

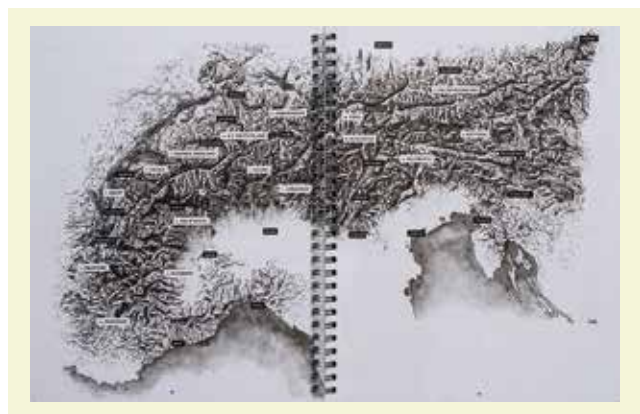
Reviews

Books

MORE READING TO INSPIRE YOUR RIDING

Print queue

Cycle doesn't feature all books received. Reviewers pick the ones they think you need to know about from the Editor's shortlist. Send review copies to: *Cycle, PO Box 313, Scarborough, YO12 6WZ*



Rough Stuff Cycling in the Alps



Details

By: Fred Wright
Publisher: Isola Press
Price: £25 (£22.25 for RSF members)
ISBN: 9780995488625

It first came to light in 2002, and incorporates routes that the Rough-Stuff Fellowship's ED Clements circulated in the late 1980s and early '90s. It spans the whole mountain range, and is all the more amazing for when you consider the sparse resources available for research back then. Breaking the Alps down into 16 sections, there are more than 300 route descriptions.

This second edition also features an afterword and Q&A with Fred, giving a little more insight into the how and why behind the book. Combine this guide with modern mapping technology, and you have the catalyst for an adventure of a lifetime.

Sam Jones

THIS IS THE book dreams are made of – big, remote, Alpine, adventurous dreams. When my copy arrived, I excitedly pored over its pages late into the night planning a potential trip through half remembered mountain-scapes in the Italian Alps. The route descriptions, hand-drawn maps, and photos take by author Fred Wright on his skinny-tyred tourer are inspirational.

Originally a self-published labour of love by Fred, this version is a work of art created by the same publishing house that produced the Rough-Stuff Fellowship archive books – and yet again they've rescued a treasure.



Details

By: Alan Alderson
Publisher: Laurence King Publishing
Price: £14.99
ISBN: 9781786278944

How to Build a Bike in a Weekend

THIS IS A great little handbook that covers a range of bike varieties and components. The detailed drawings and descriptions make the content easy to get to grips with even for novices. It's a step-by-step guide that's best read from start to finish rather than dipped in and out of. If you're planning to complete your build within a weekend (as the title suggests), it's best to allow plenty of time to read the full book in advance to avoid any surprises along the way.

Ellen Holmes



Details

By: Tim Millikin
Publisher: Tim Millikin
Price: £11.99
ISBN: 9781527273566

Reading to Reading

THE TWIN TOWNS of the title are in Berkshire and Pennsylvania. This is the story of how Millikin, whose only qualifications for long-distance cycling were a £90 bike and an appetite for adventure, came to ride 46,500km, across 39 countries, from one to the other. Although self-published, this is no glorified blog or laundry list of dots on a map. Millikin is an engaging companion who shares the highs and lows of cycling around the world. Sixteen pages of colour photos bring the trip to life.

Rob Kingston



Details

By: Ruth McIntosh
Publisher: Ruth McIntosh
Price: £12.99
ISBN: 9781838180225

In Search of Adventure

THIS BOOK COLLATES short inspirational stories from 12 women who have discovered a love of cycling. None of them are professional athletes and while some of the accounts – such as Susan Doram spending two-and-a-half years cycling the world on her bike – are remarkable, the central message of this anthology is about finding your confidence. Ruth McIntosh has also included a few handy tips at the end on planning for cycle touring.

Christina Bengston



Excerpts

To read excerpts from these books, and others reviewed in previous issues, visit cyclinguk.org/cycle-book-excerpts