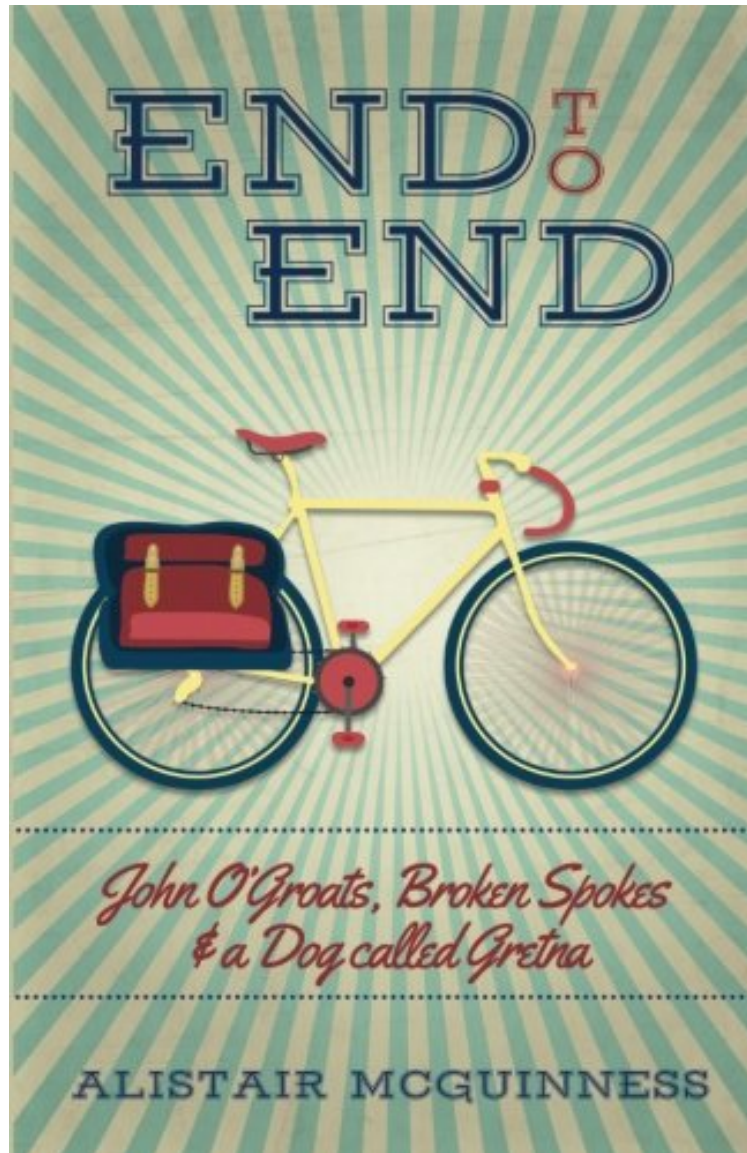


[Free pdf] End to End: John O'Groats, Broken Spokes and a Dog called Gretna

End to End: John O'Groats, Broken Spokes and a Dog called Gretna

Mr Alistair McGuinness

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Mr Alistair McGuinness : End to End: John O'Groats, Broken Spokes and a Dog called Gretna before purchasing it in order to gage whether or not it would be worth my time, and all praised End to End: John O'Groats, Broken Spokes and a Dog called Gretna:

0 of 0 people found the following review helpful. Touched my heartBy knitnutAt first I thought this was a good,

sleepy time book. But, the author's ability to reveal his true feelings made it a very good read. I would happily read more by him! 0 of 0 people found the following review helpful. Inspiring, honest and humorous! By Lisa Kearns Bugged down in his 30s, unsure what he wants to do with the rest of his life, and still grieving the death of his mother, the author impulsively decides to accompany his two friends as they cycle from one end of England (Land's End) to the farthest tip of Scotland (John O'Groats). Despite not being in the best physical shape and having to borrow a bike, he sets off to be an "End-to-End". Part travelogue, part diary, part soul searching, part torturous journey, McGuinness has written a heartfelt book about adventure, testing limits and remembering to look on the bright side even during a pounding Scottish thunderstorm. I wish their trip had been longer and more leisurely, as they sprinted through England and Scotland in ten days. I longed to hear more about the beautiful countryside, the stark Highlands and historical places they saw. However the way the author had to dig deep for the endurance to cycle 80 miles each day inspired me to dust off my own bike and get out there on the roads. He gained a lot more than a certificate for having completed the trip - he found himself, his focus and his heart again. As in the author's other books (Half a World Away: Jungle Guides, African Tribes and a Donkey called Angus, and Half a World Away: Living the Dream in a Land Down Under - both excellent reads!), his approach to this cycling trip is humorous, self-deprecating, honest, and always demonstrates his open mind. This story took place twenty-odd years ago, and his love of new adventures has since taken him all over the world. Surely the truths he discovered on this cycling trip were the beginnings of a life of adventure and exploration. For anyone who enjoys travelogues, books about finding one's true self, or books about embracing the wonders of this world, you will enjoy End To End. I received a copy of this book directly from the author, for review purposes. I wasn't asked to leave a positive review, but with books like this one that transport me elsewhere and make me itch to travel, I'm happy to award it five stars. 0 of 0 people found the following review helpful. Alistair mcguinness Book End to End was a great read enjoyed it very much it took me back ... By Customer Alistair mcguinness Book End to End was a great read enjoyed it very much it took me back to when i lived in the uk and could imagin all the small villages he was riding through and stopping off and having a few points of Real ale makes me want to go back and visit . Good Book Alistair can't wait for the next one. Trevor Court

Alistair needed to get his life back on track. His family were learning to deal with the loss, so why couldn't he? Maybe he just needed time to put everything into perspective. But how? The answer came unexpectedly, in the form of a challenge. To cycle 890 miles, from one end of Britain to another, with two friends. But he only had eight weeks to prepare, rarely cycled and didn't own a bike. Luckily, his brother was working out of town had one in his garage. It wasn't ideal, but it was free. With little planning, limited training and no idea about the merits of Lycra they set off from Land's End, towards the remote Scottish enclave of John O'Groats. Alistair knew his mum would have been proud. Along the way they found a secret short cut, went in search of the Beatles and met many amazing characters. They also experienced the hottest day of summer, survived two storms and endured a memorable night in a Youth Hostel. For one of the cyclists, the journey would change their life.

"I found the book fast paced and entertaining. The narration is detailed and descriptive, making the incidents vivid."
Mamta Madhavan for Readers' Favorite