## Rota Vitae - The Cyclists Guide to Health Rational Enjoyment (Paperback)



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## Reviews

Great eBook and beneficial one. Yes, it is actually play, nevertheless an amazing and interesting literature. I found out this book from my i and dad recommended this ebook to understand. (Jessyca Lubowitz I)

## ROTA VITAE - THE CYCLISTS GUIDE TO HEALTH RATIONAL ENJOYMENT (PAPERBACK)



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Macha Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book contains vintage guide to cycling for pleasure, with interesting cycling anecdotes, chapters on health benefit, tips on choosing a bicycle, information on appropriate attire, and much more. Although old, Rota Vitae constitutes a timeless recourse for anyone with an interest in cycling, and it is not to be missed by collectors of vintage literature of this ilk. Contents include: Introductory-My Friend Russel and I, A Morning at Grace Church Priory-Hints about Healthful Rational Touring, Sunny Memories of a Summer s Ramble, East Northumbria-Belford and the Regions round Wooler-Chillingham-Alnwick. Rothbury-Brenckburn-A Tale of Romance-The Holy Isle, et cetera. Many vintage books such as this are becoming increasingly scarce and expensive. We are republishing this book now in an affordable, modern, high-quality edition complete with a specially commissioned new introduction on the History of the Bicycle.

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