

# The Complete Guide To Gravel Racing And Adventure Bikepacking



Gravel racing and adventure bikepacking have gained immense popularity over the past decade, offering cyclists a thrilling and challenging way to explore the great outdoors. Whether you're a seasoned cyclist or a beginner, this complete guide will provide you with all the information you need to get started and make the most out of your gravel racing and bikepacking adventures.

## What is Gravel Racing?

Gravel racing, also known as gravel grinding or gravel riding, is a form of cycling that takes place on unpaved roads, gravel paths, and dirt trails. Unlike traditional road cycling, gravel racing combines elements of mountain biking and road biking, making it an exciting and versatile sport. Participants tackle long distances, uneven terrain, and various weather conditions, testing their endurance, skill, and bike handling abilities.



## Gravel Cycling: The Complete Guide to Gravel Racing and Adventure Bikepacking

by Emily R. King (Kindle Edition)

★★★★☆ 4 out of 5

Language : English

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Screen Reader : Supported

Print length : 304 pages



### Benefits of Gravel Racing

Gravel racing offers several benefits for cyclists, both physical and mental. Firstly, riding on unpaved surfaces engages different muscle groups, providing a more complete and balanced workout. The constant adjustments required to maneuver the bike over varied terrain help improve core stability and enhance overall cycling performance. Additionally, gravel racing allows cyclists to escape the busy roads and enjoy the tranquility of nature, reducing stress and promoting mental well-being.

### Essential Gear for Gravel Racing

To fully enjoy gravel racing and adventure bikepacking, it's important to have the right gear. Here are some essentials:

- A gravel bike or a mountain bike with wider tires for better traction on gravel
- Cycling shoes with recessed cleats for easy walking on rough terrain
- Padded shorts to ensure comfort during long rides
- A sturdy helmet to provide protection

- A hydration pack or water bottles to stay properly hydrated
- A repair kit including spare tubes, tools, and a portable pump
- A GPS device or smartphone with navigation apps to avoid getting lost
- A lightweight tent, sleeping bag, and camping supplies for bikepacking adventures

## **Tips for Gravel Racing and Bikepacking**

Here are some valuable tips to enhance your gravel racing and bikepacking experience:

- Plan your routes carefully, taking into consideration the distance, elevation, and road conditions
- Train both on and off-road to improve your endurance and bike handling skills
- Practice bike maintenance and basic repairs to avoid being stranded in the middle of nowhere
- Choose suitable tires for different terrain conditions and adjust the tire pressure accordingly
- Pack light, prioritizing essential items for bikepacking trips to avoid unnecessary weight
- Stay hydrated and fuel your body with nutritious snacks and meals during long rides
- Take breaks and enjoy the breathtaking scenery to make the most out of your adventures

## **The Best Gravel Races Around the World**

There are numerous exciting gravel races held worldwide that attract participants from all corners of the globe. Some notable gravel races include:

- The Dirty Kanza 200 in Emporia, Kansas
- Grinduro in various locations across the United States and Europe
- La Ruta Mala in Costa Rica
- Transcontinental Race in Europe
- Rebeccah's Private Idaho in Idaho, USA

Gravel racing and adventure bikepacking offer cyclists an exhilarating and rewarding way to explore new territories and push their limits. By following this complete guide and incorporating the tips provided, you'll be well-equipped to embark on unforgettable gravel racing and bikepacking adventures. So grab your bike, pack your essentials, and get ready to experience the thrill of gravel racing and the beauty of bikepacking!



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Head out for adventure on the unpaved back roads of America with Nick Legan's complete guide to gravel grinders and bikepacking!

Gravel cycling is a glorious return to the purest roots of two-wheeled adventure. From farm roads and miners' paths to the high passes of the Rockies and the Alps, gravel cycling and bikepacking will set you free to explore, enjoy, persevere, and discover.

Escape the traffic and ride unpaved with Nick Legan's *GRAVEL CYCLING: The Complete Guide to Gravel Racing and Adventure Bikepacking*. In this groundbreaking guide, accomplished gravel cyclist Nick Legan shares everything you need to know to enjoy gravel cycling and bikepacking.

Drawing on interviews with top gravel junkies and his own hard-won knowledge from countless backcountry miles, Legan covers all the gear, bike setup, riding tips, course previews, and outfitting strategies you need to enjoy gravel cycling with confidence. He profiles 18 favorite one-day gravel races and 8 epic multi-day bikepacking adventure routes. Legan shares colorful stories of the origins of gravel cycling in North America and its rapid spread to Europe, Asia, and South America. Best of all, this full-color guide is packed with more than 350 gorgeous photographs from beautiful rides that will inspire you to seek out dirt and gravel roads near you.

Legan brings his experience as a ProTour bike mechanic to this guide, offering detailed data on bike setup, gear selection, and how to build your own dream gravel bike. He shares crucial ride-saving tips and smart ways to make sure you'll enjoy every moment.

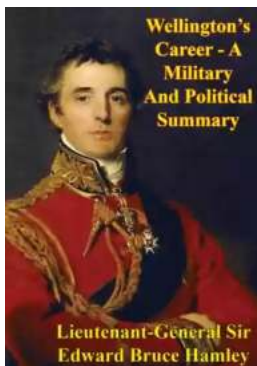
Over one-third of the roads in the U.S. are unpaved, which means you can enjoy the roads less travelled at the perfect pace to soak up new vistas and valleys, canyons and creeks—or push the pace over an epic day with fast friends. From gear to racing, route planning to camping—the wild ride of a lifetime awaits you in *GRAVEL CYCLING*.

## Gravel grinders

Includes complete profiles, tips, and gear set-up for favorite gravel races and events: Almanzo, Barry-Roubaix, Crusher in the Tushar, Deerfield Dirt Road Randonnée, Dirty Kanza, Dirty Reiver, Grasshopper, Gravel Fondo, Gravel Roc, Gravel Worlds, Great Otway, Grinduro, La Gravel66, La Résistance, Land Run, Pirinexus 360, Rebecca's Private Idaho, Trans Iowa.

## Bikepacking

Offers route guides to favorite multi-day bikepacking routes: The Arizona Trail, The Colorado Trail, Denali Highway, Great Allegheny Passage and C&O Towpath, Great Divide Mountain Bike Route, Katy Trail, Oregon Outback, and Trans North California.



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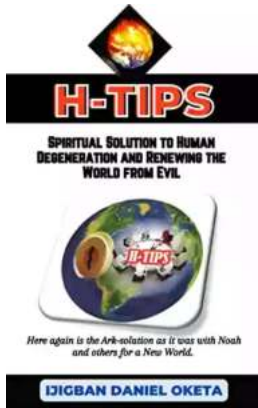
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