensive reviews of the finest places to stay and eat for every budget, based on personal inspection by a long-time Lakes expert. Whether you're looking for a walker's hostel or boutique hotel, café or gastro-pub, farmhouse B&B or country-house hotel, this guide has the lowdown on all the best deals. There's detailed information on the best way to get around by public transport, while special features on the great outdoors focus on local walks, classic hikes, mountain climbs, lake cruises and family adventures. Whether you're on a walking holiday or family break you can discover all the facts you need - from current opening times to festival dates. There's also background information on the history, culture, nature and wildlife of the English Lakes, and plenty of special features - from the history of rock-climbing or a rundown of music festivals to the fascinating lives of the locals. Make the most of your time with The Rough Guide to the Lake District. Now available in ePub format.