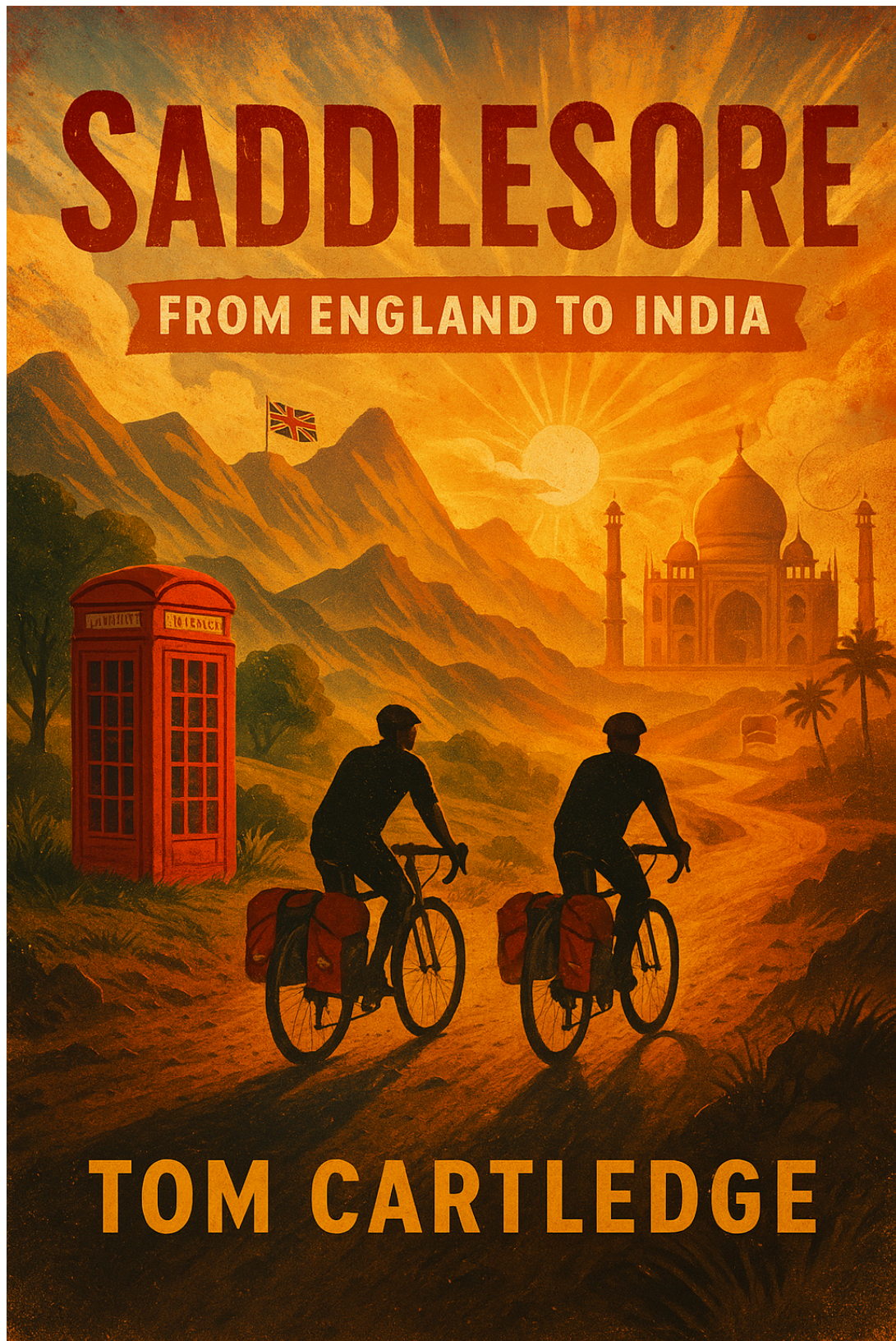


SaddleSore: From England to India – 8,000 km, 10 countries, and one very questionable idea on two wheels.



About the Book (short)

SaddleSore: From England to India is the true, funny and occasionally profound story of two ordinary friends who cycled 8,000 km from Harrogate to India with no plan, no training, and no safety net – discovering that the world is much bigger, kinder and stranger than they ever imagined.

About the Book (long)

In 2013, two ordinary lads from Harrogate decided to do something ridiculous: cycle to India on cheap bikes, with little to no sponsorship, no support car, and barely a plan. Over 8,000 km and 10 countries later, they'd pedalled through snowstorms in Central Europe, battled feral mountain dogs in Bulgaria, escaped robbery in Georgia, faced visa nightmares, dodged desert traffic in Iran, and relied on the kindness of strangers more times than they could count.

SaddleSore: From England to India isn't a how-to guide. It's a love letter to bad ideas, stubborn friendships, and the messy, generous world beyond your doorstep. Raw, funny, and occasionally reflective, it's about what happens when you strip life back to the basics: a bike, a road, and an open horizon.

About The Author

Tom Cartledge is a British traveller and writer. He has hitchhiked, cycled and blagged his way across more than 30 countries. *SaddleSore* is his first book – a memoir about grit, stubborn friendships, and the generosity of strangers. When he's not on a bike, he's at home in the Netherlands, chasing his kids around, trying to support his wife and dreaming up the next terrible idea.

Key Facts

Title: *SaddleSore: From England to India*

Author: Tom Cartledge

Format: Paperback / eBook

Page count: 350 pages

Publisher: Self-published (Amazon KDP)

Website: <https://saddlesore.studio>

Themes: Adventure, travel, endurance, humour, cycling, friendship

Route: UK → The Netherlands → Germany → Czechia → Austria → Slovakia → Hungary → Croatia → Serbia → Bulgaria → Greece → Turkey → Georgia → Armenia → Iran → UAE → India

Charities we supported:

- [Saint Michael's Hospice, Harrogate](#)
- [The Railway Children](#)

Interview Topics / Talking Points

- Why decide to cycle to India with no experience?
- Funniest and scariest moments on the road
- What the trip taught about kindness and trust
- How the book came to life
- How ordinary people can do extraordinary things

Contact / Press Enquiries

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