

# CONTENTS

---

---

## FOREWORD

4 *Recreational Nomadism*

---

## JOURNEYS

10 *Tuscany Trail*  
22 *Torino-Nice Rally*  
32 *Raid Pyrénées*  
40 *Tour du Mont Blanc*  
50 *GR247*  
60 *GranGuanche*  
70 *Adriatic Crest*  
84 *Transcaucasian Trail*  
94 *Cairngorms Loop*  
106 *Iceland Divide*  
122 *Oregon Timber Trail*  
130 *Colorado Trail*  
138 *Great Divide Mountain Bike Route*  
150 *Iditarod Trail*  
162 *Peru Divide*  
178 *La Ruta Mala*  
190 *The Cross Cape*  
202 *Bartang Valley and Pamir Highway*  
212 *The Middle Lands*  
224 *Annapurna Circuit*  
236 *Ha Giang Loop*  
250 *Tour Aotearoa*  
262 *The Hunt 1000*

---

## HOW TOS

6 *Bikes, Bags, & Setups*  
8 *Master Kit Grid*  
104 *Shelter*  
120 *Trailside Fixes*  
148 *Coping With Extremes*  
188 *Traveling in Groups*  
222 *Traveling in Remote Environments*  
248 *Getting to and from Your Route*

---

## APPENDIX

270 *Index*  
272 *Imprint*

