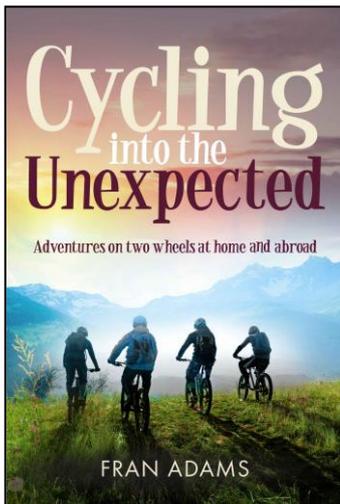


MEREO NEW BOOK: PRESS RELEASE

Cycling and camping (but definitely *not* 'glamping'), here are Fran Adams' joyful accounts of her family's pedal-powered adventures on a budget in the England, Wales, France, Spain and Italy

PUBLICATION DATE: 22 January 2018

"Entertaining and inspiring – full of courage and comedy" says best-selling novelist Katie Fforde



CYCLING INTO THE UNEXPECTED

ADVENTURES ON TWO WHEELS AT HOME AND ABROAD

by Fran Adams

Pushing, pushing on the pedals, to get to the next bend, then the next... The scenery is fantastically beautiful. We begin to feel privileged to be here; for the honour of having these mountains all to ourselves.



ISBN: 978 1 86151 536 0 Paperback 278 pages RRP: £12.99 January 2018

Mereo Books is an imprint of Memoirs Publishing www.memoirspublishing.com

Mereo books are available through: all good bookshops and internet booksellers.

(Also available as an ebook)

Fran Adams and her family have been travelling abroad on two wheels for more than thirty years, and their adventures have ranged from getting shipwrecked in a mountain torrent to straying onto a Spanish motorway. They have been stuck on a precarious precipice, suffered various painful injuries and scary accidents as well as frequent map-reading mishaps that have left them completely lost in the middle of nowhere. But for our intrepid Fran, this all just part of the fun when you choose to explore Europe on an over-loaded bicycle and a tight budget.

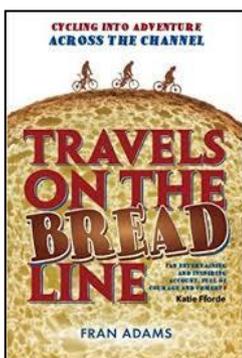
We were cold and uncomfortable during the night, sleeping on clumpy grass, or 'sods,' as I referred to them... In a tired and sombre mood, we ate our breakfast, realising that camping was not always going to be fun



Through the pages of this new book, follow Fran and her family through the highs and lows of their moods (which seem to match the highs and lows of the terrain) and relish Fran's accounts of the people she met and the stunning scenery she saw. Readers will be cheering-on our cycling-family as they overcome challenges *en route* to tasting of the utter exhilaration of the achievement. So many adventures and so many miles covered – and all by their own environmentally-friendly pedal-power (plus a good measure of sheer determination.)

Fran Adam's memories of her cycling expeditions with her partner and her sons are told with great humour and spirit. Her accounts will make readers gasp and smile in equal measure as well as providing inspiration for anyone considering a cycling & camping holiday. An entertaining read for non-cyclists too!

By the same author:



TRAVELS ON THE BREADLINE

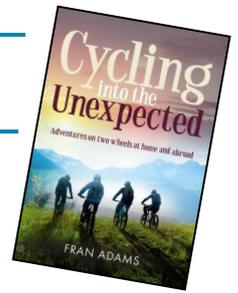
CYCLING INTO ADVENTURE ACROSS THE CHANNEL

ISBN: 978 1 909544-34-5 Paperback 265 pages RRP: £12.99 2013 Memoirs Publishing

In Fran's first book she recounts how, longing to get away from her domestic routine as a wife and mother but very short of cash, she embarked upon a cycling tour of Brittany with her teenage sons. Despite a tiny budget, torrential rain, gales, frequent punctures, mechanical hitches and encounters with a some disconcertingly eccentrics (on both sides of The Channel) , Fran and her sons had the holiday of a lifetime – so good ,in fact, that the following year they went back for more !

Please see over for media opportunities, photos and further information about the author >>>>

MEREO NEW BOOK: PRESS RELEASE continued
CYCLING INTO THE UNEXPECTED by Fran Adams



About the author: Fran Adams was born in Leicestershire and went to school in Grantham, Lincolnshire. Fran studied Interior Design in Nottingham before moving to Cheltenham where she married, started a family and continued to work in Interior Design. Fran has also run keep fit classes and a playgroup, worked as a hospital orderly, worked in a museum and has even painted plaster animal heads for Bristol Zoo. She joined Stroud Cycling Club in 1981 and is also a keen member of U3A (University of the Third Age).

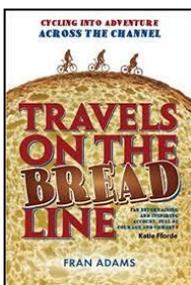
Media opportunities: • Extracts/serialisation • Photos available on request
• The author is available for interviews • Review copies available on request

Local UK interest: The author lives in **Stroud, Gloucestershire**. The author was born in **Bottesford, Leicestershire**, went to school in **Grantham, Lincolnshire** and studied Interior Design at **Nottingham**. She has lived and worked in **Cheltenham** and **Melton Mowbray** before returning to live in **Stroud**.

Some of the places featured in the book: **ENGLAND:** Stroud, Gloucester, Lydney (Gloucestershire); Weston-super-Mare; Taunton, Blackdown Hills. Axmouth, Seaton, Beer, Lyme Regis, Crewkerne, Wookey Hole & Mendips (Dorset & Somerset); Birmingham & Worcester (West Midlands); **WALES:** Chepstow, Cardiff, Penarth, Lavernock Point, Barry Island, Porthcawl, Ogmere-by-Sea, Port Talbot, Swansea, Preceli mountains, Cardigan & Aberystwyth
OVERSEAS: France (Brittany, Normandy, Cevennes); Majorca; Italy (Dolomites); Spain (Andalucia); & Dominican Republic.

Feature suggestions:

- **Budget holiday ideas:** readers' or listeners' tips for managing a family holiday on a shoestring?
- **Cycling and health:** tips for avoiding injuries & staying healthy in the saddle.
- **The kindness of strangers:** readers' or listeners' tales about generous people they met on their travels
- **Essential items to pack for a cycling & camping holiday:** How to keep your kit as lightweight as possible.
- **Why cycling on the flat can get boring** – and how to tackle those peaks, physically and mentally
- **Tips for environmentally-friendly family holidays** – maximum fun for minimum carbon-footprint



PRAISE FROM THE PRESS FOR "TRAVELS ON THE BREADLINE" by Fran Adams

"Life-changing adventures and misadventures ... written in clear and simple language, this book is an easy and enjoyable read. This book isn't about bikes, but the freedom, challenges and enjoyment on cycling. It's sure to appeal to people like me who remember when you could cycle without Lycra, mobile phones or GPS." **Cycle Magazine**, Feb/March 2014

"An entertaining journey Fran writes with passion and honesty, engaging the reader so that they are taken on her journey ..." **This is Gloucestershire**, 17 April 2013



To request a review copy or to be put in touch with the author, please contact

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