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Running costs: \$10,000-\$50,000 Part-time: Can work part-time. Are franchises available? No online operation? No careening down a steep mountain road at 30 miles per hour by mountain bike may not be the idea of every perfect getaway. However, there is no denying the fact that cycling tours are one of the fastest growing segments of the tourism industry. The key to success in the business of cycling tours is that tours should be unique, fun and interesting, and should be organized around a central theme. Additional considerations include accommodation, meals and transportation needs or services, as well as the duration and location of the tours. Advertising in all traditional media, developing a company website promoting business, and listing tours with travel agents and brokers can perform a marketing business. Market Your Target Market will be cycling and mountain bike enthusiasts as well as adventure thrill seekers. Be sure to form alliances with cycling clubs and organizations in the community, as membership in these clubs can become potential customers. Industries Profession You guys watched the Tour de France? If not, this weekend is your last chance before sunday's final stage and finish line celebration, after weeks of (literally and metaphorical) ups and downs in the most famous bike race. But don't worry - even if you missed most of the action in real time, there's a new way to relive it all year round: the ProForm Tour de France Centennial Edition Cycle, an update to the company's existing model, now available for pre-order - with plenty of amazing new bells and whistles. (And guess what: We're giving one this month!) Even if you had the chance to ride the current Tour de France bike, the new version - delivery in August - is still like nothing you've seen before. It is designed to work and feel more like a road bike and is less like a stationery bike or spin bike. It's got a built-in WiFi and a 7-inch touchscreen console, but can also connect to a TV to watch on the big screen. And it received pre-loaded maps of individual sections of all 21 stages of the 2013 tour, complete with Google Street View. (Oh, and he does it all at a whisper-soft noise level.) Then it's time to get into the virtual road. The bike allows you to choose any day of the tour and ride at least part of its way, complete with automatic tilt adjustment to simulate hills and change terrain. (Including yesterday the first ever DOUBLE ascent of the Alpe d'Huez. Brutal!) It also comes with an annual subscription to iFit.com, which allows you to create your own cycling routes anywhere in the world - say, the course of your next race or through the Great Wall of China? The 2013 Centennial Model will retail for \$2,000 - not a small price, but still hell cheaper than a REAL bike ride through (Also, just saying it's less than what many people pay for just a few months of studio cycling classes.) And I already said we're giving one away? The contest ends Sunday - just like a tour - so hurry up and enter now! What do you think of the new ProForm Tour de France bike? Tweet us on @amandaemac and @SELFmagazine.RELATED LINKS: Image Credit: Courtesy of ProForm No matter what your age or fitness level, cycling can help you get around locally, explore nature, and get in shape. Use these resources to learn more about methods, equipment, learning, and cycling culture. 01 of 09 TripSavvy / Jamie Ditaranto walking tour of Dublin, self-guided, do you need a lot of training and cartography? In fact, this is not the case, as the capital of Ireland is ideal for a leisurely stroll that will take in most of the main attractions too. Most of Dublin's best attractions are in a relatively small area. To get a good impression of this busy and historic city, you only need a walk. And you can travel to the light as a refuge from rain and soft drinks can be found almost everywhere. The entire Tour of Dublin's Fair should take two to six hours - two hours for energetic walkers and not lingering too long anywhere, six hours including stops, a Trinity College tour and a break or two in a cafe. So to put the shoes on and off we go ... Start walking on the O'Connell Bridge, the closest equivalent of the central dublin venue boasts. Considered one of the few bridges in the world that is wider than it actually is for a long time, it is the heart of Dublin, admiring the view for a few minutes and then start walking along O'Connell Street. Go to the central reservation and have a good look at the O'Connell Memorial with its magnificent statues full of allegory. See the angel crushing the snake, spot the faithful Irish wolfhounds and notice some bullet holes. They were caused by gunfire during the fighting in 1916 and were never repaired. Continue to 2 of 9 below. 02 of the 09 TripSavvy/Jamie Ditaranto Further Statues and Spire dublin waiting for you- the last was erected to mark the millennium, and also known as Stiletto in the ghetto. From the impressive buildings on O'Connell Street, the Main Post Office takes pride of place. It was the central fighting district of 1916, but was lovingly restored - it opened to the public in the daytime as it was still GPO Dublin. Look around and maybe buy commemorative stamps in the philatelic office. Then continue on O'Connell Street, past the trompe d'oeil Carlton Cinema and the Parnell Statue. Charles Stuart Parnell is remembered more restrained than O'Connell, but his is one of the most beautiful in Dublin. Walk around it and read the names of all 32 counties... including before independence, the Royal District and the Royal District. Nesto Nesto past the Ambassador (former cinema turns into a rock place) for a walk through Parnell Square. You walk past a small monument with a broken chain and an Irish inscription commemorating the founding of nationalist Irish volunteers in 1913 to your left. Continue to 3 of 9 below. 03 of 09 Oliver Strewe/Getty Images Continue to the magnificent Presbyterian Church and get to the Memorial Garden. They were created in honor of all the victims of the struggle for Irish independence - at all times. The theme is mythical. The large pond, forming a cross, has images of discarded Bronze Age weapons on its bottom. The focus will almost always be on the massive statue showing the transformation of the Children of Lehr, a memorable and fitting memorial. When you leave the garden continue the walk, turning left and then left and left again, passing the historic (and still very busy) Rotunda Hospital and the discreet headquarters of Sinn Fein until you hit Parnell Street. Turn right and then again left on Moore Street, noticing how Dubliners have elevated jaywalking to form art. Moore Street itself is a semi-pedestrian zone and Dublin's clash is old and new. Traditional street vendors hawk their positions out of mounds and you can jostle for a place with a horse looking for snacks. The modern ILAC centre to your right, countless Asian, African and Eastern European supermarkets are to your left. Smuggled tobacco and cigarettes are sold next to butchers who make a medium breakfast roll. For a while to enjoy this truly cosmopolitan and colorful area and then take right to Henry Street to see the prime streets of south Dublin. Continue to 4 out of 9 below. 04 of 09 TripSavvy/ Jamie Ditaranto Now turn left onto Liffey Street and go down to the river of the same name. You will see Hags with bags to your right just before you cross the river using the Ha'penny Bridge (officially Liffey Bridge). The most photographed crossing the Dublin River was originally funded by a fee for one Halfpenny, hence the name. Today the crossing is free. On the south bank, a small (and sometimes very smelly) highway takes you straight to the bohemian Temple Bar, The Centre for Dublin's trendy nightlife. Assuming you do this walk in the daytime you may wonder what the fuss is all about - especially in the mornings Temple Bar is next to the desert. Most of the action will be on the streets on the right - look and judge for yourself whether to return later. At this point, you may well go straight past the looming Central Bank until you reach Dame Street. Take the left here and walk to Green College. To your left is the state building that was once the Parliament of Ireland and is now the Bank of Ireland - take a look at the slightly outdated measures including small guns. Irish Irish is known as the only democratic representation that voted for itself out of existence, effectively taking direct British rule in the early 19th century. Continue to 5 of 9 below. 05 of the 09 TripSavvy/Kathleen Messmer exactly opposite the Bank of Ireland, the entrance to Trinity College can be found - under no circumstances do not try to cross the road without the use of regulated crossings. Even hardened Dubliners are only attempting this in utter desperation! After crossing, you want to enter the courtyard of Trinity College through the arch. It will be a revelation - you will find a wide open space with an impressive campanile in the center. The effect can be stunning, so watch out for other visitors stopping dead in their tracks right in front of you. Also, watch out for more daring students trying to cycle through the narrow entrance! As soon as you go out again, you will be invited to join the Trinity College tour for a fee of 10 pounds. Since this includes an entrance fee for the library and Kells' book it's worth the option. If you don't have the time or limited funds just look around the grounds of the college and then get out through the same gateway again. After leaving Trinity College and turning left you will have a brave crowd of people waiting to catch the bus. To your right you will see a statue of Molly Malone in the style of kitschy music hall. Almost every tourist has their own photo taken here, and some scurrilous street performers regularly visit the site.

Watching for a few minutes before continuing on Grafton Street can be very amusing. Continue to 6 out of 9 below. 06 of 09 TripSavvy/Jamie Ditaranto Next you will find the pedestrian area of Grafton Street, Dublin's posh shopping district. Some window shops, but also look at the magnificent details can be found on the upper facades of the buildings themselves. At the top end of Grafton Street, some excellent buskers can sometimes be found performing on the streets for tips. Don't miss Phil Lynott's statue of life on the right. The Thin Lizzy singer was an Irish rock hero long before Bono. At the end of Grafton Street, Stephen's gorgeous Green Shopping Centre will dazzle you - the faux-Victorian metal and glass building contains dozens of shops plus a good food court and is the perfect place for quick retraining. Opposite the mall, you'll notice The Fusilier Arches, the grand entrance to Stephen's Green proper. Take a walk in the park and walk around the area. In the park you will find a number of monuments, a garden dedicated to W.B.Yeats with a mysterious work by Henry Moore, a quaint house and numerous ducks on the lakes. You will also find vendors, office workers and students having their lunch al Get out of the park at the Wolf Ton Memorial (commonly referred to as Tonehenge for obvious reasons) in the northeast corner and then turn into Merrin Row. Here you'll find the picturesque Huguenot Cemetery to your left and the O'Donoghue pub to your right - where the seminal folk group Dubliners began their rise to worldwide fame. Continue to 7 out of 9 below. 07 of 09 Design Pics Inc/Getty Images When you reach Merrin Street turn left and walk past the impressive government buildings, the Natural History Museum (Dead zoo) and the National Gallery. Now you are in the centre of Georgian Dublin and next to the Centre for Irish Politics. Merrin Square is to your right, and in the northwest corner, a strange monument to Oscar Wilde should be admired - opposite his childhood home. If you feel energetic walk around the park originally designed to build a cathedral. As the Catholic Church ran out of funds and steam for the project, the park was presented to the people of Dublin. Today there are memorials, flowerbeds, pleasant walks and buried remains of a bomb shelter. From the statue of Oscar Wilde we drive down Clare Street and then straight to Leinster Street. On the corner of Kildare Street you can admire the former Club Kildare Street Club - see the curious carvings at the windows, from squirrels playing the lute to monkeys playing in the pool. Today, the French Cultural Institute and the Herald Museum are based here. Stroll down Kildare Street past the National Library (Kildare Street) and see Leinster House and the National Museum. On a typical day, you'll see protesters in front of the Leinster house proclaiming decent or just just weird reasons. Gardai on duty seems to have seen it all and tended to be visibly bored. Continue to 8 out of 9 below. 08 of 09 TripSavvy/Jamie Ditaranto Carry Up Kildare Street and on Stephen Green to take right and then right again down into Dawson Street. To your right is the official residence of the Lord Mayor of Dublin. The palace building with the Dublin coat of arms is on display and is often used for official functions. Walk along you to cross the road at the bottom of Dawson Street and then bear on the left, after a footpath right past Trinity College, finally taking right to College Street. There you have to cross the street opposite D'Ollier Street. See the Gothic pearse Street Garda station to your right, the romantic D'Olier building in the front and the charming bronze sculpture showing the way to the Screen cinema between them. Walk along Hawkins Street to Liffey, passing the faux-Tudor building of the Dublin Gas Plant to your left. At the end of the street, you will find a nice memorial to a police officer who died saving the lives of Victorian workers trapped underground. Now you are on the embankment of Burga and will have to bear the right to go downstream Liffy. In U worry if Liffey seems to flow in the opposite direction, it will just be a strong tide coming in. Go to Northside using the modern Talbot Memorial Bridge and you'll see the International Financial Services Centre to your right, dwarfs the moving Hunger Memorial next to the river. Continue to 9 out of 9 below. 09 of the 09 Design Pics/Irish Image Collection/Getty Image From the Bridge, you can also see a replica of Jeanie Johnston's hunger ship lying on a jetty in the remodeled Dublin Docklands on the right. Take a closer look if you like, then head west (or upstream) along the waterfront, passing the Customs House until you come to the shamelessly ugly Liberty Hall (union headquarters) and turn right. Tucked away under a railway overpass and facing Liberty Hall, there is a monument to James Connolly, an Irish-American socialist who fought and died with his little Irish Civil Army in 1916. Next to the tram tracks, turn left onto Abbey Street and head towards the Abbey Theatre, Ireland's national theatre founded by W.B.Yeats. Unimposing on the outside but still putting on top-notch productions, although the scandals of O'Casey's days seem to really go back in time. Just a few meters longer will take you to O'Connell Street and O'Connell Bridge to your left. Your walking tour of Dublin is over. If you still feel energetic (perhaps after coffee and cake), you can take the LUAS tram, different to the west. This will take you to four ships, the National Museum at Collins Barracks and at Kilmainham Gaol. You can also see the sprawling Guinness Brewery and even walked up to Phoenix Park. Park. self guided bicycle tours loire valley france

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