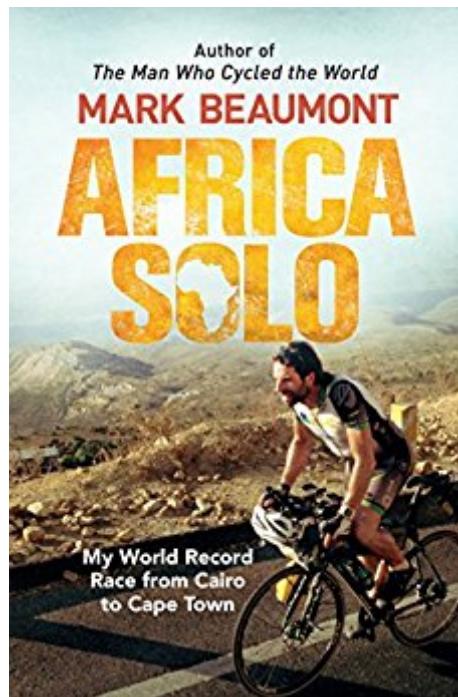


The book was found

# 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.

## **Book Information**

File Size: 82329 KB

Print Length: 354 pages

Page Numbers Source ISBN: 0593076338

Publisher: Transworld Digital (May 19, 2016)

Publication Date: May 19, 2016

Language: English

ASIN: B019CGXQUI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #429,838 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Books > Travel > Africa > Sudan #17 in Books > Travel > Africa > Zambia #27 in Books > Travel > Africa > Ethiopia & Djibouti

## **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.

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

IS THIS WHY AFRICA IS? (Why Africa is poor, Why Africa is not developing, What Africa needs, What Africa needs to develop): Africa, Africa, Africa, Africa Africa, Africa, Ebola, Ebola, Ebola Africa Solo: My World Record Race from Cairo to Cape Town Lost Lion of Empire: The Life of 'Cape-to-Cairo' Grogan (Life of Ewart Grogan Dso (1876-1976)) Cape Town (Around the World in 80 Men Book 44) Transforming Cape Town (California Series in Public Anthropology) A Bed Called Home: Life In The Migrant Labour Hostels of Cape Town South Africa (The Cape Colony, Natal, Orange Free State, South African Republic, Rhodesia, and all other territories south of the Zambesi) INFESTATION: A Small Town Nightmare 2 (with Finale Episode 3): Supernatural Suspense (INFESTATION- A Small Town Nightmare) Our Town: A Heartland Lynching, a Haunted Town, and the Hidden History of White America Illusion Town (Illusion Town Novel, An) Goldmine Record Albums Price Guide (Goldmine Record Album Price Guide) Off the Record (The Record Series Book 1) For the Record (The Record Series Book 3) On the Record (The Record Series Book 2) El Super Deportista Cientifico / Sports Science: Anota, gana y rompe un record en tu deporte favorito/ Note, gain and break the record of your favorite sport (Spanish Edition) When the Lions Came to Town: The 1974 rugby tour to South Africa Cairo in the War: 1939-45 Ritual, Politics, and the City in Fatimid Cairo (Sunny Series in Medieval Middle East History) (Sunny Series, Medieval Middle East History) Hardluck Ironclad: The Sinking and Salvage of the Cairo Theatre From Medieval Cairo: The Ibn Daniyal Trilogy (Martin E. Segal Theatre Center Publications)

[Dmca](#)