



## Land s End to John O Groats Self Help Cycle Guide (Paperback)

By MR Royston G Wood

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ideal book for anyone thinking about cycling from Lands End to John O Groats. .I was finding the lack of information in a single source frustrating and then found this! .the best by far of all that I have read; informative, practical, thoughtful and best of all humorous and entertaining. Reader Comments (see reviews) 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...

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