

Reviews

Books

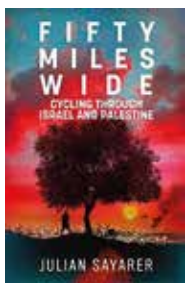
CYCLING STIMULATION WHEN YOU'RE STUCK INSIDE

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



Fifty Miles Wide



Details
By: Julian Sayerer
Publisher: Arcadia Books
Price: £9.99
ISBN: 978-1911350750

FIFTY MILES WIDE is not an account that brings to life the physical contours of Israel and Palestine. Instead it delves into the author's experiences of the mental scars that have torn through the land and shaped the people he encounters. The conflict and its repercussions on the people living in the Holy Land are the focus, the riding almost incidental. It's the stops between checkpoints, deserts, towns, and cities that the book dwells on.

The bicycle does have its place. Like in any cycling travelogue, it is the key granting entry to places and discussions that other forms of transport would render impossible, and as the reader you benefit from this view and the author's insight.

It's clear the author had a clear idea of what he would encounter: oppression of a people, division, and conflict. In part, his travels in both countries confirm his fears, making for a challenging trip, filled with frustration at the hardships and difficulties of others he encountered. Julian's own difficulties are treated almost trivially in comparison.

Don't take *Fifty Miles Wide* at face value, though. To paraphrase the author: this book is like food and needs digesting. If you don't chew it over, you'll get problems in your guts.

Sam Jones



Digital books

Local bookshop still closed? All these titles can be downloaded as e-books. You'll need a Kindle e-reader or a suitable app for your phone or tablet.



Details
By: Jack Thurston
Publisher: Wild Things Publishing
Price: £16.99
ISBN: 978-1910636213

Lost Lanes North

JACK THURSTON CAPTURES the magic of rides around the Giant of Ribblesdale, up and over the Nick o' Pendle, the solitude of Coquetdale, and the best bits of everything in between in 36 stunning routes. I know almost all of these routes, and while I could think of others to include there are none I'd take out. *Lost Lanes North* is a beautifully photographed guide to the lanes and forgotten byways of Northern England. Graded rides, pubs and pit stops, detailed maps, and bite-sized information are all weaved together well. A great guidebook.

Duncan Dollimore

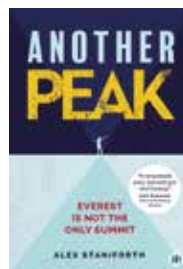


Details
By: Nick Raistrick
Publisher: Print and Sign
Price: £12.99
ISBN: 978-1916311602

The Bicycle Clip Diaries

THIS MADE ME laugh in the first few pages, with sentences such as (on cycling in Zanzibar): "I'm clammy, it's steamy like a 1970s' airing cupboard." It's about the author's passion for the utility bicycle. He is inspired by his grandfather to explore, work, and film by bike in the UK and all over the world. Nick has an easy and warm writing style. The book has a strong human and environmental message, and it highlights how underestimated bicycles are, especially as transport. I really liked it.

Roland Seber



Details
By: Alex Staniforth
Publisher: Trigger Publishing
Price: £9.99
ISBN: 978-1789560770

Another Peak

THIS IS LESS a cycling adventure book and more a tale about overcoming personal obstacles. Alex Staniforth is refreshingly honest about his struggles with bulimia and depression. His disappointment at not reaching the summit of Everest is carried throughout his next challenge. He attempts to climb all the highest peaks in the UK, travelling on foot and by bike, in just 72 days. Alex's mental health problems make his determination even more inspiring and relatable.

Christina Bengston