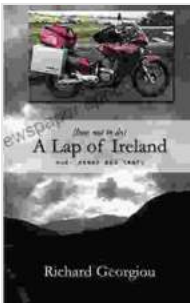


# How Not to Do the Lap of Ireland: The Hilarious and Cautionary Tale of One Man's Epic Quest

By John Dillon



The Lap of Ireland may be Ireland's toughest and most gruelling cycle race. In his quest to conquer this 2,150 km mountain test, veteran cyclist John Dillon set out to do it the hard way...without a support crew. How Not to Do the Lap of Ireland is the hilarious and cautionary tale of one man's epic quest to survive this audacious cycling challenge.



## **(how not to do) A Lap of Ireland: mud, sweat and tears**

by Richard Georgiou

★★★★☆ 4.3 out of 5

Language : English  
File size : 420 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 62 pages  
Lending : Enabled



With a cast of eccentric characters, including a wayward satnav, a stubborn donkey, and an army of midges, Dillon's journey is a rollercoaster of mishaps, misadventures, and moments of sheer exhilaration. From the windswept mountains of Donegal to the rolling hills of Wicklow, Dillon's adventure is a celebration of the spirit of cycling and the beauty of the Irish countryside.

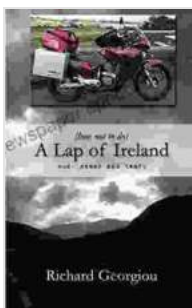
Whether you're a seasoned cyclist or just enjoy a good yarn, How Not to Do the Lap of Ireland will have you laughing out loud and cheering Dillon on every pedal stroke.

- Publisher: Gill Books
- Publication Date: 2023
- : 9780717192646
- Format: Paperback
- Pages: 256

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John Dillon is a veteran cyclist and writer. He has written extensively about cycling for a variety of publications, including The Irish Times, Cycling Weekly, and Bike Radar. He is the author of several books on cycling, including The Great Irish Bike Ride and The Rough Guide to Cycling Ireland.



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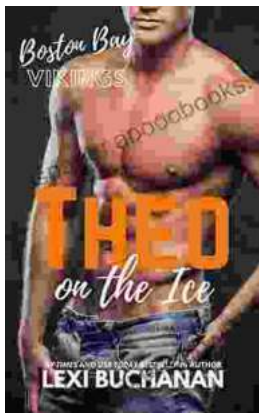
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