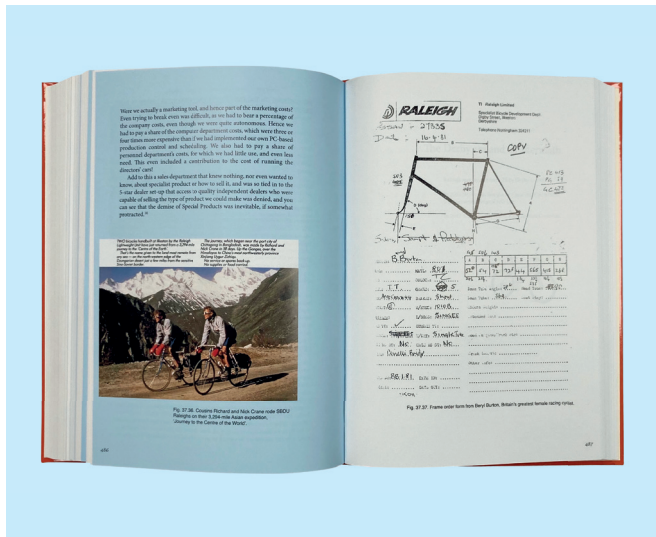


# Reviews Books

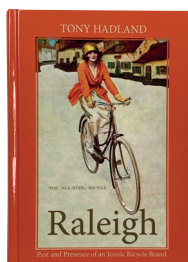
CYCLING INSPIRATION WHEN YOU'RE STUCK INSIDE

## Print queue

Cycle doesn't feature all books received. Reviewers pick the ones they think you need to know about from the editor's list. Send books to: [Cycle, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX](mailto:Cycle, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX)



## Raleigh



### Details

**By:** Tony Hadland  
**Publisher:** Veteran-Cycle Publications  
**Price:** £55 + £6.50 p&p (free p&p for V-CC members).  
 Order at [v-cc.org.uk](http://v-cc.org.uk)  
**ISBN:** 9781999342968

**SUBTITLED 'PAST AND PRESENCE OF AN ICONIC BICYCLE BRAND'**, this hefty hardback is the expanded second edition (now 660 pages!) of Tony Hadland's detailed profile of Raleigh. As soon as you pick it up, you can tell it's going to be a comprehensive history of the Heron head badge.

There's more to it than mere grammage, however. Right from the introduction and acknowledgments, you quickly become aware that this is a seriously well-researched and put-together history of the Raleigh brand. It chronicles the early days of the Nottingham company, made famous by Sir Frank Bowden, through the many iterations and ownership of the company to the current status.

As a reader born in the 1970s, raised in the '80s and buying his first MTB (yes, a Raleigh) in 1989, I was most engaged by the chapters and imagery covering the last few decades of the 20th century. There are the iconic models most of us immediately think of when hearing the Raleigh name: Chopper, Grifter, Burner and Shopper. There's also a nod to the early days of Raleigh's domination of the UK and international mountain biking race scene. As well as provoking some good memories it taught me many things I didn't know.

For me, it's overly detailed in some areas. That's not really a criticism: it's not hard to skip over sections you're less interested in, and there's plenty here that I'd have missed if it were omitted. Overall, this is an excellent book.

**Ross Adams**



### Excerpts

You can read excerpts from some of the books that Cycle has reviewed at

[cyclinguk.org/cycle-book-excerpts](http://cyclinguk.org/cycle-book-excerpts)



### Details

**By:** Hannah Grant  
**Publisher:** Musette Publishing  
**Price:** £32.99  
**ISBN:** 97888794190206

## The New Grand Tour Cookbook

**IF YOU'VE EVER** wondered what a pro cyclist eats during the Tour de France, look no further. You can create and enjoy meals that the likes of Mads Pedersen and Hugo Houle have experienced over the three-week period of Le Tour. The recipes use natural and unprocessed ingredients to ensure your body gets the nutrition and energy it needs to support hard training or racing. With simplicity in mind, each dish will leave you feeling like a professional chef!

**Mo Halloum**



### Details

**By:** Mike Callow  
**Publisher:** self-published  
**Price:** £3 (covers p&p) from [mikecallow@icloud.com](mailto:mikecallow@icloud.com)  
**ISBN:** n/a

## Cycling The Alps Adventures Then & Now

**THIS ENDEARINGLY CHATTY** book covers the author's 20 years of cycle touring in the Alps with his wife. It flits between different trips, shares nuggets of advice, and balances the 21st century view with fascinating stories and photos of the early days of alpine cycle touring. It's a self-published book, and after a while the friendly postmistresses, B&Bs that go the extra mile and dramatic changes in the weather blur together, especially as there are photos but no maps, but it's little the worse for it.

**Sean Fishpool**



### Details

**By:** Lexie Williamson  
**Publisher:** Bloomsbury Sport  
**Price:** £20  
**ISBN:** 9781399405997

## Yoga for Cyclists

**THIS IS AN** aesthetically pleasing, well laid out and easy to use guide for any cyclists wanting to improve their flexibility and look after their musculoskeletal health. As well as yoga the book covers a wide range of general holistic topics from training, endurance and recovery through to mental focus, breathing and even sleep health. The cycling theme is strong throughout, with direct links to how each technique benefits time spent on a bike. There's particular focus on common ailments experienced by cyclists. I found it really useful.

**Ellen Holmes**