

# Cycling The Canal De La Garonne From Bordeaux To Toulouse

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Embark on an unforgettable cycling journey from Bordeaux to Toulouse along the scenic Canal de la Garonne. This picturesque route offers stunning riverside views, charming French villages, and a leisurely pace perfect for all cyclists. Discover the heart of South West France on this incredible bike tour, an ideal way to explore the region's rich history and culinary delights.

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## Cycling the Canal de la Garonne

This guidebook presents a cycle ride along the Canal de la Garonne in the south of France. The 290km route is covered in 7 stages from bustling Bordeaux to the splendid rose city of Toulouse, with a 135km excursion from to Lacanau on the Atlantic coast. Optional side trips explore the countryside and historical towns and villages, including Agen, Moissac, Marmande and Montauban. Mainly flat and easy cycling, including 193km along the main canal towpath, this is an easy route suitable for lone cyclists, families, groups and those using e-bikes. It is perfect for those planning a cycling holiday, and for people boating on the canal or holidaying nearby who want to get out and explore. A detailed route description is accompanied by 1:50,000 maps, with fascinating information about the places encountered along the route and notes on the region's history and the building of the canal. The guidebook also contains practical information on travel, choosing the right bike and equipment, facilities and cycle shops.

## Cycling the Canal du Midi

This guidebook describes a 240km cycle ride along the length of the Canal du Midi in southern France. Starting at Toulouse in the Haute Garonne and finishing at Sète on the Mediterranean Coast, the route is divided into five stages of about 50km. It is a flat, car-free and picturesque route mainly on the towpath, and is suitable for all abilities. The guide is written for those who want to explore the canal and visit attractions along the way. There are lots of optional detours to sites of interest near the canal, as well as six longer excursions including fortified Carcassonne, Roman Narbonne, Vendres lagoon and the Portiragnes marshes. Detailed route descriptions are crammed with additional information about points of interest passed, and 1:200,000 scale maps clearly show the route for each stage of the way. Begun in 1666 the Canal du Midi is one of the world's most picturesque waterways and a World Heritage

Site. This is 'La France Profonde', a region rich in history and culture, as seen in the grand homes and chateaux that grace the water's edge, and the fascinating Cathar strongholds of Carcassonne, Lastours and Minerve.

### Cycling the Ruta Via de la Plata

This guidebook to cycling the Ruta Via de la Plata through western Spain describes the 930km route from Seville to the coastal city of Gijón in around 2 weeks (14 stages). A pilgrimage variant, the Camino Sanabrés, to Santiago de Compostela is also described (16 stages in total). Empty roads and gentle climbs make the route accessible to a wide range of bikes and cyclists. Both road and off-road versions are presented, and the guide shows how they can be combined to create a perfect touring, hybrid or gravel cycling trip. The guide includes leg-by-leg route descriptions, 1:150,000 colour mapping, elevation profiles and helpful ride planners to show where riders can swop from the off-road to the road route. There is advice on equipment, travel and transporting your bike, alongside a list of accommodation contacts and a useful Spanish glossary. The Ruta Via de la Plata is one of Spain's most important pilgrim routes. The 2-week journey takes in 7 UNESCO world heritage sites (Seville, Mérida, Cáceres, Salamanca, Leon, Zamora, and Oviedo) with the famous pilgrimage site of Santiago de Compostela if the Camino Sanabrés is taken. There is lots of good-value accommodation available, from hostels to palaces, and plenty of chances to sample Spanish gastronomy.

### Cycling the Camino de Santiago

The Camino de Santiago de Compostela (Camino Francés or Way of St James) is among the world's most famous pilgrimages: Christian pilgrims have travelled to the shrine of St James in Santiago, northern Spain, since the ninth century. This guide provides all the information you need to successfully cycle the Camino. The Camino Francés is the most popular variant of the Camino, linking St Jean-Pied-de-Port on the French-Spanish border with Santiago via Pamplona, Burgos and León. The guide presents the journey in 18 stages. Two versions of the route are described, the first (770km) based closely on the walkers' route and suitable for hybrid or mountain bikes; the second (798km) a 'road route' for road and touring cycles. It can be cycled in around 10-14 days and is very well provisioned. Clear route description and mapping are accompanied by notes on local points of interest, as well as background information on Spanish history and the history of the Camino. The practicalities are also thoroughly covered, including travel to and from the route, accommodation, facilities, kit and how to qualify for and obtain your Compostela (pilgrims' certificate). Whether you're seeking a spiritual journey, a physical challenge or just a holiday, the Camino promises an unforgettable experience - from the beautiful landscapes, historic towns and rich culture of northern Spain to the famed camaraderie with other wayfarers. Blending information with inspiration, this guide is an ideal companion to cycling this UNESCO-listed route.

### Brittany's Green Ways

This updated edition details the recent developments in the Green Way network in Brittany as well as various new long distance cycle routes. The guide maps a major part of the current network, notes places of interest nearby, and provides a directory of overnight accommodation.

## The Rhine Cycle Route

This comprehensive guidebook to EuroVelo route 15 offers a detailed stage-by-stage description of the 1368km route along the Rhine, one of Europe's great rivers, passing through six countries on its way from Switzerland to the North Sea. The cycling is easy, downhill and along dedicated cycle lanes, the countries visited are very cycle-friendly and the waymarking is excellent. The whole trip can be completed in two weeks by a fit cyclist. The guide includes plenty of information to help you plan your trip, with advice on travel, accommodation and facilities. The full route is presented in 27 stages of 32-68km, with step-by-step route description, 1:100,000 mapping and notes on local points of interest. A facilities table, glossary and list of useful contacts can be found in the appendices. Starting in the Swiss Alps with high mountains, deep glacial valleys and gorges, the route soon reaches Europe's third largest lake, the Bodensee, and its greatest mainland waterfall. After Basel, the Rhine becomes a broad river, now the world's busiest river trading artery. The middle Rhine, between Bingen and Koblenz, forces its way through the narrow rocky Rhine gorge, lined by romantic castles perched above Germany's finest vineyards. Finally, the river passes through low-lying Holland, famed for its many flood dykes and windmills.

## France en Velo

In this beautifully illustrated guide to travelling across France by bike you will discover hidden lanes, stunning gorges, amazing places to eat and stay, plus the best of French cycling culture.

## Cycle Touring in France

The eight one- or two-week cycle tours in this guidebook are selected to offer cyclists of all levels a taste of France's diverse landscapes and superb scenery. Covering some of the most picturesque parts of Brittany, Picardy, Alsace, Auvergne/Languedoc, Provence, Dordogne/Lot, the Alps and the Pyrenees.

## France on Two Wheels

For Adam Ruck, France and cycling go together like a rich Camembert and a heady glass of Bordeaux.

## The Rough Guide to France

From cosmopolitan Paris to the sunny Cote d'Azur, from historical Normandy to the rocky Pyrenes, this new edition updates the best of towns, attractions, and landscapes of every region. 100 maps. of color photos.

## Eye Surgeons And Surgery In New Zealand

A look at eye surgery in New Zealand and its many, often colourful, practitioners. This book throws new light on eye surgery from our colonial days to the present. Some early surgeons were itinerants who operated in hotel rooms and advertised like snake-oil salesmen. In contrast, others were at the top of the specialty and were huge contributors to medical education in New Zealand and Australia. Since the 1990s there has been a remarkable ascent of academic ophthalmology, resulting in New Zealand ophthalmologists and ophthalmic researchers becoming recognised internationally. It is a specialty which is serving New Zealanders superbly.

## Walking in the Auvergne

This walking guidebook describes 42 day routes exploring the stunning Auvergne region in central France. The walks are ideal for day walkers and hikers, with routes ranging from easy 5km outings to more challenging 20km hikes. All are illustrated with clear mapping and colour photographs. The guide focuses on the best routes in five different areas, including Cantal, the Chaîne des Puys (Monts Dômes), the Monts Dore, the Haute Loire (Livradois and Velay) and the Montagne Bourbonnaise, with bases including Vichy, Clermont-Ferrand and Puy-en-Velay. The routes in this guidebook offer walking on truly spectacular volcanic landscape, with grassy domes and volcanic bowls and long, rambling ridges, yet the walking is generally suitable (nothing over 1,900m) for all walkers, and the area is both accessible and provides a wide range of cultural and historical (and geological) interest. The guidebook also provides a wide range of practical information for visiting the Auvergne, with accommodation transport, and preparation advice, as well as providing a wealth of detail on the many places of interest along the walks.

## The Nantes-Brest Canal

An illustrated guide to the entire 365km length of the Nantes-Brest Canal, this book looks at the history and evolution of the waterway, as well as providing practical information on nearby hotels, B&Bs, hostels, campsites and other local amenities.

## Rick Stein's Secret France

Real French home cooking with all the recipes from Rick's new BBC Two series. Over fifty years ago Rick Stein first set foot in France. Now, he returns to the food and cooking he loves the most ... and makes us fall in love with French food all over again. Rick's meandering quest through the byways and back roads of rural France sees him pick up inspiration from Normandy to Provence. With characteristic passion and joie de vivre, Rick serves up incredible recipes: chicken stuffed with mushrooms and Comté, grilled bream with aioli from the Languedoc coast, a duck liver parfait bursting with flavour, and a recipe for the most perfect raspberry tart plus much, much more. Simple fare, wonderful ingredients, all perfectly assembled; Rick finds the true essence of a food so universally loved, and far easier to recreate than you think.

## The Rhine Cycle Route

Guidebook to cycling the River Rhine from source to sea, through Switzerland, Germany, France and the Netherlands. The 1372km route from the summit of Oberalppass to the Hook of Holland is split into 27 stages, mostly following well-surfaced cycle tracks. Includes information on facilities, useful contacts and a language glossary.

## The Moselle Cycle Route

This guidebook provides 14 stages of route description to cycling along the Moselle river, a route that offers stunning scenery, plentiful accommodation and places to eat and drink, and straightforward cycling throughout. A well-waymarked, generally downhill 512km route, it is mostly off-road and on well-surfaced cycle tracks (mainly asphalt) with virtually no gradients, and the majority is along the riverbank or on canal towpaths. From its source in the Vosges Mountains of eastern France, the Moselle flows through the French region of Lorraine and crosses into Luxembourg then into the German Rheinland region before it reaches its confluence with the Rhine at the west German city of Koblenz. Suitable for both veteran long-distance cyclists and for newcomers to cycle touring who wish to start with an easy-to-follow journey, the route can be completed in a week by fit cyclists, cycling two stages per day. Two weeks allow for alternative stages and optional excursions through the Saar and Rhine gorges and to visit the Boucles de Moselle and the city of Luxembourg, and give enough time for sightseeing and a leisurely riding pace.

## Canal du Midi

This is a must-have compact travel guide to the Canal du Midi, a picturesque waterway in Southern France, popular for boating trips and holidays. The Canal du Midi is recognised as one of the most beautiful and popular waterways in Europe. It is an UNESCO world heritage site and attracts many visitors every year. It's widely regarded as the perfect boating region for wine tasting, sightseeing

at medieval villages and cities, and visiting cafes and restaurants. This up-to-date, comprehensive travel guide covers all the practical information and sightseeing opportunities boaters need to know about during their holiday on the canal, including: -Highlights and itinerary for Canal du Midi trips for easy planning -Insider travel tips for your boating holiday: where to stop off, sightseeing highlights, recommended restaurants to visit along the way -Essential practical nautical information such as how and where to charter, locks, bridges and berths and so on -Concise English-French dictionary with the most important vocab -Fantastic photography and useful route maps

### Cycling Northern France

"The book and map describe touring routes north of the Loire. The book also details an additional 100-plus greenways, covering all the major off-road traffic-free trails in Northern France. The waterproof map describes 8 touring routes with 1:200,000 Michelin mapping plus detailed area and town maps. The 8 routes are - Brittany Coast to Coast; Around the Cotentin; St. Malo - Mont St. Michel Circular; Avenue Verte & Seine Valley (Dieppe-Paris-Le Havre); Boulogne to Lille; Paris & the Marne Valley; Rhone to Rhine via the Vosges; and, North Burgundy (Burgundy & Nivernais Canals). The accompanying 256 page book has supporting information for the featured touring routes including directions, cycle-friendly accommodation listings and places of interest. The section on greenways explores these additional routes region by region, the majority being detailed on 1:200,000 Michelin maps - ideal rides for day trips and long weekends."--Publisher description.

### Berlitz: River Cruising in Europe

A river cruise is undoubtedly the most civilized way to see the best of Europe; you can relax in the comfort of a small vessel as you glide through picturesque towns and spectacular scenery. But how do you choose which cruise company, which kind of rivership, and where to go? This thoroughly updated and expanded new edition of the Berlitz guide to River Cruising in Europe will tell you everything you need to know about taking a cruise along Europe's beautiful rivers and waterways. The book cuts through the brochures' hype - almost every river cruise company promises you luxury. But what does 'luxury' really mean? The guide gives you unbiased advice on the different kinds of river vessels and the facilities they offer, helping you to make an informed choice. We take you on a journey along Europe's rivers and waterways, describing the highlights along the way - the historic cities and majestic scenery of the Danube, the castles and vineyards of the romantic Rhine, and much more. Also included are listings for over 200 riverships, which are described and impartially rated, so that you can easily compare them and their facilities.

### The River Rhone Cycle Route

Guidebook to cycling the Rhone Cycle Route, an 895km ride through France and Switzerland from the Swiss Alps to the Mediterranean Sea. Divided into 20 stages, each approximately 45km long, the route can be completed by most cyclists in 10 to 14 days. Includes information on preparation, navigation, accommodation and amenities on route.

### Cycling London to Paris

This guidebook describes two cycle routes between London and Paris: the 490km 'classic route' and the 387km Avenue Verte. Passing through rolling chalk downland and characterful market towns, the trails link these two great cities with their grand buildings, famous museums and iconic monuments. Ideal both for cycle-touring holidays and charity challenges, both routes are well within the capabilities of cyclists of moderate fitness and will generally take between five days and a week - meaning that a round trip, including a few days sightseeing in Paris, can easily be accomplished in a fortnight. The routes are described in both directions, with the primary route description running from London to Paris. The classic route is presented in eleven stages; the Avenue Verte in nine, with clear step-by-step directions accompanied by mapping, elevation profiles and notes on local points of interest. A comprehensive introduction covers all the practicalities, such as Channel crossings, accommodation and what to take, and also offers a fascinating historical overview of southern England and northern France. A summary of facilities, useful contacts and an English-French glossary can be found in the appendices. The classic route crosses the Channel between Dover and Calais and makes use of quiet country roads, rural tracks and dedicated cycle paths, with a number of off-road sections. Developed to celebrate the 2012 London Olympics, the Avenue Verte is fully waymarked and makes maximum use of Sustrans off-road cycle tracks in England and voies vertes (rural cycle routes) in France: it uses the slightly

longer Newhaven-Dieppe crossing. Cycling from London to Paris draws on the best of both worlds: England and France; the bright lights and vibrant attractions of the city and the delightful scenery of Kent, Sussex, Hauts-de-France and Normandy. The journey offers a wonderful cycling experience, as well as a unique insight into the cultures of both nations.

### The Seine River Basin

Trajectories of the Seine River Basin.- The evolution of the Seine basin water bodies through historical maps.- Pluri-annual water budget on the Seine basin: past, current and future trends.- The Seine watershed water-agro-food system: long-term trajectories of C, N, P metabolism.- Past and future trajectories of human excreta management systems - the case of Paris 19th-21st centuries.- How agricultural practices should be integrated to understand and simulate long-term pesticide contamination in the Seine River basin?.- Mass balance of PAHs at the scale of the Seine River basin.- Ecological functioning of the Seine River: from long term modelling approaches to high frequency data analysis.- Aquatic organic matter in the Seine basin: sources, spatio-temporal variability, impact of urban discharges and influence on micro-pollutant speciation.- Experience gained from ecotoxicological studies in the Seine River and its drainage basin over the last decade: applicative examples and research perspectives.- Sedimentary archives reveal the concealed history of micropollutant contamination in the Seine River basin.- Changes in fish communities of the Seine Basin over a long-term perspective.- Bathing activities and microbiological water quality in the Paris area: a long-term perspective.- Contaminants of emerging concern in the Seine River basin: overview of recent research.- River basin vision: tools and approaches, from yesterday to tomorrow.

### How to Sketchnote

Educator and internationally known sketchnoter Sylvia Duckworth makes ideas memorable and shareable with her simple yet powerful drawings. In *How to Sketchnote*, she explains how you can use sketchnoting in the classroom and that you don't have to be an artist to discover the benefits of doodling! Sketchnoting (aka visual note-taking) allows students to see the bigger picture in the concepts they are studying, make connections in their learning, and display their learning process--and all of that leads to better retention. In this fun and inviting book, Sylvia equips you with the basic tools you and your students need to introduce doodling and sketchnoting in the classroom. With step-by-step sketchnote practice sessions and 180+ icons you can use or adapt to represent your ideas, *How to Sketchnote* will inspire you to embrace the doodler within--even if you think you can't draw.

### The Wine Bible

No one can describe a wine like Karen MacNeil. Comprehensive, entertaining, authoritative, and endlessly interesting, *The Wine Bible* is a lively course from an expert teacher, grounding the reader deeply in the fundamentals—vine-yards and varietals, climate and terroir, the nine attributes of a wine's greatness—while layering on tips, informative asides, anecdotes, definitions, photographs, maps, labels, and recommended bottles. Discover how to taste with focus and build a wine-tasting memory. The reason behind Champagne's bubbles. Italy, the place the ancient Greeks called the land of wine. An oak barrel's effect on flavor. Sherry, the world's most misunderstood and underappreciated wine. How to match wine with food—and mood. Plus everything else you need to know to buy, store, serve, and enjoy the world's most captivating beverage.

## The Writing Public

Inspired by the reading and writing habits of citizens leading up to the French Revolution, *The Writing Public* is a compelling addition to the long-running debate on the link between the Enlightenment and the political struggle that followed. Elizabeth Andrews Bond scoured local newspapers throughout France for the two decades prior to the Revolution and the first three years of the Revolution, shining a light on the 'letters to the editor'. These letters were a form of early social media, constituting a lively and ongoing conversation amongst readers. Bond takes us beyond the glamorous salons of the intelligentsia, into the everyday worlds of craftsmen, clergy, farmers, and women, all of whom composed these letters. We thus get a fascinating glimpse into who participated in public discourse, what they most wanted to discuss, and how they shaped a climate of opinion. *The Writing Public* offers a novel examination of how French citizens used the information press to form norms of civic discourse and shape the experience of revolution. The result is a nuanced analysis of knowledge production during the practical Enlightenment.

## Camino de Santiago: Camino Frances

Guide to walking the Camino Frances through northern Spain, the most popular version of the Camino de Santiago pilgrimage or Way of St James, covering the 784km from St-Jean-Pied-de-Port to Santiago de Compostela. The guidebook is everything you need to plan your camino. It describes the route in 36 stages and lists 500 pilgrim lodgings along the camino, including public and private albergues, with a description of facilities available at each, allowing the route to be customised to suit your own itinerary. The accompanying map book is ideal for day-to-day use, with maps for the entire route showing the locations of accommodation and services, as well as over 100 useful town and village maps. Divided into 6 sections, the guidebook includes an additional section from Santiago de Compostela to Finisterre and Muxia on the Galician coast. Each section is broken down into detailed stages with easily customisable start and finish points due to the amount of accommodation available en route. This two-part guidebook and map book provide an abundance of advice on planning and preparation, sample itineraries and detailed information that allows complete customisation of the Camino, making this an ideal guidebook for all pilgrims walking the Camino Frances.

## From Sea to Sea

When ex-headmistress Anne Mustoe gave up her job, bought a bike and took to the road, she couldn't even mend a puncture. 12,000 miles and 15 months later, she was home. Her epic solo journey took her around the world, through Europe, India, the Far East and the United States. From Thessaloniki to Uttar Pradesh, from Chumphon to Singapore, she faced downpours, blizzards and blistering deserts, political turmoil and amorous waiters - alternated with great kindness from strangers along the way. *A Bike Ride* is the first in the series of Anne Mustoe's successful and inspiring travelogues.

## A Bike Ride

Award-winning author Steven Herrick journeys across France on a bicycle, meeting the locals and savouring the pleasures of french food. Beginning on the Atlantic coast of Brittany, the author follows the Loire Valley, the Saone River and numerous canal paths through vineyards, quiet forests and small villages, accompanied by his slow red bicycle, christened Craig after a well-known weight-loss guru. But does the author listen to slimming advice? Non! Adopting the intriguing mantra that 'cycling is just an interlude between meals,' Steven Herrick indulges in three courses for lunch and four courses for dinner, straining the bounds of lycra-clad good taste while testing the frame strength of his bicycle. Not content with crossing France from west to east and cycling over 1,200 kilometres, the author also decides to tackle the iconic mountains of the Tour de France. Mont Ventoux, Alpe d'Huez, Col du Galibier and more... in search of cycling nirvana and the perfect boulangerie. 'baguettes and bicycles' is an adventure, a restaurant safari and a travelogue for those who enjoy slow food, easy cycling... and fast descents!

## Baguettes and Bicycles

This book, written by the celebrated nineteenth century French economist propagating free trade, reads as it was written yesterday.

## Economic Fallacies

This guidebook highlights routes around Bordeaux, the Garonne Canal and the Pyrénées in the Aquitaine Region of southwest France. There are 16 cycling routes mapped and profiled. The guide includes 53 commentaries on villages, a canal, rivers, historical people and points of interest along the way. Included with each route are waypoints that locate their position longitude and latitude in degrees, minutes and seconds, and in digital format. Details: 131 pages; 11" x 8.5"; English; 16 two-page color route maps; one single page color overview map; 7 village and town maps; 238 color photographs. You can handle any and all of these sixteen routes, from the highest paved road in the Pyrénées to the flat woods in the Médoc. It all depends on your lungs, thighs, patience and proper selection of grandparents. In addition to the routes way up four Mountain passes, two routes utilize the Piste Cyclable Roger Lapébie, and four routes follow the cycle path along the Canal de Garonne. Visit Eleanor of Aquitaine's city of Bordeaux, King Henry IV's château in Nérac, ask about Richard the Lionheart's chamber overlooking the Eymet central square, and walk around site of the last battle of the Wars of Religion in Castillon-la-Bataille. Then throw in a couple morning markets along with Castillonès, Agen, Villeneuve-sur-Lot, Pau and Oloron-Ste-Marie. Basic data are included on selecting a community, finding and renting a gîte, bringing your bike or renting a good one, having or renting a vehicle, driving in France, what to bring, buying groceries and something on restaurants.

### Urbanus cyclus

Cruising Association guide to the inland waterways of France, Belgium and Luxembourg (with 25 per cent discount offer on first year's CA membership). Updates to 31 October 2019.

### Cycling the Canal Du Midi

A guide to cycling the Canal du Midi in the Languedoc, France. A UNESCO World Heritage Site the canal meanders through lush countryside rich in history and offers flat, car-free paths and excursions to the nearby hills. Ideal for anyone planning a cycling holiday, locals wanting to explore or canal travellers needing to stretch their legs.

### BORDEAUX & the PYRÉNÉES - A BICYCLE YOUR FRANCE GUIDEBOOK (SECOND EDITION)

A concise and unique reference work central to any serious examination of the Army's involvement in World War I. Reproduced in 5 volumes, the original volume numbering and consecutive pagination remain unchanged to assist researchers using citations to the first printing

### Roads in the Countryside

"Often plagiarized by other guide writers, Blue Guides have always been a gold standard for accuracy and depth." Daily Telegraph Southwest France is an increasingly popular destination for people who want to steep themselves in the tranquility afforded by the country's landscape. Delia Gray-Durant carefully takes us through this unforgettable area, offering detailed information on everything from art and architecture to where to stay and the best festivals to attend. Color photographs, maps, floor plans, diagrams.

### Cruising the Inland Waterways of France and Belgium

This guidebook spotlights routes around Bordeaux, the Garonne Canal and the Pyrénées in the southwest of France. There are 16 cycling routes mapped and profiled. The guide includes 53 thoughts on some villages, a canal, rivers, historical people and points of interest along the way. Included with each route is the latest method for listing Waypoints that locates its longitude and latitude in degrees, minutes and seconds (to the hundredth), and in digital format. Elevation data was acquired every 200 meters on each route and new profiles drafted. As with all other BICYCLE YOUR FRANCE guidebooks, this guide also offers a companion, QUEUE SHEETS, with just the Waypoint GPS located listings, route maps and elevation profile. Details: 109 pages; 11" x 8.5"; English; 16 two-page color route maps; one single page color overview map; 197 color photographs and illustrations. In addition to the print format, this guidebook and the Queue Sheets are available for Kindle devices and in the Adobe Digital Editions for Apple iPad devices. Route maps are presented in two halves in 800x1260 pixels appropriate for the 7" and 8.9" Kindle Fire HD. Smaller graphics and photographs are in 800x1260 pixels. You can handle any and all of these sixteen routes, from the highest paved road in the Pyrénées to the flat woods through the Médoc. It all depends on your lungs, thighs, patience and proper selection of grandparents. All the routes are through the Aquitaine Region of southwest France with its extraordinary history. The



jagged, snow-capped peaks of the Pyrénées are breathtaking, physically and emotionally. But this great range is very approachable. In addition to the routes way up four mountain passes, two routes utilize the Piste Cyclable Roger Labadie, and four routes follow the cycle path along the Canal de Garonne. Visit Eleanor of Aquitaine's city of Bordeaux, King Henry IV's château in Nérac, ask about Richard the Lionheart's chamber overlooking the Eymet central square, and walk around the last battle of the Wars of Religion in Castillon-la-Bataille. Then throw in Castillonès, Agen, Villeneuve-sur-Lot, Pau and Oloron-Ste-Marie. This becomes a journey through the Middle Ages. Basic data are included on selecting a community, finding and renting a gîte, bringing your bike or renting a good one, having or renting a vehicle, driving in France, what to bring, buying groceries and something on restaurants. With each new guidebook I become more convinced that the best way to engage totally with a region is to bicycle it. Get out there you cycling pilgrims.

### Cycling the Canal du Midi

This guide to the Dordogne and the Lot features coverage of diverse sites (cave paintings to abbeys), details of regional activities, and reviews of the best places to stay, eat and drink in all price ranges, from campsites to chateaux.

### Order of Battle of the United States Land Forces in the World War

Blue Guide - Southwest France