

Reviews Books

CYCLING INSPIRATION FOR SUMMER RIDES

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*



Lost Lanes Central



Details
By: Jack Thurston
Publisher: Wild Things Publishing
Price: £16.99
ISBN: 9781910636343

THE FIFTH BOOK in Jack Thurston's series of best-selling guides to the most beautiful bike rides in Britain focuses on the middle of England, the part I call home. It presents 36 rides through: the Peak District; Shropshire and Worcestershire; Gloucestershire; the Heart of England (Birmingham, Warwickshire, Lichfield, Loughborough, Northamptonshire, and Leicestershire – including the beautiful Bradgate Park); and the East Midlands.

I was excited to review this book because I've ridden parts of some of the routes, including ride number one, 'Peak Pleasure', from Buxton to Bakewell and back through the limestone heart of the White Peak. That

one covers the Monsal Trail, which I rode recently for the first time since my childhood. Jack's descriptions and directions are accurate.

The book has everything you need to plan a staycation. It includes route overviews and maps, recommendations for the best pubs and cafés (vital), as well as information on overnight B&B and camping stops, wild swimming sites, and details on how to access each ride by train. Each section is wonderfully descriptive, with plenty of surprising historical factoids for each area peppered throughout.

The photos are great and immediately evoke a sense of adventure.

I can only imagine how long it took to research this book, but also what a pleasure it must have been. The only thing that could make this book better would be a pocketable version; it's bulky but too handy to leave at home.

Lauren Purdy



Excerpts

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

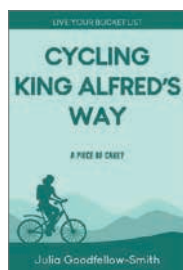


Details
By: Phil Burt
Publisher: Bloomsbury
Price: £20
ISBN: 9781472990181

Bike Fit

THE SECOND EDITION of *Bike Fit* is an excellent primer on bike fitting. The initial chapters provide a thorough understanding of bike-related human anatomy, and talk about the why as well as the how. The advice focuses on a 'window' of bike fit positions, which is a more approachable process than the laser-guided and expensive services offered by some bike fitters. The chapter on indoor riding is particularly handy for those who subject themselves to such sweaty affairs.

Tom Page

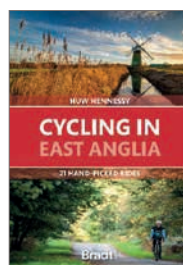


Details
By: Julia Goodfellow-Smith
Publisher: Cressrelles
Price: £4.99
ISBN: 9780863194832

Cycling King Alfred's Way

CYCLING KING ALFRED'S Way was on **Julia Goodfellow-Smith's** bucket list. She describes her journey from 'non-cyclist' to **KAW** finisher, through nervous beginnings off-road and mishaps on towpath training sessions to finally riding England's premier gravel bike route. A perfect complement to **Cycling UK's** guidebook, **Julia's** humble first-person perspective will be valuable to anyone thinking of tackling their first cycle tour.

Zak Viney



Details
By: Huw Hennessy
Publisher: Bradt Guides
Price: £12.99
ISBN: 9781784778781

Cycling in East Anglia

EAST ANGLIA HAS much to recommend it as a cycling destination – quaint villages, medieval churches, wildlife-rich fenland... and it's flat! This guide contains 21 rides across Norfolk, Suffolk and Cambridgeshire. Directions are concise and comprehensive, and details on where to eat and how to get to your chosen route are included. The book is small enough to tuck in a jersey pocket, but this means the maps are small too. However, QR codes for Komoot routes are included, so you can have them on your phone or bike computer.

Rebecca Armstrong