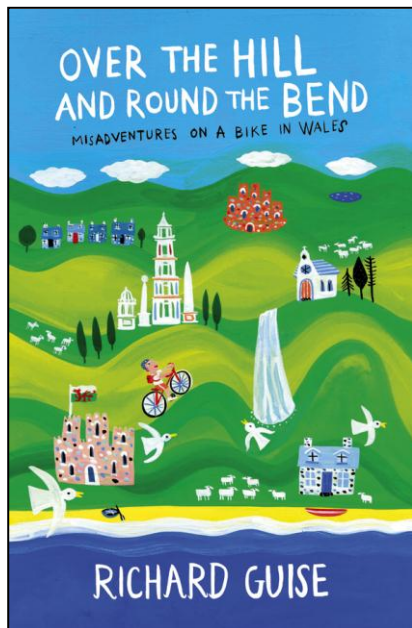


● Summersdale New Book Press Release ●

Our pedal-powered baby-boomer, Richard Guise,
tackles another cycling adventure – this time in Wales

PUBLICATION DATE: 1ST JUNE 2009



Over the Hill and Round the Bend

Misadventures on a Bike in Wales

by
Richard Guise

ISBN: 978 1 84024 743 5 Paperback 320 pages £7.99 June 2009

This book also offers us Richard Guise's very own
"Absurdly Simple History of Wales (all dates approximate)"
in which Richard takes less than two pages to describe over
250,000 years of Welsh culture!

After the ups and downs of his wonderful Scottish adventure (described in his popular book **From the Mull to the Cape**), Richard Guise decided it was time for him and Tetley (his trusty bicycle) to go west and take on the challenges and joys of Wales.

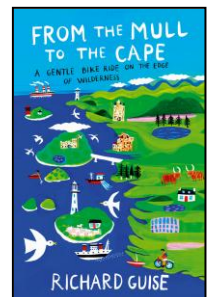
But how to plan his route? Richard laid out a map of Wales on his kitchen table, identified its four compass points and – using string and jam jars – connect all four corners of Wales in a way that he hoped would take him on a satisfying serendipitous tour.

Astride Tetley he sets off on a 567-mile, 20-day trek that leads him through the Cambrian mountains, to picturesque Victorian towns and alongside the broad curve of Cardigan Bay, discovering seemingly secret cycling routes as he dips into valleys and down quiet lanes.

With wry wit and enthusiasm he tells of his grapples with the weather and unwieldy place names, and weaves surprising nuggets of local history and folklore into this tale of an intrepid English cyclist in Wales.

What the press said about Richard Guise's Scottish cycling adventure, **From the Mull to the Cape:**

- "A gently comic, acutely observed travel book" **THE GOOD BOOK GUIDE**
- "he is the classic observant outsider, detailing the unique features and haunting beauty around him and telling it with a gentle humour" **THE SCOTS MAGAZINE**



Author, Richard Guise is the author of *From the Mull to the Cape* (Summersdale, 2008). He is based in Quorn, Leicestershire and spends part of the year in Girona, Spain.

Notes to Editors:

- **Over the Hill and Round the Bend** is published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.
- **To request review copies, to be put in touch with the author or to request images** please contact Elly Donovan on: 01243 771107 or email elly@summersdale.com



summersdale **publishers** Ltd

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

46 West Street, Chichester PO19 1RP

Tel: 01243 771107 Fax: 01243 786300 www.summersdale.com