



**RUEDAS**  
**CUADRADAS.com**



# **How to prepare a long bike trip (in 12 steps)**



PEOPLE'S REPUBLIC OF CHINA



1. Tell  
everybody  
your idea.



## 2. Research your route (visa, maps, elevation and weather)







**i.e. the Azerbaijan visa**



# 3. Gear





# 4. Choose how you want (solo / two people / 3 people)











**5. Budget  
money for  
food and  
accommo-  
dation**

















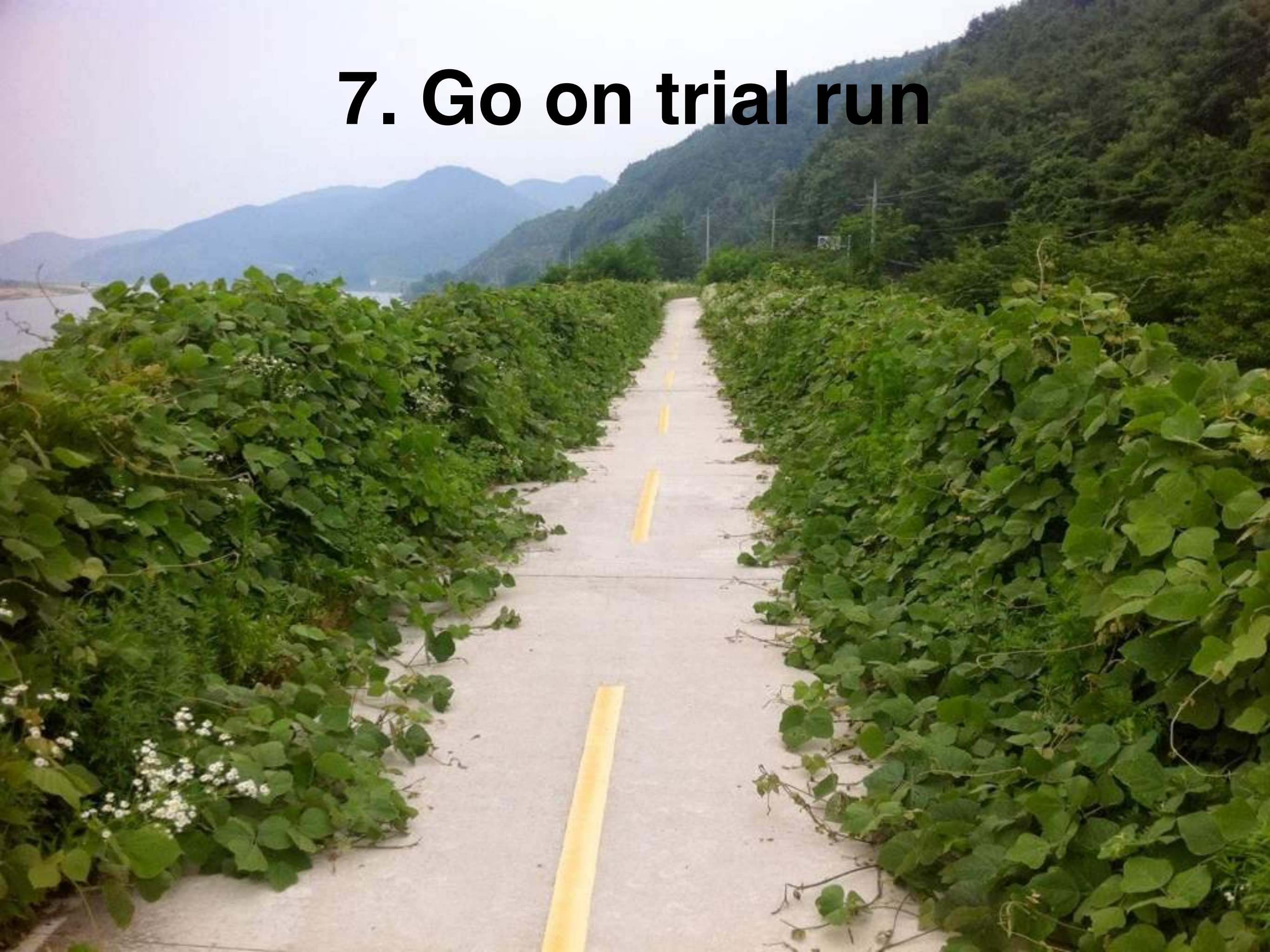
**6. Fix the  
bike**







# 7. Go on trial run







## 8. Familiarise with tools and camping gear





## **9. Get use to your bike (comfortable position)**





# 11. Pack according to weather





**12. Be ready. Forget everything else.**  
**Enjoy the road, enjoy the people you meet, enjoy each spot, have fun and don't worry about the problems**































**RUEDAS**  
**CUADRADAS.com**