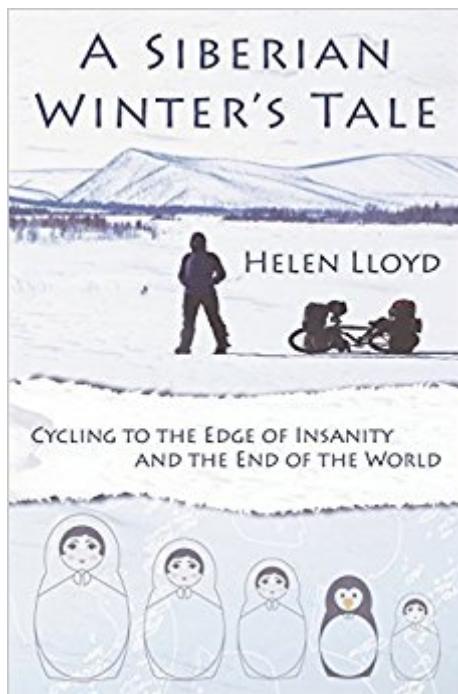


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# A Siberian Winter's Tale - Cycling To The Edge Of Insanity And The End Of The World



## **Synopsis**

A Journey of Discovery driven by the Call of the Wild. In the depth of winter, Helen Lloyd spent three months cycling solo across one of the most remote, coldest inhabited regions of the planet - Siberia. In temperatures down to -50° C, she battled against the cold, overcoming her fear of wolves and falling through the ice of a frozen lake. Alone in a hibernating land with little to stimulate the senses, the biggest challenges were with her mind as she struggled with the solitude. With flashes of humour and riveting, graphic descriptions that will have you living each moment with her, Helen Lloyd describes the fear, uncertainty and joy of riding through a frozen, icy world. Yet, A Siberian Winter's Tale is a touching story full of warm-hearted moments that are gifted to Helen by strangers along the Road of Bones.

## **Book Information**

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## **Customer Reviews**

Quite a negative Nancy Helen has turned out to be. This book was mentioned on a podcast that I listen to and the promise was clever and clear writing. I've only gotten a few chapters into the book, on repeated attempts, but all she talks about his how big her challenge is, again and again.

Unconsciously we all have a death wish. We all know too little. We have perception as a reference. Seek and seek only to find nothing. Why did we not get answers? We have the past as a guide. We think we know. But at the end we seek again. In the meantime.... Our unconscious drive us. Conquering fear. It's all in the mind. The driver. Heal the mind. Enjoy Helen. You remind me of my seeking for peace of mind.

This book is not what I expected. I thought it would be more of a solo adventure. It was somewhat enjoyable.

Excellent adventure! How Helen kept going is beyond me. I get cold just opening the door to the fridge.

I remember Helen and I had contact via Facebook, she was cycling in a minus 50 degrees icy cold while I was cycling in a plus 50 degrees heat. We both found it kind of hard to deal with, but we both love what we are doing too. And that is exactly written in this tale about cycling in a Siberian winter. It is a vivid story about all the happenings while on, and off, the road. Helen her style of writing is such that is hard to put the book down. At times it is attractively described, sometimes just as it is: hard, tough. I find it an honest story. She doesn't repeat herself in her word usage, she always keeps original without endlessly going on. She is not bragging about her act cycling through (one of the) coldest area's in the world. Helen knows how to write, no word too much, no word too little. It's a kind of book you want to read continuously in. Being a cyclist myself, the story is very recognizable. It's fun to read Helen habits, interesting (and at times recognizable again) to read her thoughts and admirable to read her adventure... It is a story so honestly and vivaciously told it makes me want me to cycle through Siberia, but not in a minus 50 degrees. What a POWER Helen has! Unbelievable!

This is one of those books, like Jon Krakauer's Into Thin Air, that allows you to find out what a really hairy adventure is like without actually having to do it yourself. Who would choose to ride a bike across Siberia in winter, alone? Helen Lloyd would! Helen's honest and humorous writing makes you feel like her intimate companion on the ride. In addition to beautiful descriptions of people and place, Helen's personal reflections on her journey add depth and provide food for thought. I found myself highlighting many passages because Helen had summed up a truth about people or life so well. A compelling read that I'll never forget. Highly recommended!

Helen's African odyssey made me fall in love with her bravery and adventurous character and I thought of how difficult it was for her to journey through the jungle but her Siberian trek through the coldest place on earth is other worldly. In Africa she always had people around but in Siberia it was an oppressive loneliness. Helen Lloyd is truly and singularly unique individual.

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