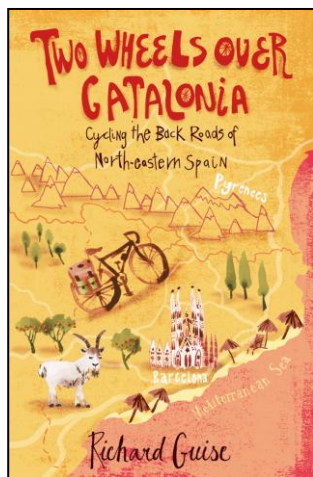


Summersdale New Book Press Release

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

PUBLICATION DATE: 9th MAY 2011



Two Wheels over Catalonia

Cycling the Back Roads of North-eastern Spain

by
Richard Guise



ISBN: 978 1 84953 144 3 Paperback 320 pages £8.99 May 2011

'Cycling far?' he asked. Having heard my plan he couldn't prevent a hint of doubt creeping into his eyes. 'You're going all the way to the Delta de l'Ebre?'
'Sí sí,' I nodded enthusiastically.

He looked me up and down before inclining his head. 'Like that?'

According to Continental cycling convention I should have been sealed from head to foot in bright Lycra, but had no intention of charging around the countryside like an elongated bubblegum wrapper.

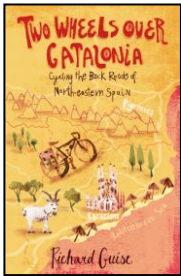


Sixteen years after first moving to Catalonia, Richard Guise finally finds time to slow down and explore the back roads by bicycle. With over 400 kilometres of sparkling Mediterranean shoreline and an interior dominated by the Pyrenees, it's a spectacular journey from wind-blown headlands to the glitzy costas, and from bustling Barcelona to remote hillsides where only wild goats grazing and chirruping cicadas disturb the tranquillity.

Dipping into the unique history of this fiercely independent nation-within-a-nation, he uncovers many of its cultural peculiarities, such as why the *sardana* dance is not as easy as it looks and what to do in a *bugaderia*. Stumbling upon nudist beaches, ancient Iberian sites and revolutionary road-sweepers, this slow cyclist revels in authentic Catalonia.



For further information and more photos please see over >>>>



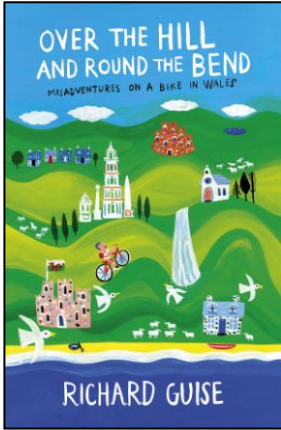
New Book Press Release continued

Two Wheels over Catalonia:

Cycling the Back Roads of North-eastern Spain

By Richard Guise

PUBLICATION DATE: 9th MAY 2011



Praise for Richard Guise's, *Over the Hill and Round the Bend* & *From the Mull to the Cape*:

"gently comic, acutely observed ... thoroughly absorbing and entertaining" 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

"I haven't read anything like this when it comes to doing justice to the stunning surrounds" LIVE-YOUR-LIFE E-ZINE

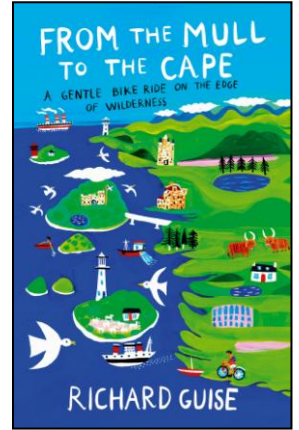
"hard to put down." DERBY EVENING TELEGRAPH

"gentle, funny, well-observed" THE WESTERN MAIL

"wry witty" WELSH COUNTRY MAGAZINE

"he picks out the oddities and beauty that locals or tourists might not see and recounts it all with gentle humour."

LONDON CYCLIST magazine



Author, Richard Guise is the author of *From the Mull to the Cape* (Summersdale, 2008) and *Over the Hill and round the Bend* (Summersdale 2009). He is based in Quorn, Leicestershire and spends part of the year in Llançà, Catalonia.

Notes to Editors:

Two Wheels over Catalonia; Over the Hill and Round the Bend and **From the Mull to the Cape** are published by Summersdale and available through all good bookshops and internet booksellers.

To request review copies, to be put in touch with the author or to request images please contact Elly Donovan on: 01243 771 107 or email elly@summersdale.com



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