

Reviews

Books

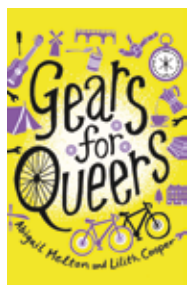
TURN PAGES ABOUT TURNING PEDALS

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*



Gears for Queers



WHAT DOES IT take to call yourself a cyclist? Or feel like a 'proper' tourer? Lilith and Abi ask themselves these questions as they embark on their first tour.

As anyone who's set off with a loaded bike will be aware, behind the smiling photos and fabulous views lurks an array of mechanical mishaps, navigational errors, and questionable detours on terrain your tyres were not designed for.

I really enjoyed reading this book. After months of lockdown, it was wonderful to meander around the cycle paths of Western Europe, albeit vicariously. The personal writing style draws you close to the authors as you experience the emotional ups and downs of their trip.

As someone who has been known to try to cram too many miles into my cycle trips, I found it interesting to read about a very different style of tour, with less riding and more time to look around.

This is not an heroic tale of overcoming personal barriers on an epic endurance challenge. It's a frank and honest discussion about acknowledging your own challenges and learning to live with them, whether it's struggling with mental health, body image, or finding a sense of identity in a rapidly changing world.

Sophie Gordon

Details

By: Abigail Melton & Lilith Cooper
Publisher: Sandstone Press
Price: £8.99/£3.39
ISBN: 978-1912240968



Going digital

If there's a price after a forward slash, the title can be downloaded for that amount as an e-book. You'll need a Kindle e-reader or a phone/tablet app.



King Alfred's Way

YOU CAN TELL Guy Kesteven used to be an archaeologist. His enthusiasm for all things ancient is catching, and will make you look twice at any oddly-shaped lumps of earth or neatly arranged stones that you happen to pass while out riding this new off-road route. But the book isn't just a history lesson: it also has practical advice about the best bikes, kit, and stopovers for riding King Alfred's Way. The OS maps at the back are handy too, pointing out alternative options to the main route and detours to interesting places.

Sophie Gordon

Details

By: Guy Kesteven
Publisher: Cycling UK
Price: £14 (15% off for Cycling UK members)



Tough Women Adventure Stories

THIS SERIES OF short stories provides snapshots of some of the challenges faced by inspiring women from across the globe. Their adventures take many forms: bikepacking, open-water swimming, mountain climbing, scientific expeditions, and more. As well as the adventures, there are stories of loss, injury, long-term illness, mental health struggles, and the challenges of motherhood. This book will leave you with a reading list and a wish to find out more about everyone featured.

Ellen Holmes

Details

By: Jenny Tough
Publisher: Summersdale
Price: £9.99/£5.99
ISBN: 978-1787833005



How to Build a Bike

JENNI HAS HELPED thousands of people fix or build their own bikes at the London Bike Kitchen. Her book is not aimed at capable bike mechanics but those of us who have no idea where to start. Beautifully designed, with photos using pre-loved frames and bike parts, it shows that building your own bike is not just the preserve of those who can afford the best. Her writing is friendly and approachable (and sometimes a bit swearsy). It has simple steps and checklists to help you stay on track. I found it inspiring.

Victoria Hazael

Details

By: Jenni Gwiazdowski
Publisher: Frances Lincoln
Price: £14.99
ISBN: 978-0711238985