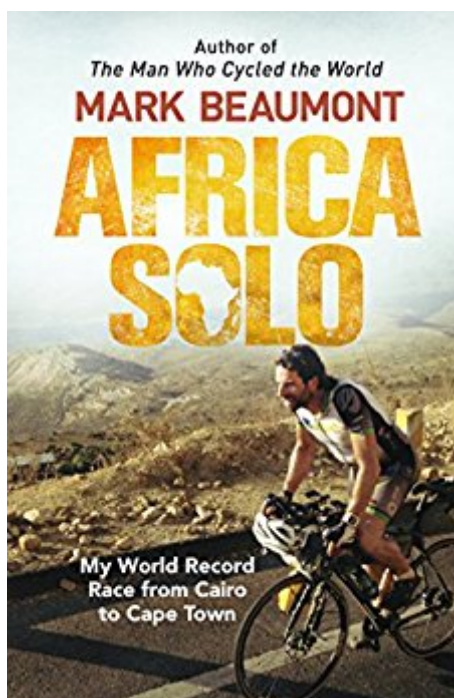


The book was found

Africa Solo: My World Record Race From Cairo To Cape Town



Synopsis

SHORTLISTED FOR ADVENTURE TRAVEL BOOK OF THE YEAR In the spring of 2015, Mark Beaumont set out from the bustling heart of Cairo on his latest world record attempt - solo, the length of Africa, intending to ride to Cape Town in under 50 days. Seven years since he smashed the world record for cycling round the world, this would be his toughest trip yet. And he would set a new mark that would simply break the limits of endurance. Despite illness, mechanical faults, attempted robbery and stone-throwing children, as well as dehydration in the deserts and unprecedented levels of exhaustion, Mark completed the journey in just 41 days, 10 hours and 22 minutes, after cycling 6,762 miles, spending 439 hours in the saddle (sometimes up to 16 hours a day) and climbing 190,355 feet through 8 countries. It was an astonishing journey, and one that will fascinate and grip the reader. From the obvious dangers of Egypt, Sudan and Kenya, over the unpaved, muddy, mountainous roads of Ethiopia, through the beautiful grasslands of Tanzania and Zambia, to riding at night in Botswana in the company of elephants and giraffes, Mark brings Africa to life in all its complex glory, friendship and curiosity, while inspiring us all to question the bounds of what is possible.

Book Information

File Size: 82329 KB

Print Length: 354 pages

Page Numbers Source ISBN: 0593076338

Publisher: Transworld Digital; 01 edition (May 19, 2016)

Publication Date: May 19, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B019CGXQUI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,060,732 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Amazon Books > Travel > Africa > Sudan #28 in Amazon Books > Travel > Africa > Zambia #69

Customer Reviews

Being one of the group who originally set the world record in 2003 it was a delight to follow Mark's journey as he shattered our time. In this very readable book he conveys the mental toughness needed to break these ultra distance records. I loved the way he conveyed the roll of family and the joy of a serendipitous meeting with a beautiful sight , creature or person to get him through the hard grind of his journey. This is a story of a bike ride and an epic one at that but it has much to offer a non cyclist about why travelling nurtures the soul and why pushing your self to your limits helps you better understand what is possible and helps you appreciate what you have. It is a great read.

The is another great adventure bike ride by Mark Beaumont. The pace he set in this book was amazing. Hooked by the first paragraph.If you haven't read his other two books, check those out also!!

A very special book for me. During the Africa Solo tour I had an opportunity to meet Mark and that has been covered in this book. I bought a Kindle version. Mark is an inspiration for everyone and the book is just awesome. I will recommend this book to any one who is slightly interested in adventure or sports.

A great mix of adventure, geography and pure guts- a great read! This book will inspire many people to set personal challenges and get off the couch and onto their bikes!

A fantastic and inspiring story of courage, passion, focus and insanity. I also enjoyed learning more than I knew about Africa.

[Download to continue reading...](#)

Cape Town South Africa Travel Guide: 3 Day Unforgettable Vacation Itinerary to Cape Town South Africa: Cape Town South Africa 3-Day Highlights Itin Travel Guide (Miss Passport Travel Guides Book 34) Africa Solo: My World Record Race from Cairo to Cape Town Overland Africa: Part 1: Tunis to Cairo. Our African Road Trip from Tunis to Cape Town in a Camper Van (Travel Africa: Our African Road Trip from Tunis to Cape Town) South Africa: related: south africa, africa, safari, Kruger, Western Cape, Stellenbosch, Paarl, Cape Town, republic of south africa, campaign Cape Town Local Love: Travel Guide with the Top 178 Spots in Cape Town, South Africa RusticoRiders

Cycle Africa: From Cairo to Cape Town Africa Overland: Cairo to Cape Town Road Atlas 2016
Overland Africa: Part 2: Cairo to Nairobi. Our African Road Trip from Tunis to Cape Town in a
Camper Van Cape Town Guide: Secrets of Locals – Favorite Places. Your Luxury Holiday
at a Great Exchange Rate, Best Things to do in Cape Town; Shopping, Restaurants, Hikes and
More Top 12 Things to See and Do in Cape Town - Top 12 Cape Town Travel Guide Cape Town
Unanchor Travel Guide - Cape Town - What not to miss on a 4-day first-timers' itinerary Cape Town
Food: The Way We Eat in Cape Town Today Lonely Planet Cape Town (Lonely Planet Cape Town
& the Garden Route) South Africa's Winelands of the Cape: From Cape Town to the Orange River
Travel South Africa 2012: Illustrated Guide & Maps. Incl. Cape Town, Johannesburg, Pretoria, Cape
Winelands, 20+ National Parks, and more (Mobi Travel) Top 12 Places to Visit in South Africa - Top
12 South Africa Travel Guide (Includes Cape Town, Kruger National Park, Johannesburg, Durban,
Robben Island, & More) A Guide to Cities of South Africa: Johannesburg, Pretoria, Cape Town,
Durban, Port Elizabeth, East London, Pietermaritzburg, Bloemfontein, Kimberley: For the Discerning
Visitor to South Africa (Paperback 1966 Printing, First Edition, BBG66100ENG) Swahili for the
Broken-Hearted: Cape Town to Cairo by Any Means Possible Dark Star Safari: Overland from Cairo
to Cape Town (Penguin Celebrations) From the Cape to Cairo; the first traverse of Africa from south
to north

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)