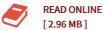


## Eat, Sleep, Cycle: A Bike Ride Around the Coast of Britain

## By Anna Hughes

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Eat, Sleep, Cycle: A Bike Ride Around the Coast of Britain, Anna Hughes, For Anna, a cycling enthusiast, the decision to ride 4,000 miles solo around the coast of the UK wasn't that hard. Following the river from London until it became the sea, then following the sea until it reached the mouth of the Thames again was a beautifully simple idea. But after epic highs, incredible lows, unforgettable scenery and unpronounceable place names - as well as a hearty battle with some good old British weather - her simple idea turns into a compelling journey of self-discovery, and an eye-opening insight into what makes the island where she lives so special.



## Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

## -- Sarai Lebsack

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- Lindsey Larson

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