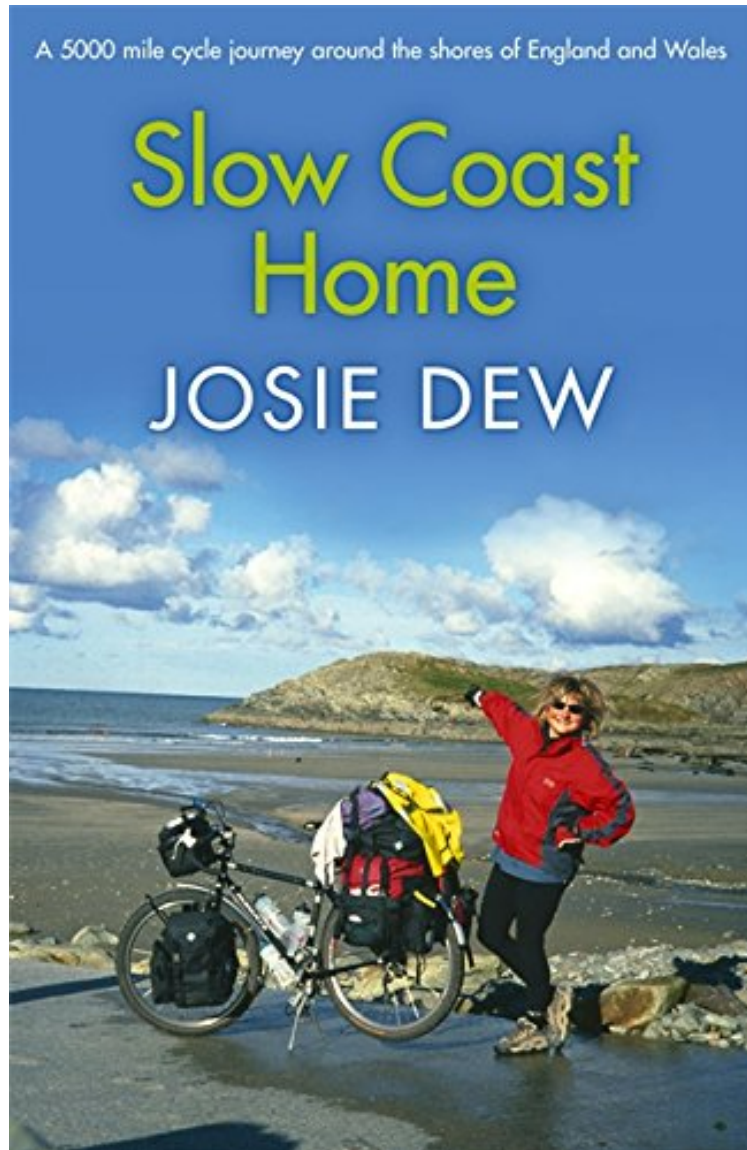


(Free download) Slow Coast Home: A 5,000-Mile Cycle Journey Around the Shores of England and Wales

# Slow Coast Home: A 5,000-Mile Cycle Journey Around the Shores of England and Wales

*Josie Dew*

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buy her other books. Josie does not write dry travel essays. I want to read about the hills, the mud and sun, the locals. The bonus is her knowledge of local trivia and wildlife. I find her style refreshing.

In this book, Josie Dew takes another quirky and riotous ride, choosing to circumnavigate the coastline of the British Isles discovering that her homeland can be as surprising and full of incident as anywhere she has ever been. Beginning in Portsmouth, Josie sets off in a clockwise direction after a Shetland grandmother warns her that she'll end up meeting the devil if she travels anti-clockwise. Through rain, hail, floods, bitter temperatures, minor earthquakes, and dusty drought, Josie pedals on, eventually returning to complete her odyssey along 5,000 miles of seaside, estuaries, creeks, and islands.

'Dew writes a lively, entertaining and informative narrative and combines acute observations with an infectious passion for cycling' - DAILY TELEGRAPH 'Dew is armed with a fierce sense of survival and courage' - GEOGRAPHICAL About the Author Josie, still in her thirties, has covered more miles and visited more countries on her bike than most people will ever travel by plane in their entire lives.