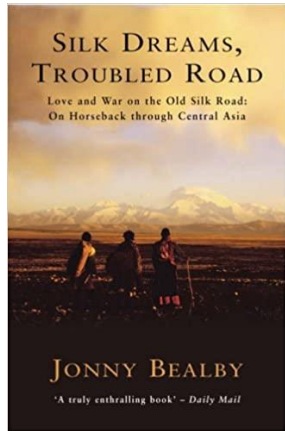


Book Cover	Book Title and Author	Blurb	Reason for choice
	<p>Mad, Bad and Dangerous to Know: Ranulph Fiennes</p>	<p>Sir Ranulph Fiennes has travelled to the most dangerous and inaccessible places on Earth, almost died countless times, lost nearly half his fingers to frostbite, raised millions of pounds for charity and been awarded a polar medal and an OBE. He has been an elite soldier, an athlete, a mountaineer, an explorer, a bestselling author and nearly replaced Sean Connery as James Bond.</p> <p>In his bestselling autobiography, Mad, Bad & Dangerous to Know, he describes how he led expeditions all over the world and became the first person to travel to both Poles on land. He tells of how he discovered the lost city of Ubar in Oman and attempted to walk solo and unsupported to the North Pole - the expedition that cost him several fingers, and very nearly his life.</p>	<p>From an unexpected change of career to developing an attitude where nothing is an obstacle. This book is utterly inspirational.</p>
	<p>Long Way Round Ewan McGRegor & Charley Boorman</p>	<p>From London to New York, Ewan and Charley chased their shadows through Europe, the Ukraine, Kazakhstan, Mongolia and Russia, across the Pacific to Alaska, then down through Canada and America. But as the miles slipped beneath the tyres of their big BMWs, their troubles started. Exhaustion, injury and accidents tested their strength. Treacherous roads, unpredictable weather and turbulent politics challenged their stamina. They were chased by paparazzi in Kazakhstan, courted by men with very large guns in the Ukraine, hassled by the police, and given bulls' testicles for supper by Mongolian nomads.</p>	<p>Living the dream – something I would love to do but its warmer and drier reading about someone else doing it.</p>
	<p>Jupiter's Travels Ted Simon</p>	<p>In the late '70s Ted Simon rode 63,000 miles over four years through fifty-four countries in a journey that took him around the world. Through breakdowns, prison, war, revolutions, disasters and a Californian commune, he travelled into the depths of fear and reached the heights of euphoria.</p>	<p>The motorcycle book that inspired so many people to travel – I've got a few countries to go before I catch up Ted.</p>



Silk Dreams, Troubled Road

Jonny Bealby

While in Islamabad investigating the possibilities of setting up an adventure travel company, Jonny Bealby met the woman of his dreams. Not only that, but Rachel was the person with whom he could live out his dream -- to travel the Old Silk Road on horseback. On his return to Pakistan that Christmas, however, Jonny was faced with those dreadful words: 'I've met somebody else...'

With his heart fixed on this journey and the possibility of a TV deal, Jonny set out to find a Quixotic stranger as his companion. In no time he found Sarah -- attractive, warm and funny -- the perfect candidate for a possible romance. Unfortunately, though, during their search for the Heavenly Horses that would carry them across the Mountains of Heaven, their fledgling friendship was beset by problems of communication, inexperience and the difficulty of adapting to radically different cultures and surroundings.

A breathtaking travelogue, and an intriguing and heart-warming illustration of human relationships as they are tested to their limits.

More escapism – and evidence that it doesn't always go to plan.



Park Tool Big Blue Book of Bicycle Repairs

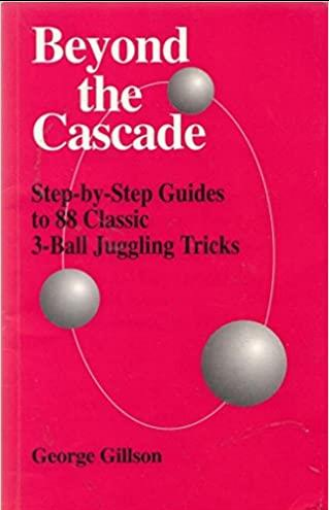
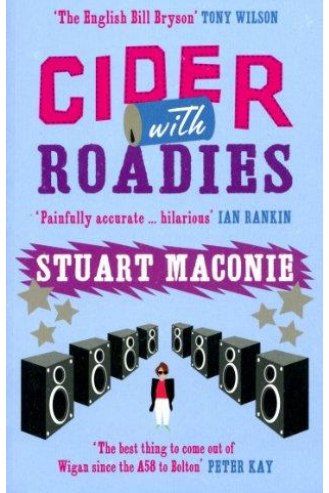
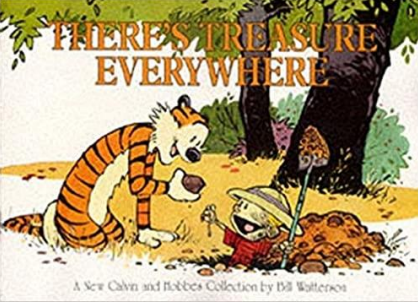
Calvin Jones

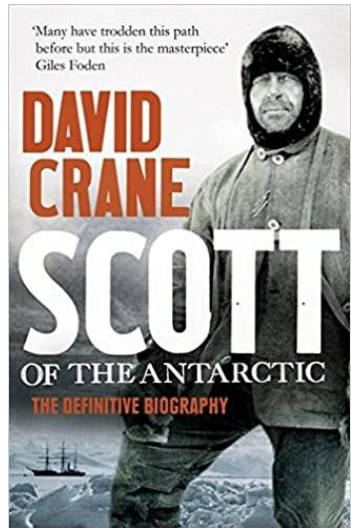
The Big Blue Book is the perfect reference guide for nearly any level mechanic and every bike

The 4th Edition of the Big Blue Book of Bicycle Repair is updated with the latest information, procedures and techniques
Features clear, step by step adjustments, high quality colour photos and useful charts and graphs to thoroughly explain and demonstrate hundreds of repairs

Written by one of the world's leading authorities on bicycle repair and maintenance, Park Tools director of education, Calvin Jones
Covers everything from minor adjustments to complete overhaul

Probably the book I've read the most this year – you never stop learning.

	<p>Beyond the Cascade George Gillson</p>	<p>If you've mastered the basics - here's a challenge. 88 classic three ball tricks with diagrams.</p>	<p>Sooo many hours spent with this book – need to go back a few chapters as am more than a bit rusty.</p>
	<p>Cider with Roadies Stuart Maconie</p>	<p>Cider with Roadies is the true story of a boy's obsessive relationship with pop. A life lived through music from Stuart's audience with the Beatles (aged 3); his confessions as a pubescent prog rocker; a youthful gymnastic dalliance with northern soul; the radical effects of punk on his politics, homework and trouser dimensions; playing in crap bands and failing to impress girls; writing for the NME by accident; living the sex, drugs (chiefly lager in a plastic glass) and rock and roll lifestyle; discovering the tawdry truth behind the glamour and knowing when to ditch it all for what really matters</p>	<p>Reading Stuart's books about his beginnings in the music industry.</p>
	<p>There's Treasure Everywhere Bill Waterson</p>	<p>In the world that Calvin and Hobbes share, treasures can be found in the most unlikely places - from the outer regions where Spaceman Spiff travels to the rocks in the backyard.</p>	<p>This is how I try to see the world.</p>



Scott of the Antarctic: The Definitive Biography

David Crane

'It seems a pity, but I do not think I can write more...For God's sake look after our people.'

These were the final words written in Scott's diary on 29 March 1912, as he lay dying of exhaustion, starvation and extreme cold, in his tent on his return journey from the South Pole. Since then he has been the subject of many books. Yet in all the pages that have been written about him, the personality behind the legend has been forgotten or distorted beyond all recognition.

David Crane's magisterial biography redresses this completely. By reassessing Scott's life and his substantial scientific achievements, Crane is able to provide a fresh and exciting perspective on both the Discovery expedition of 1901-4 and the Terra Nova expedition of 1910-12. The courage and tragedy of Scott's last journey are only one part of the process, for the scientific enquiry that led up to it transformed the whole nature and ambition of Antarctic exploration.

I knew someone called Scott went to the Antarctic – that was about it until I read this book. Not really a happy ever after (for Scott) but a compelling read of what he really did on his trip down south.

'An heir to Alan Bennett... stirring and rather wonderful'
SUNDAY TIMES

PIES and PREJUDICE In Search of the North

STUART MACONIE



Pies and Prejudice: In search of the North

Stuart Maconie

A Northerner in exile, Stuart Maconie goes on a journey in search of the North, attempting to discover where the clichés end and the truth begins. He travels from Wigan Pier to Blackpool Tower and Newcastle's Bigg Market to the Lake District to find his own Northern Soul, encountering along the way an exotic cast of chippy Scousers, pie-eating woollybacks, topless Geordies, mad-for-it Mancs, Yorkshire nationalists and brothers in southern exile.

I enjoy reading about places I've been and also finding new places to go – all on our doorstep.