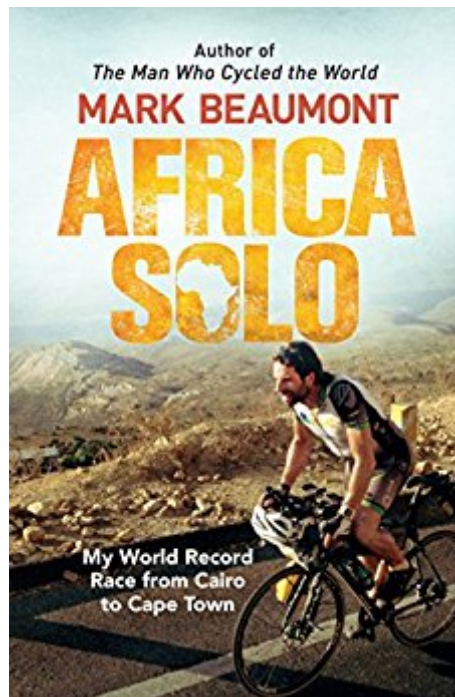


The book was found

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



Synopsis

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.

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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.

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

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