



## 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.



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