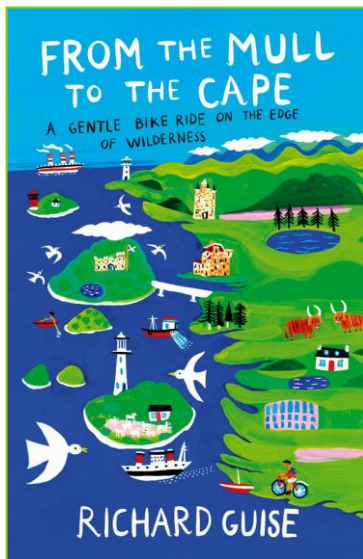


● Summersdale New Book Press Release ●

A pedal-powered baby-boomer explores the west coast of Scotland – a warm and humorous account of cycling from Mull of Kintyre to Cape Wrath



FROM THE MULL TO THE CAPE

A GENTLE BIKE RIDE ON THE EDGE OF WILDERNESS

Richard Guise

ISBN: 978 1 84024 674 2 PB 254 pages Colour photos £7.99 July 2008

"And why was I doing this? ...When a friend only slightly younger than me had launched himself into the London Marathon, I'd decided I'd better do something marathonian myself before it was too late ... Oh, and the west coast of Scotland just happens to be the most spectacularly beautiful place in the world. On a good day."

Richard Guise yearned to take on a physical challenge before he reached the age where walking across the kitchen would fall into that category. And so he donned a cagoule, packed his saddlebags and set off for an adventure on a bike named Tetley. This book is the tale of his 586-mile, 16-day ride through the Highlands of Scotland, along the dramatically beautiful west coast from the Mull of Kintyre in the south to Cape Wrath in the north.

Freewheeling along isolated roads where traffic problems consist of the occasional retreating sheep and stopping for lunch on deserted beaches, he has time to ponder the Laws of Cycling Touring and take in spectacular sights, from craggy, cloud-shrouded mountain ranges to lochside forests.

Guise discovers the little-known history of this unique part of Britain. He is the classic observant outsider, picking up on the oddities and strange beauty of the place and telling it all with gentle humour – even amid severe bouts of traditional Highland weather.

"I panted up and down Glen Achaglachgach, past Achaglachgach House and through Achaglachgach village, which was totally deserted. Maybe they'd all choked to death trying to say 'Achaglachgach'."

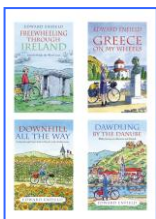
Richard's journey takes him up the stunning West Coast of Scotland via:

- Mull of Kintyre ● Cambeltown ● Tarbert ● Kilmartin ● Oban ● Onich ● Sonachan ● Arisaig
- Avernish ● Strathcarron ● Applecross ● Kinlochewe ● Mellon Charles ● Ullapool ● Drumbeg
- Cape Wrath (Durness)

Richard Guise is based in Quorn, Leicestershire, and spends part of the year in Girona, Spain.

From the Mull to the Cape is published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.

To request a review copy or to be put in touch with Richard Guise please contact Elly Donovan on: 01243 771107 or email elly@summersdale.com



AND DON'T FORGET OUR PEDAL-POWERED PENSIONER!

For those who enjoy reading about memorable cycle journeys, don't forget that Summersdale also publishes Edward Enfield's entertaining accounts of his cycling adventures in France, Ireland, Greece and beside The Danube. Please contact Elly Donovan for further information and review copies of **Downhill All the Way; Freewheeling through Ireland; Greece on my Wheels** and Edward's latest book, **Dawdling by the Danube**.



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Press and Media Enquiries: Elly Donovan: elly@summersdale.com

46 West Street, Chichester PO19 1RP

Tel: 01243 771 107 Fax: 01243 786300 www.summersdale.com