

# A WORLD FOR CYCLISTS

THE ALGARVE HAS IT ALL  
PERFECT FOR BIKING!



THE ALGARVE, TOP DESTINATION FOR ROAD BIKE TRAINING  
DRESS UP RIGHT - COTE D'AZUR BY BIKE: NICE-MARSEILLE



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## EDITORIAL

I recently read *Poles Apart: a Heartwarming Journey on Ice*, by miss Bernice Notenboom, the Dutch polar expedition specialist. I totally agree with her: there is, somehow, a great joy in voluntarily enduring extreme discomfort. In fact, it gives you everything: a boost to your self confidence, togetherness with fellow sufferers, mental testing, stretching your physical limits, reaching goals. And afterwards there is pride, everlasting happiness, friendship, a continuous source for pub talk and memories which will last a lifetime.

Cycling is one of the most healthy sports. The best branch of sports, I daresay. Your bike will become a formidable antagonist, rest assured. However, the moments of bliss are way larger in quantity. Fast-tracking through the forest in the early morning sun, warm apple pie as your reward. Aim, with friends, at something tempting: Nice-Marseille 'en vélo' - the Cote d'Azur by bike. You will enjoy it with everything you've got. Like we did! The paralysing cramp my cycling buddy got whilst climbing the mountain to reach Collobrières will be forever in his memory; a hero he was as - just for darkness fell- he overcame it.

And what to say of cycling the Algarve hills. 1000+ altitude meters rides in large amounts available. One of the most ideal regions for good training sessions, all year round, under a nice and comforting sunshine. Algarve has it all for bikers. Do check the backlands, the region behind the coast. The cyclist European top destination it is, rest assured.

Yes, cycling is suffering in many ways, for me too. But I love it with every fibre of my being.

Your Editor in Chief.

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## THE ALGARVE, THE TOP FOR ROAD BIKE TRAINING MAKE CONSCIOUS CHOICES, DRESS UP RIGHT

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