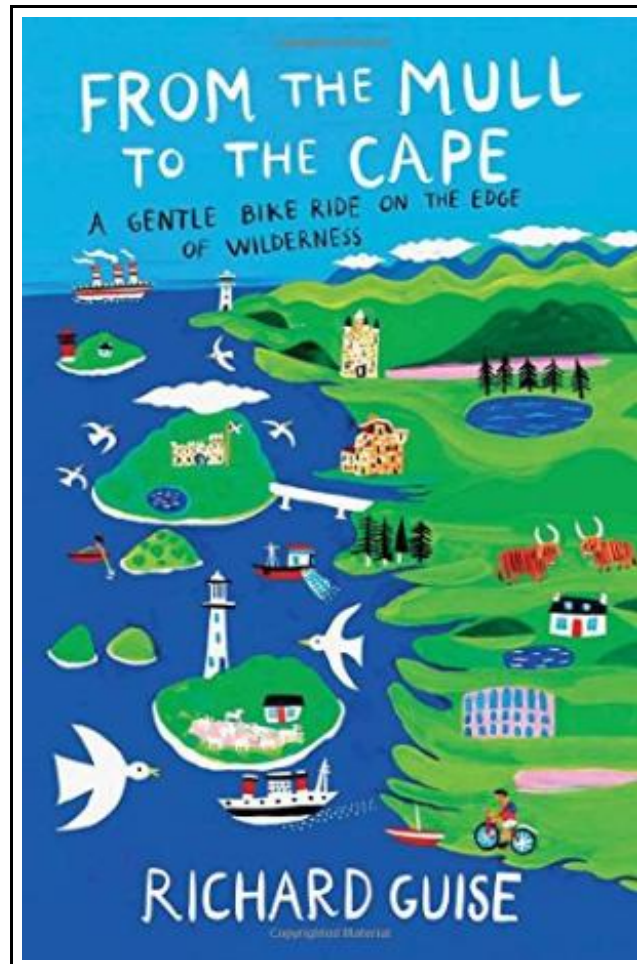


## From the Mull to the Cape: A Gentle Bike Ride on the Edge of Wilderness



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## FROM THE MULL TO THE CAPE: A GENTLE BIKE RIDE ON THE EDGE OF WILDERNESS



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Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, From the Mull to the Cape: A Gentle Bike Ride on the Edge of Wilderness, Richard Guise, Midge-like damp areas, low sunlight, no wind and dark clothes (to land on, not to wear). So your best bet for a midge-free, summer Highland holiday is to don a white robe and take a packet of porridge to, say, Ethiopia at midday. Like many middle-aged baby-boomers, Richard Guise yearned to take on a physical challenge before he reached the age where walking across the kitchen would fall into that category. This is the tale of his 600-mile, 16-day bike ride through the Highlands of Scotland, from the Mull of Kintyre in the south to Cape Wrath in the north, taking in long sections of the dramatically beautiful west coast along the way. Guise fills us in on the history and geography of this unique part of Britain, often taking a wry view at odds with the traditional guidebooks. He is the classic observant outsider, picking up on the oddity and beauty that locals or tourists might not see and telling it all with gentle humour - even amid severe bouts of traditional Highland weather.

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