

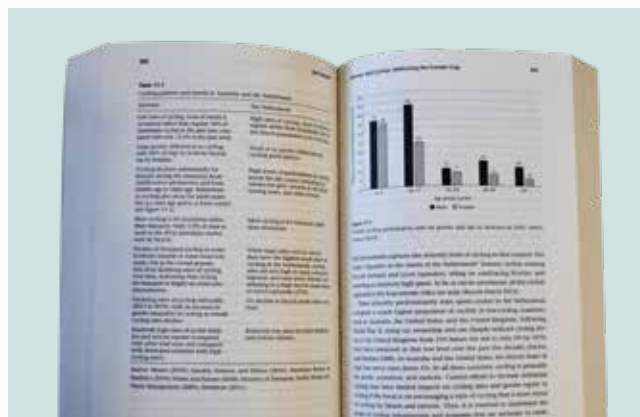
Reviews

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



Cycling for Sustainable Cities



Details

By: Ralph Buehler & John Pucher
Publisher: MIT Press
Price: £26
ISBN: 9780262542029

WHAT INTERVENTIONS WORK best to enable more people to cycle? That's the question professors Ralph Buehler and John Pucher set out to answer in this book.

The authors have looked at policies in major cities across the world to determine what interventions have worked best and for whom, and what lessons can be applied and adapted elsewhere. At just over 450 pages, this is a detailed reference book. However, the chapter structure is really helpful. If you want to find out how to address the gender gap in cycling, the impact of cycle advocacy, or the contrasting experiences of different cities, it's easy to find the relevant text.

Unsurprisingly, the authors show that the cities that have greatly expanded their network of separated cycling facilities have also seen large increases in cycling levels. They also highlight the need for complementary intervention programmes, with policies that make cycling more attractive and measures that make driving a car in city environments less convenient.

This book is a fascinating digest of what's happened where in different cities, with the benefits of cities becoming more sustainable through cycling resonating throughout.

Duncan Dollimore



Excerpts

You can read excerpts from some of the books that Cycle has reviewed at cyclinguk.org/cycle-book-excerpts



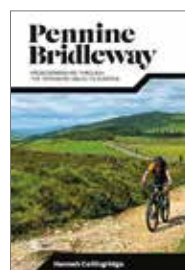
Details

By: Hannah Ross
Publisher: Weidenfeld & Nicolson
Price: £16.99 (hardback)
ISBN: 9781474611367

Revolutions

HANNAH ROSS EXPLORES the struggles and triumphs of female cyclists from the 19th century on. Cycling has given women freedom to travel, explore and exercise. American feminist Susan B Anthony credits the bicycle with having "done more to emancipate women than anything else in the world". Ross tells us stories of trailblazers who battled against oppression and sexism to break records, challenge stereotypes and fight for suffrage. If we gave stars for our reviews, this book would get them all.

Christina Bengston



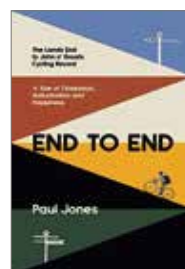
Details

By: Hannah Collingridge
Publisher: Vertebrate Publishing
Price: £15.95
ISBN: 9781839810428

Pennine Bridleway

PUTTING THE USER front and centre is fundamental to creating a user-friendly guidebook. Hannah has nailed it. The book is pocket sized and thus easy to pack, and navigation is straightforward thanks to the different sections' colour coding and the QR code included for downloading the GPX files. The guide strikes a good balance between the more experienced reader wanting route details only and the newbie needing wider advice. If you're planning to ride any or all of the route, this is a must buy.

Ross Adams



Details

By: Paul Jones
Publisher: Little, Brown
Price: £16.99 (hardback)
ISBN: 9781408712733

End to End

LAND'S END TO John o' Groats is one of the most popular long-distance cycle routes. Most of those tackling it take between a week and a month, but a select few aim to reach the signpost at JoG less than two days after leaving Land's End. In End to End, Jones entertains us with accounts of record attempts from the 1880s to date, as well as his own fast-but-not-record-pace ride in 2019. The deeper story is about his inner journey, as I suspect it is for most who complete LEJOG, however long they take.

Paul Porter