

Wild Biking: Off-Road Mountain Biking (Adventure Outdoors)

Neil Champion

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Mountain biking is one of the most popular adventure sports of all time - and it's also one of the most modern as it only dates back to the 1970s! This book explores exactly what you will need to get started in this exciting pursuit. From the bike and the protective equipment, to riding styles, skills, joining a club and racing in events, you'll find everything you need to get out there and enjoy some wild biking! You'll need to stay safe too, so there is plenty of advice about how to minimise the risks. This book also takes a look at some of the world's best mountain biking trails and tells the amazing survival stories of some famous (and not so famous) mountain bikers. Part of the six book series Adventure Outdoors. An action-packed introduction to some of the most popular outdoor pursuits. Suitable for KS2-3.



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