



# The Complete Guide to Climbing (by Bike) in the Southeast

*John Summerson*

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## **The Complete Guide to Climbing (by Bike) in the Southeast** John Summerson

The Complete Guide to Climbing (By Bike) in the Southeast is a guide to cycling, climbing, and the most difficult hill climbs in the Southeastern United States. Included in its 256 pages are sections on training for climbing, memorable climbing performances and other climbing resources. The most difficult Southeast U.S. climbs are described in great detail including: Easy to read directions, accurate climb information including total elevation gain length and average/maximum grade, appendices include multiple climb rankings (most difficult, highest altitude attained, greatest elevation gained, steepest, etc.) and profiles of the 50 most difficult hill climbs. This book contains everything cyclists need to know to locate and tackle the toughest climbs in the Southeast U.S.

Avid cyclists know that hill climbing is the crux of the sport. Getting up cycling's brutal slopes is often what separates average from elite riders. However, accurate information on this cycling sub-specialty has been lacking, particularly the location and profiling of the best Southeast United States climbs. This situation has now been rectified as this guidebook provides Southeast cycling peak-baggers with everything they need to know; from how best to prepare to get to the top of the mountain to the most difficult climbs. Within the scenic mountains of the Southeast the most difficult climbs are all included in these pages.

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