

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 shortlist. Send review copies to: Cycle, PO Box 313, Scarborough, YO12 6WZ



Bikepacking England



Details
By: Emma Kingston
Publisher: Vertebrate
Price: £20
ISBN: 978183981055

AS BIKEPACKING HAS grown in popularity (and fashionability), plenty of guidebooks have appeared. While it's small enough to slip in a frame bag (393 grams, for the weight weenies), this one is not light on information. It looks lovely, with masses of glossy, Instagram-worthy photos on virtually every page. Emma Kingston also provides plenty of useful information for both total novices and cycle tourers wanting to adopt a more streamlined approach for off-road adventures. There's advice on what to take and how to pack it while keeping your bike nimble enough to be fun to ride off road, plus tips on wild camping, wild swimming, safety, and how to leave no trace.

The 20 routes are arranged by region of England (including one on the Isle of Man). Most are 50-70 miles and suitable for a weekend adventure but there are also some longer and wilder trips, up to 125 miles across the North York Moors, that would warrant a proper multi-day trip. Rather than dry 'turn left here' instructions, each write-up begins with an evocative scene-setting cameo that drops you into the middle of the journey, before giving an overview of what to expect on the trip.

Maps are a little basic but GPX files of all the routes are available to download, and there are sidebars listing water, accommodation and food stops, along with navigation notes.

Rob Kingston (no relation)



Excerpts

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



Details

By: Guy Kesteven
Publisher: Cycling UK
Price: £14 (£12 to Cycling UK members)
ISBN: 9781399901833

West Kernow Way

THE WEST KERNOW Way guidebook is designed to be used with the downloadable GPX, which is kept updated. The guide includes suggested itineraries either for the full route or parts of it, but more excitingly introduces you to some of the sights and sites along the way – there are plenty. It's a route full of interest and the guide will help you get the most out of it. It also references Cycling UK's important work on lost ways. Certainly a book to inspire exploration of West Cornwall.

Hannah Collingridge



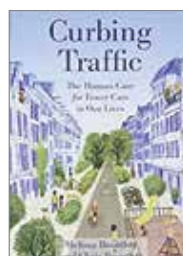
Details

By: Kitty Pemberton-Platt and Fi Buchanan
Publisher: Kitchen Press
Price: £10
ISBN: 9781916316546

Eat Bike Cook

A VALUABLE COLLECTION of female cyclists' recipes and food advice, this book celebrates the joyous connection between cycling and eating. Particularly useful are the recipes for food to be consumed during rides, which give considerable thought to suitability for jersey pocket transportation. **Eat Bike Cook** offers intriguing insights into the eating habits of a range of different cyclists, and makes a worthwhile addition to the library of riders whose food interest goes beyond nutrition.

Lauren Baker



Details

By: Melissa and Chris Bruntlett
Publisher: Island Press
Price: £22.99
ISBN: 9781642831658

Curbing Traffic

IF YOU'VE PUBLISHED a book on urban vitality and cycling, you'd think moving home from car-heavy Vancouver to car-light Delft wouldn't tell you much you didn't know. But the Netherlands has energised the Bruntletts. Probing Delft's magic as parents, commuters, neighbours, and advocates of streets for people, they weave together personal stories, planning manual, academic research and psychological insight. It's everything you need to campaign for Delfts all over the UK.

Cherry Allan