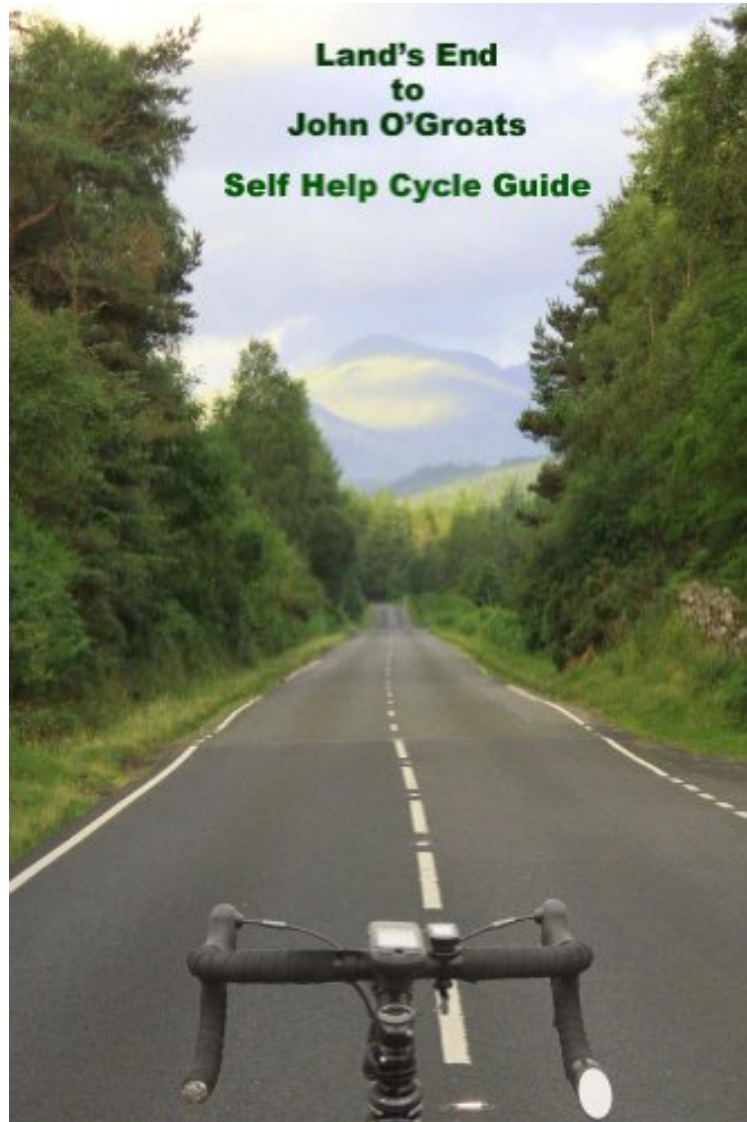


(Free read ebook) Land's End to John O'Groats Self Help Cycle Guide (English Edition)

Land's End to John O'Groats Self Help Cycle Guide (English Edition)

Von Royston Wood

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Von Royston Wood : Land's End to John O'Groats Self Help Cycle Guide (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Land's End to John O'Groats Self Help Cycle Guide (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich.
extremely funny - extremely English Von Claudia Als das Buch bei mir ankam dachte ich zunächst: sieht irgendwie

"billig" aus. Beim Durchblättern musste ich auch schnell feststellen, dass ich von einem andere Inhalt ausgegangen war: Nein, ich will die Tour nicht in 6 Tagen machen (are you kidding me??), sondern gemtlich in 2-3 Wochen. Aber dann bin ich doch irgendwie hngen geblieben und das Buch hat sich als ein wahrer "pageturner" herausgestellt. Extrem unterhaltsam geschrieben, absolut witzig und ebenso hilfreich (wie der Klappentext schon sagt: Man bekommt auch Antworten auf die Fragen, von denen man gar nicht wusste, dass man sie stellen sollte - und davon gabs bei mir einige...).Ich werde die Tipps zu Planung, Ernährung, etc. auf jeden Fall bercksichtigen. Die Anschaffung hat sich gelohnt!P.S. Ich habe das Buch inzwischen sogar einer England-begeisterten Freundin ausgeliehen, die sich rein gar nicht frs Radeln interessiert. She loves it.

KurzbeschreibungThe ideal gift for anyone thinking about cycling from Lands End to John O'Groats, even if to yourself.You will not find as much information to help you plan for the big ride in a single source anywhere else.Here are some extracts from the reviews at the bottom of the page:...if you've never planned a ride like this before I would highly recommend this book... ..really helpful and amusing enough to overcome my woefully short attention spa... ..full of very practical tips and advice... ..it's worth every penny... ..excellent read for potential End to Enders... ..the best by far of all that I have read; informative, practical, thoughtful and best of all humorous and entertaining... ..I was finding the lack of information in a single source frustrating and then found this!... ..enough detail and humour to leave the reader with the optimism that they too can meet the challenge themselves... ..packed with useful information and practical guidance... ..this book really aided my planning and training... 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 somebody else's journey to get a feel for the experience and practical pointers on how to deal with some of the problems you may encounterthen this is the book for you.One of the great thing about the end to end challenge is that it is a big, bold and ambitious challenge that everybody can understand (which helps if for your trying to raise sponsorship for charity) and that most people can achieve if they spend the right amount of time on the ride for their level of riding ability. The concept of cycling from Land's End to John O'Groats is quite simple, get on your bike at one end of the country and ride to the other end. That is why it is often referred to as cycling end to end (its also less of a mouthful!).The problems start when you come to actually start thinking in detail about planning an end to end cycle. It suddenly looks a whole lot more complicated. Which is probably why you are here, looking for some advice.This book covers everything you need to know to cycle from Lands End to John O'Groats (LEJOG) or John O'Groats to Lands End (JOGLE). Like you, I scoured the internet looking for sites or guides that would tell me what I needed to know to plan my route from John O' Groats to Lands End train for the ride. I found an enormous quantity of sites and guides but most of them, whilst interesting, were of little help. I bought Lands End to John O' Groats route books that looked good but when I got into the detail I realised the proposed end to end route was not what I wanted.Eventually I found everything I needed, or learnt the hard way, but it took a long time. I just wished that someone had written:The Book I am Looking For That Has All The Answers I Need to Plan and Complete That Lands End to John O'Groats [or Vice Versa] Ride Ive Always Talked About Doing But Never Got Around To But they hadn't. So, I decided to write it myself! 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ber den Autor und weitere Mitwirkende I cycle to work, where I am employed as an IT Project Manager, a job I am eminently unqualified to do: I qualified as a solicitor (lawyer). I work diligently whilst thinking about cycling and writing. Then I cycle home and write. Or at least I would do if it wasn't for all the kids and dogs and cats and stuff to deal with. Still, writing does sometimes happen.