

## Cycle Touring in Ireland

**Tom Cooper**  
 Paperback 216 x 138mm. 256 pages  
 Full colour with photos throughout  
 £14.95 ISBN 978-1-85284-562-9  
 From: Cicerone Books [www.cicerone.co.uk](http://www.cicerone.co.uk)

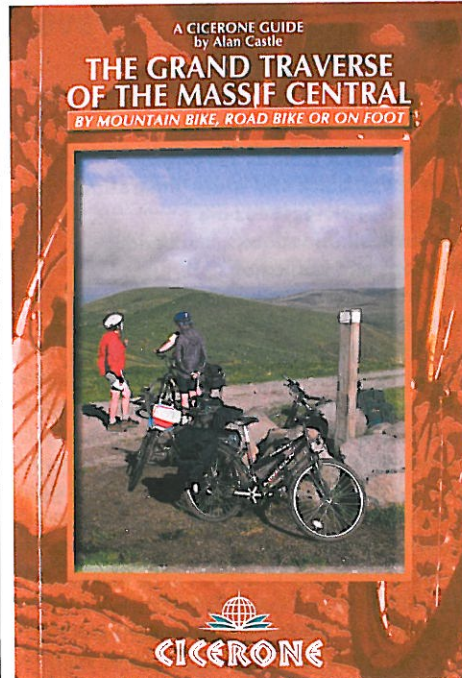
A fully-up-to-date and modern book, Tom Cooper has compiled 12 tours covering the whole of Ireland, five circular and seven linear. If you haven't toured before, the author offers plenty of sound advice regarding equipment and cycles plus accommodation, terrain, culture and history. How to get there, food and drink, and which maps to use are all included in a very comprehensive section of the book.

Each tour is described in fine detail, broken down into day stages with helpful subheads of On the Road, Accommodation (hostels, hotels, B&Bs, camping) and Options (to go off-route).

A really good feature I've not seen in a touring book before is audax-style routesheets for each stage of the tours, with accumulative distances in the first column, which direction to turn in the next, and the description in the third, including cafés, ATMs and pubs. A clever use of symbols make these instructions clear and concise. These can easily be photocopied and fitted into a MapTrap or barbag to guide you on the way.

With detailed maps for each route and many photos throughout by the author, this is a well researched and produced cycle guide.

**Tim Wainwright**



## The Grand Traverse of the Massif Central

**Alan Castle**  
 Paperback 170 x 115mm. 176 pages  
 Full colour with photos throughout  
 £14.00 ISBN 978-1-85284-571-1  
 From: Cicerone Books [www.cicerone.co.uk](http://www.cicerone.co.uk)

A cleverly-designed guidebook, suitable for three disciplines: road bikes, off-road bikes, or walking. Starting at the city of Clermont-Ferrand, home of Michelin tyres, the 718km route goes directly south to the coast at Sete south of Montpellier on the Med. The GTMC route is

really designed for off-road bikes as 60 per cent is off-road. The author states that the route does not require highly technical mountain biking skills, just care and common sense. Before the advent of MTBs, however, many cycle tourists tackled routes like this (and far tougher and longer) on 531 frames with sturdy tyres – food for thought.

Each of the 17 stages of the route describes facilities and points of interest, followed by the road bike alternative route, and then the walkers' route. Distances between towns, with ascent and descent, start each chapter plus a profile of the stage. As a guide, the author thinks an average road cyclist could cover the 660km route between eight and 14 days, the walking route from 27 to 32 days and the off-road route in 17 days.

This is another well-produced travel guide from Cicerone, which will not take up too much space in your travel luggage. **Tim Wainwright**

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## ...Barring

**From London to recumbent bicycle**  
**Andy Allsopp**  
 Paperback 228 x 150mm  
 Colour cover, black and white  
 £5.99 ISBN 978-1-85284-571-1  
 From: <http://tiny.cc>

In 2008, Andy was diagnosed with degenerative spine surgery, was told to stop riding a bicycle again. He bought a recumbent and rode the London-London route, which was to take him back to riding.

The result of his surgery was remarkably fresh. He completed the longest randonné in the world, all the familiar trials. His wife recovers from her injury, then he is on his way. He has riders from 28 countries, who are all volunteers, who are all control points. Into mechanical failure, supplies of cable.

The milder effort was in early on. Several days of hyperthermia took him to hospital with a bed and a nurse. A lucky rider. Rolling hills to change, he falls off his bike, finally, confused by a gauntlet of A10s.

Whether you are a cyclist or an armchair rider, this is a story of honesty and humour.

