The Peaky Climbers Book Is Finally Here! How Eight Amateur Cyclists Became Kings of the Mountains.

Author: Emma Wilson // Category: Memoir, Non-Fiction, Sports

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The team have so far raised over £55,000 for British Lung Foundation and Caring Cancer Trust.

The Peaky Climbers – Eight friends take on the greatest challenge of their lives, to cycle 20 peaks of the Tour de France in seven days. Their adventure will take them beyond what any of them expected, through epic highs, dramatic lows, unforgettable scenery and the toughest days of cycling any of them have ever encountered. But will they make it to the finish line?

The book encapsulates the gruelling 7 day challenge, plus the year leading up to it – The sheer amount of training required, the commitment and support from their families, and the incredible pressure to raise the £30,000 target they set themselves for the charities selected.

Founder of the Peaky Climbers, and co-author of the book, Paul McIntosh says:

“My mother died 10 years ago (2007) and I was turning 50 (Sep 2017) – this drove me to think of a difficult challenge that would be something really different. This combined with a young local girl, Maisie Norton, who died of Cancer aged 17 all went into the thought process. LeJog was too ordinary, so the King of the Mountains challenge was the one.”

“A seriously impressive achievement. Eye-watering on paper and just plain
“An unbelievable team effort in aid of two amazing charities. I would love it if you would read this book, just love it...”

Kevin Keegan, Former England Manager and Professional Footballer.

A gripping, fascinating read about the lengths The Peaky Climbers go to raise money for the amazing charities – the British Lung Foundation and Caring Cancer Trust. The book will be released on October 18th by Brown Dog Books, Bath, England. More info: https://www.peakyclimbers.com/

Please email info@authoramp.com if you would like a copy of the book or to interview the authors.

About the Authors

Paul McIntosh

The founder of the Peaky Climbers, aged 50. Paul is married to Nicola, and they have two sons, Jai and Ethan. Paul was brought up in Elstree and moved to Wantage 20 years ago once he found the love of his life, Nicola. He has run his own business since 2009, which he started after a successful career in the corporate world. Paul has played football from an early age, and in later years started a Veterans team (Milton Utd) some 12 years ago.

Over the past few years Paul has played a bit of golf and completed the odd event to keep fit and raise funds for charity – London100, Great North Run and Great South Run. He wanted to do a challenge that would make people sit up and take notice, something that would make people say they’re mad and something that would make his mum proud if she were here – essentially they cycled the equivalent of 2.25 times the height of Everest in 1 week.

Anna Hughes

Anna Hughes is a lifelong cyclist and environmentalist. A passionate cycle tourer, in 2011 Anna cycled 4000 miles around the coast of Britain. The adventure inspired her to sail around the same coastline two years later. Since then she has completed many bicycle and boat tours around Europe and the UK, including riding from Land’s End to John o’ Groats in 2015.

Her first book, Eat, Sleep, Cycle: a bike ride around the coast of Britain, was published in March 2015 by Summersdale. Her second book, Pedal Power: inspirational stories from the world of cycling, was published in April 2017. An experienced speaker, Anna gives regular talks to adults and children about her various adventures, and also writes articles for magazines and websites.

A lover of the outdoors and attracted by the freedom of boat life, Anna has lived on a narrowboat for the past four years, mostly in London and more recently on the Kennet and Avon canal in Bath. She is currently a GetOutside champion for Ordnance Survey, inspiring others to enjoy the great outdoors for all the benefits that brings. A qualified teacher, cycling instructor and mechanic, she works freelance, currently in the Bristol area.

Pre-order the book ‘Peaky Climbers’ now from Amazon:
COMMENTS

0 RESPONSES TO THE PEAKY CLIMBERS BOOK IS FINALLY HERE! HOW EIGHT AMATEUR CYCLISTS BECAME KINGS OF THE MOUNTAINS.

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Peaky Climbers: How eight amateur cyclists became kings of the mountains. By Paul McIntosh and Anna Hughes. Length: 164 pages.

Eight friends take on the greatest challenge of their lives, to cycle 20 peaks of the Tour de France in seven days.

Prologue.

Col = a mountain pass. It is not the mountain we conquer, but ourselves. Edmund Hillary.


Read reviews from world's largest community for readers. Eight friends take on the greatest challenge of their lives, to cycle 20 peaks.

Start by marking “Peaky Climbers: How eight amateur cyclists became kings of the mountains” as Want to Read: Want to Read saving...

Wildlife experts sent the bear to sleep with a special vet’s gun – and a brilliant young photographer saw a great opportunity. He took a photo showing the bear falling out of the tree, fast asleep, onto a rubber mat on the ground, as if it was jumping like a gymnast! The bear was later returned to the wild. And there were lots more amazing pictures like that!

The Matterhorn is popular with mountain climbers because it is so difficult to climb. The girls first got the idea for a climbing expedition a few years ago, when a well-known disabled climber, Norman Croucher, gave a talk at their school. Norman lost both his legs in a train accident, but he has climbed some of the world’s highest mountains on his artificial legs. “He inspired us”, said Claire. Then the girls met a well-known mountaineer called Turbo Thomas and he became their trainer. In spite of the fact that he had lost his legs in a train accident, he successfully climbed some of the world’s highest mountains on his artificial legs.

Where and how did they train? Annabelle Jones and Claire Hippert trained very hard in the Swiss Alps, with Turbo Thomas, a well-known mountaineer.