



Mud, Sweat & Gears: Cycling from Land's End to John O'Groats (Via the Pub)

Ellie Bennett

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The tale of a scenic cycling trip—including an index of the 50 finest beers tasted on the trip

"One more wouldn't hurt," said Mick. I looked at him doubtfully. "I'm not sure. It's gone three o'clock already. What time does it get dark in Cornwall at this time of year?" "Not for ages," said Mick, waving his hand dismissively. "One more and then we'll get on." He headed back to the bar with our empty beer glasses.

As Ellie's 50th birthday approaches and her ambitions of a steady income, a successful career, and an ascent of Everest seem as far away as ever, she begins to doubt she's capable of achieving anything at all. So when her best friend Mick suggests a grueling cycle ride from Land's End to John O'Groats, she takes up the challenge. They opt for the scenic route which takes them along cycle paths, towpaths, and the back roads and byways of Britain, unable to resist sampling local beers in the pubs they pass along the way. But as the pints start to stack up faster than the miles they're putting under their tires, Ellie wonders if they'll ever make it to the finishing line.

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