

# 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)



## The Beacon Bike



**Details**  
**By:** Ed Peppitt  
**Publisher:** Icon Books  
**Price:** £20  
**ISBN:** 9781837731688

**ED PEPPIT HAS** written a fascinating book about his 3,500-mile ride around the coast of England and Wales to visit every lighthouse. The author has MS, and in pursuit of a childhood dream decides he will cycle between 327 lighthouses while highlighting the charity he is raising funds for, Shift MS. He orders a custom bike from Thorn Cycles as it has to fit him well and carry his equipment, which includes a special cool pannier for his daily medication.

There are lovely illustrations of many of the lighthouses, as well as detailed descriptions of each. He tries to stay off main roads and uses the National Cycle Network when he can. He stays in local accommodation, and occasionally manages to enter the lighthouses he visits.

Mostly, however, he photographs them from ferry crossings and boat trips. Some amusing tales about these trips ensue.

Along the way Ed meets up with old friends, encounters plenty of new characters and discovers several new favourite beers. He describes his MS struggles without self pity, as he does the episode of depression he suffers from about halfway through. Fortunately, he manages to get medication delivered and overcomes this after a short while.

The book is good inspiration for those thinking they cannot do something because they have an illness. It also encourages those of us more fortunate to get on our bikes and ride.

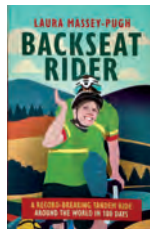
**Sara Cairns**



### 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:** Laura Massey-Pugh  
**Publisher:** Bannister Publications  
**Price:** £12.99  
**ISBN:** 9781916823037

## Backseat Rider

**EVERY SADDLE SORE**, accommodation dilemma and slice of pizza brings you along for the ride with Laura and Stevie as they race their tandem around the world. Laura tells their story with passion. Bumpy roads, punctures and endless days of cycling big distances are all laid bare in a page turner that shows both the human kindness and endurance you rely on when cycling. You will them on to achieve their world record, and your heart sinks as they battle to fix the tandem to reach the Brandenburg Gate in time. Will they make it? Read it to find out!

**Jenny Jackson**



**Details**  
**By:** Goldeneye  
**Publisher:** Goldeneye  
**Price:** £9.99  
**ISBN:** 9781859653050

## Goldeneye Suffolk Cycling

**REAL MAPS COME** into their own when planning rides, giving you an overview impossible on a screen. This indestructible map of Suffolk is one of four (Cornwall, Cotswolds and Peak District are the others) in Goldeneye's range that have been revised this year. The A2 size and 2 miles: 1 inch scale makes them more manageable than OS maps. They feature quiet lanes and off-road routes that are flagged as such, so you won't end up on a bridleway on your road bike.

**Ian Small**



**Details**  
**By:** John Plowman  
**Publisher:** Independently published  
**Price:** £9.99  
**ISBN:** 9798854080347

## Classic Tours on a Vintage Cycle

**JOHN PLOWMAN USED** a 1940s' fixie to tour the length and breadth of the British Isles in 1975. Now he's written about it. He's respectful of the fixed wheel on his machine but also in awe of its capability to transport him around the UK. This is definitely the kind of book which, read at the fireside in the colder, darker months, would stimulate a similar yen to explore the byways and lesser roads of our wonderful isles when the warmer weather arrives.

**Chris Beeching**