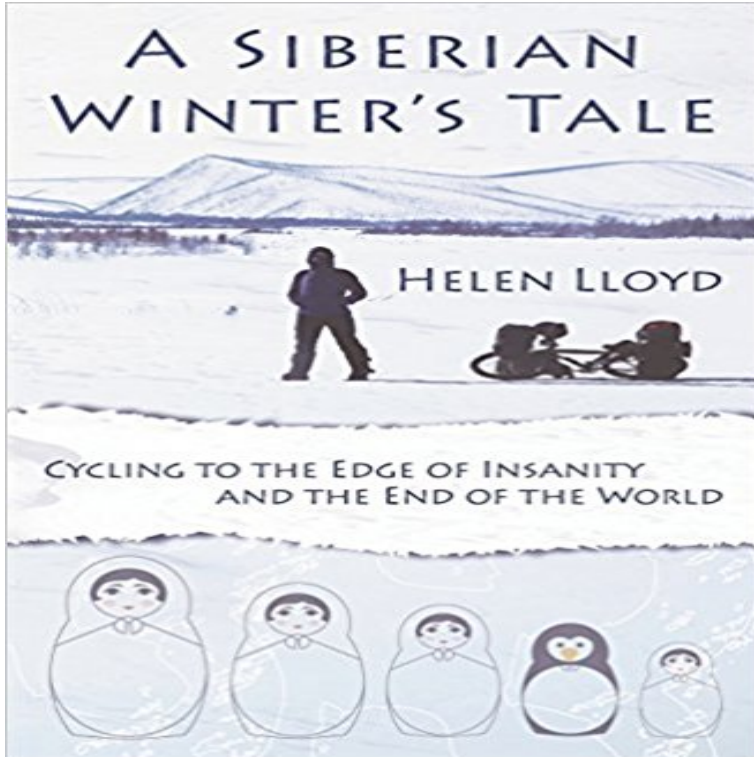


# A Siberian Winters Tale - Cycling to the Edge of Insanity and the End of the World



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 -50C, 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 Winters Tale is a touching story full of warm-hearted moments that are gifted to Helen by strangers along the Road of Bones.

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