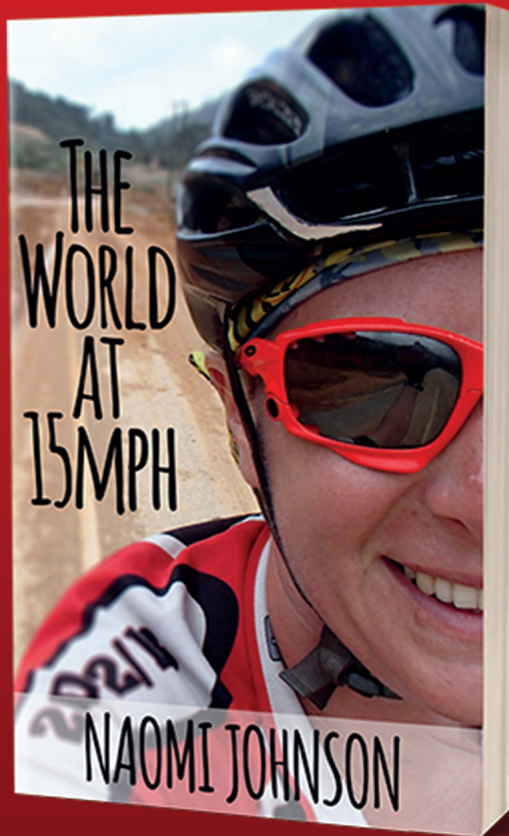


MY NEW BOOK - COMING SOON



In July 2012 I set out on an 18,000-mile cycle trip around the world. Travelling with a man I had met just three times this would be an adventure of a lifetime.

There are many things I love about riding my bike. I love the speed, the environment, the freedom, the achievement. I love the people I meet, the food I can eat. I love the planning as well as the ride. I also love coming home even if it would never be the same again.

Find out more at – www.bikemind.co.uk