

20 CLASSIC SPORTIVE RIDES IN SOUTH WEST ENGLAND

Graded routes on cycle-friendly roads in Cornwall, Devon, Somerset and Avon and Dorset

ISBN: **9781852847449** (Short Code: 744)

Publication Date: **May 2015**

Price: **£12.95**

Edition: **First**

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Paperback Gloss Laminated, 128 pages

17.2cm x 11.6cm

This guide offers 20 challenging yet achievable training routes for all sportive enthusiasts to enjoy in the south west of England. Using the finest road routes of the region's peninsula, sportive riders will find here some of the toughest and most scenic terrain in the whole UK. Sportive events are the cycling equivalent of marathons, and this guide's routes contain all the ingredients needed for a successful training programme.

From the moody backdrops of Dartmoor and Exmoor to the flat open going of the Somerset Levels and the rolling countryside of Dorset's Jurassic coastline, these far-reaching landscapes and dramatic coastlines provide a stark beauty and rugged terrain that never fail to strike a chord of affection with all who visit.

As its roads are quiet, people are few and hills are long, England's south west is possibly the ultimate sportive training destination. From short, flat routes to punishing climbs (some of the toughest in the UK), the area is home to a rich seam of varied terrain that is hard to find elsewhere.

Key marketing points

- The cycling boom has seen a huge rise in sportive participants and events
- 500 sportive events in the UK each year
- First guidebooks covering suggested training routes, as opposed to training and performance guides

About the author

Colin Dennis' passion for cycling has taken him all over the UK and Europe, both leading expeditions and for personal pleasure. Plotting, planning and escaping to new locations, his work as both freelance copywriter and cycle guide provides a happy balance at home and work. Colin is never happier than when struggling up a steep climb behind a group, covered in mud!

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