



## Land s End to John O Groats Self Help Cycle Guide (Paperback)

By MR Royston G Wood

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ideal book for anyone thinking about cycling from Lands End to John O Groats. .I was finding the lack of information in a single source frustrating and then found this! .the best by far of all that I have read; informative, practical, thoughtful and best of all humorous and entertaining. Reader Comments (see reviews) Always dreamt about cycling end-to-end? Or maybe it s a new ambition. Either way this book has all the information you need to plan, train for and cycle from Lands End to John O Groats (or John O Groats to Lands End if you prefer). Even answers the questions you didn t know you needed to ask. This book has helped thousands of readers with tips and advice about: How to get to the start/from the finish Where you are going to sleep Equipment - what you need to take with you Nutrition - what you should eat and drink How much training you need to do Route creation including how to create your own personalised route with gpx file using Google Maps A narrative of...



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*-- Arianna Witting*

*An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).*

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