



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

By MR Adrian James Chamberlain

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...



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Reviews

Here is the very best book i have study until now. It is rally fascinating throgh looking at period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Blaze Runolfsson IV

Excellent electronic book and helpful one. Better then never, though i am quite late in start reading this one. You wont truly feel monotony at whenever you want of your time (that's what catalogues are for relating to when you question me).

-- Mabelle Dach III