

Reviews Books

CYCLING STIMULATION WHEN YOU'RE STUCK INSIDE

Family-friendly routes online

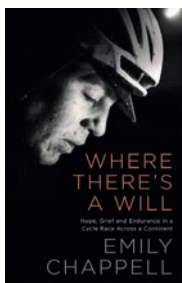
Visit the website for a list of Victoria Hazael's 50 favourite UK family-friendly cycle routes: cyclinguk.org/article/50-family-friendly-cycle-routes-uk



Emily's bike

Emily rides a Shand Stooshie for long-distance bikepacking: cyclinguk.org/cycle/bike-emily-chappell

Where There's a Will



EMILY CHAPPELL SAYS she got into self-supported endurance racing almost by accident. She signed up to ride the Transcontinental in 2015 basically to see if she could. While this book documents her exploits in that race and others, it is as much about friendship, mental health, and grief as it is about racing bikes.

Chappell's writing is engaging and moving; I read this in just two sittings. Part of what makes it so absorbing is how relatable Chappell is. Even when she's writing about cycling, she's also writing about break-ups, periods, snacks, and her family and friends. She frequently refers to her self-doubt and shyness. No matter how remarkable the achievements, Chappell makes them feel like they are within anyone's grasp.

The section in which Chappell describes her relationship with Mike Hall – two slightly awkward cycling nerds who just get each other – is poignant. And the subsequent description of her coming to terms with his loss is gut-wrenching.

This book will appeal to anyone who turns to their bike in times of trouble, and it might inspire a big ride of your own.

Emily Ryder

Details

By: Emily Chappell
Publisher: Pursuit Books
Price: £14.99 hardback, £8.99 paperback
ISBN: 978-1788161510



Details

By: Nick Cotton
Publisher: Vertebrate Publishing
Price: £17.99
ISBN: 978-1912560769

Traffic-Free Cycle Trails

THE BEST PLACE to cycle with children or friends who aren't confident cycling is on a traffic-free trail, and this book lists 400 of the best of them throughout Great Britain. It is the fourth version of a guide first published in 2004, offering information on routes that are often old railway lines. There are also map and website recommendations, and handy tips like where to park and stop for refreshments. I particularly liked Nick's succinct history of the trails, as I learned new things about routes that I have ridden many times.

Victoria Hazael



Details

By: Trevor Lund
Publisher: independently published
Price: £9.79 print, £3.99 Kindle
ISBN: 978-1711310794

North to Alaska

TREVOR CLEARLY KEPT detailed diaries: this is an engaging, blow-by-blow account of his 16,000-mile journey from Ushuaia, Argentina to Deadhorse, Alaska in 1999.

It's a frank account that doesn't paint the author in the best of lights: he abandons a companion; is disappointed strangers don't recognise his "achievement"; and he just blitzes his way through the continents, with few nods to culture or custom. If you buy it from smile.amazon.co.uk you can nominate a charity (such as Cycling UK) to receive some of what you pay.

Sam Jones



Details

By: Ben Coates
Publisher: Nicholas Brealey Publishing
Price: £12.99
ISBN: 978-1473662179

The Rhine

I MEANT TO read this before cycling along the Rhine last summer, but reading it afterwards added to my enjoyment; the name of each riverside town sparked memories from the trip. Along the river, Coates not only hops across borders but also back and forth in time, from Romans and Germanic tribes to 16th-century hilltop castles and onwards to the devastation of WWII. The history is fascinating but it's the author's anecdotes and turns of phrase that keep you entertained as he progresses by bike, boat and (briefly) on the back of a cow.

Sophie Gordon

Digital books

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