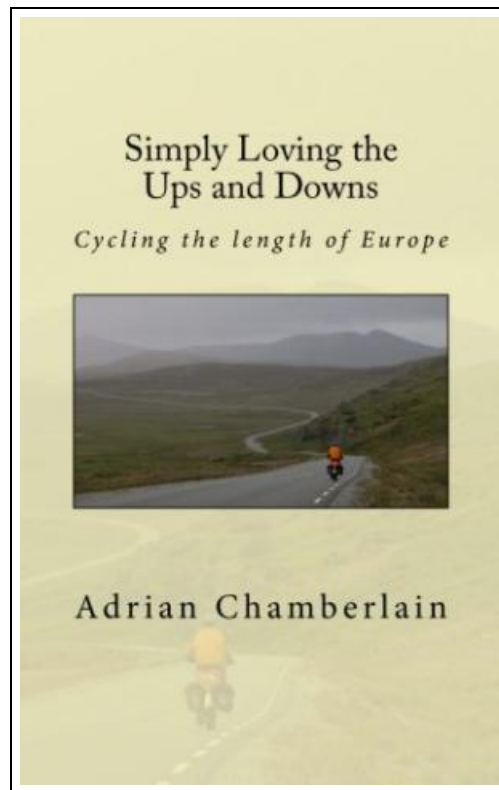


## Simply Loving the Ups and Downs: Cycling the Length of Europe (Paperback)



Filesize: 3.84 MB

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*It in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.*

*(Aisha Swift)*

## SIMPLY LOVING THE UPS AND DOWNS: CYCLING THE LENGTH OF EUROPE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hatched in a cold Edinburgh apartment, the desire to shake up life evolves into an inspiring adventure of ups and downs, highs and lows and experiences beyond comprehension. A cycle from the Mediterranean climes of Malta to Norway's rugged and unforgiving North Cape being the goal. The journey partaken by two is detailed through the eyes of Adrian, a nine to five worker with no more than a couple of cycling kilometres a week under his belt. The constant ups and downs of life on the bike are clear as the pair progress through countries of incomparable contrast with limited supplies, always keeping focus on maintaining the basics; food, water and a safe spot to rest their heads. Meeting these needs is relaxing and yet exhaustive. With one change of clothes, a tent, a sleeping bag and some utensils for a simple meal, the desire to eat, move and sleep propels them up steep mountain climbs and through endless Scandinavian forest in wind, rain and snow. From the start, naivety seeps through in terms of fitness, language, basic bike maintenance and just the ability to expect the unexpected. The loss of familiarity and routine is draining but as the pair progress, so does their confidence. No routine becomes the routine, a lesson quickly learnt. Inspired by the good nature of humanity, the pair meet each challenge with an open positive approach producing stories which beggar belief Hair-raising run-ins with Sicilian guard dogs test the boldest traveller. Exhaustive climbs over Sardinian national parks, passionate encounters with Italy's scrumptious local delicacies, transcendence through the dramatic panoramas of the Alps, extraordinary sleeps in Germany and battles with forest carnivores in...



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other...

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