

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



Right: Andrew P Sykes

Le Grand Tour on a Bike Called Wanda



Details

By: Andrew P Sykes
Publisher: CyclingEurope.Org
Price: £12.99
ISBN: 9781399985253

THIS IS A very enjoyable record of Andrew Sykes's latest adventure, and it presented me with opportunity to meet his new bike, Wanda – the successor to Reggie. I found Andrew's everyday accounts of interactions with people the most compelling elements of the book, as I do with any good piece of travel writing.

His razor-sharp wit and ability to set the scene of his anecdotes are some of the strengths that have made me gravitate towards his works in the past. His ride through some of the more familiar parts of Europe certainly delivered on this front. While reading, I found myself smiling, laughing and mentally loading up my panniers, ready to book a month off work to embark on a similar journey.

Part of the beauty of this particular book, and the style of writing, is that it made this adventure seem accessible to all would-be cycle tourists. Much of the focus was on the joy of the journey and the simple things that this brought to him rather than it being a technical guide to riding in Europe. I felt uplifted after reading it, and I will certainly look to read it again in the future when I feel as if I need a boost, or when I require something aspirational to get me through those moments when I'm not in the saddle as often as I would like to be.

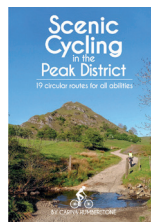
Duncan Jagger



You read it here first

Andrew wrote an article about this trip for the June/July 2023 issue of *Cycle*. You can read it online at

cyclinguk.org/le-grand-tour



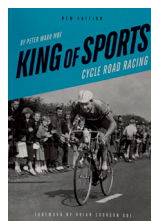
Details

By: Carina Humberstone
Publisher: Spiral Books
Price: £12.99
ISBN: 9781739530358

Scenic Cycling in the Peak District

HUMBERSTONE'S GUIDEBOOK IS perfect for those looking for quiet, mixed-terrain rides in the Peak District. Each of the 19 circular routes includes a map, elevation profile, step-by-step description, terrain and fitness ratings, on-route facilities and safety warnings. The focus on accessibility for people with differing fitness levels is helpful for a notoriously hilly area. I would have liked to see more rides accessible from one of the region's [admittedly few!] train stations; each begins in a car park.

Monica Scigliano



Details

By: Peter Ward MBE
Publisher: Pendle Press
Price: £15
ISBN: 9781838369323

King of Sports

THIS IS A NEW edition of a book from 1968, when it was the first English guide on how to become an elite road racer. The book is of its time; the modern reader should not be surprised by any of it, but concepts such as diet, massage and interval training would have been new and controversial when first published. Ward's writing style is direct and terse. He dismisses 'silly' practices but does offer excellent advice on when to consume your sherry or coffee during a race, plus the correct dimensions of your handbuilt frame. An enjoyable glimpse into the past.

Ian Small



Details

By: Dominique Ehrhard
Publisher: Prestel
Price: £14.99
ISBN: 9783791375618

Bicycles: Pop-Up Book

THIS POP-UP BOOK from Dominique Ehrhard is charming and educational for adults and children alike. It documents the history of the bicycle through eight delicate pop-up scenes. Beginning two centuries ago with German inventor Karl von Drais, we are then taken on a journey of technical and cultural advances including the first Tour de France, the introduction of the tandem and the popularity and acceptance of cycling among women (my daughter's favourite page).

Louisa de Albuquerque