



Cycling in Cornwall & the Isles of Scilly 21 Hand-Picked Rides

HUW HENNESSY

Illustrated cycling guide published with the support of Cycling UK and Visit Cornwall – over 350km of glorious rides!

The first cycling guide dedicated to Cornwall from a major travel publisher

Publication supported by Cycling UK and Visit Cornwall

Cycling UK's EXPERIENCE project is due to launch in Cornwall in summer 2021

Illustrated throughout with clear mapping and photography

Experienced travel writer and cyclist Huw Hennessy takes you on 21 hand-picked bike rides across Cornwall and the Isles of Scilly. With routes from around an hour up to half a day, *Cycling in Cornwall & the Isles of Scilly* is ideal for families and leisure cyclists – anyone who wants to get fit and enjoy the fresh air in some of Britain's most beautiful countryside.

More than just a route-finder, the book is packed with cultural insights and the author's personal tips, gathered from over thirty years' experience. This is country rich with history, folklore and spiritual resonance, and *Cycling in Cornwall & the Isles of Scilly* encourages you to enjoy the ride at your own pace while showing you what to look out for along the way.

Huw Hennessy is an experienced travel writer and lifelong cycling nut. Since moving to the area 16 years ago, he has cycled all over Southwest England, from off-road routes across Dartmoor, Exmoor and Bodmin Moor to family favourites, the Camel Trail and Pentewan Valley trail. He's written several previous travel guides, including the Bradt guides to St Helena and Mozambique, and Footprint's Colombia Handbook.



9781784778347 | Paperback | 208pp | £12.99
5 June 2021 | UK Travel

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