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baguettes and bicycles: a cycling adventure across France (Eurovelo) (Volume 1)

steven herrick

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baguettes and bicycles: a cycling adventure across France (Eurovelo) (Volume 1) steven herrick Award-winning author Steven Herrick journeys across France on a bicycle, meeting the locals and savouring the pleasures of french food. Beginning on the Atlantic coast of Brittany, the author follows the Loire Valley, the Saone River and numerous canal paths through vineyards, quiet forests and small villages, accompanied by his slow red bicycle, christened Craig after a well-known weight-loss guru. But does the author listen to slimming advice? Non! Adopting the intriguing mantra that 'cycling is just an interlude between meals,' Steven Herrick indulges in three courses for lunch and four courses for dinner, straining the bounds of lycra-clad good taste while testing the frame strength of his bicycle. Not content with crossing France from west to east and cycling over 1,200 kilometres, the author also decides to tackle the iconic mountains of the Tour de France. Mont Ventoux, Alpe d'Huez, Col du Galibier and more... in search of cycling nirvana and the perfect boulangerie. 'baguettes and bicycles' is an adventure, a restaurant safari and a travelogue for those who enjoy slow food, easy cycling... and fast descents!

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