

[E-BOOK] Hard Road To Nirvana: A Solo Bicycle Journey Through Tibet And Along The Himalayas

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Matthew Cull

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Matthew Cull : Hard Road To Nirvana: A Solo Bicycle Journey Through Tibet And Along The Himalayas
before purchasing it in order to gage whether or not it would be worth my time, and all praised Hard Road To Nirvana:
A Solo Bicycle Journey Through Tibet And Along The Himalayas:

0 of 0 people found the following review helpful. His descriptions of the mighty landscapes he views from the bike or on foot show his great love of the world's natural beauty. By Bill Mackay Matthew's elite athleticism enables him to cycle vast distances and wander on foot at will over mountain ranges but his genuine interest in the people and cultures he writes about and photographs so well comes about by seeking out and taking his time to appreciate all around him. His descriptions of the mighty landscapes he views from the bike or on foot show his great love of the world's natural beauty. And all understated too. Rabid dogs, border guards, snow, rain, dust, cyclonic winds, long officialdom delays, getting lost, are treated as just part of the journey. Loneliness is addressed candidly. There is no mystery, if you want to emulate an adventure similar to Matthew then some serious fortitude needs to be on the bike along with the 80lb of equipment. 0 of 0 people found the following review helpful. Amazingly resolute adventurer! By Laurie Loeb Matthew's account of his journey conveys the wonder, grandeur, beauty and agony of a true pilgrim seeking one's own heights of existence. "Riding side-saddle" by reading his book, one can share his sense of delight, suspense and fascination with the world around him, as well as the depths of his inner landscape. Albeit a far cry from the actual experience, this riveting glimpse into an extraordinarily resolute being's life choices leaves me in awe. Well worth the read! 1 of 1 people found the following review helpful. Read this book if you want to travel by bicycle or want to experience the trip from the comfort of your living room! By Mona Newton What struck me about this book is Matthew's adventurous spirit despite the hard riding, the lack of pavement, the guards, etc. He had the grit to keep going on his journey even when most of us would have given up. His appreciation for culture and the people he encountered along the way and his ability to share that with us is truly a gift!

Starting in Yunnan Province of southern China, Matthew bicycled alone, unsupported, and without the necessary permits, into the mountains of Tibet. Cycling roads that varied from smooth pavement to rough rocks and cobbles, he climbed high snow covered passes, crossed through deep arid canyons, and cycled past police checkpoints at night to avoid detection. His tortuous path eventually led him to Tibet's capital, Lhasa, where he trekked through the surrounding mountains, explored its monasteries, and delved into the Tibetan Buddhist culture and its tragic relationship with its modern day overlords. His journey continued past Everest base camp and dropped into the verdant green of Nepal. Matthew continued west on the baking, chaotic plains of India before turning north, cycling deeper into the mountains, over ever higher passes, to Ladakh, to finish on the edge of the Muslim world, on the India-Pakistan cease fire line. High Road to Nirvana is a story of a supremely difficult journey of harsh roads, high altitude, climatic extremes, and trying human circumstances. Yet it is also a thoughtful exploration of the Tibetan Buddhist lands, its people, culture, religion, landscape, and its modern day situation. It is a grand solo journey, a hard-won pilgrimage, through a dramatic and beautiful, yet unforgiving landscape, told with perspective, sensitivity, and insight. Includes 15 photographs

About the Author Matthew Cull, a native of Australia, and current resident of Aspen, Colorado, USA, has spent much of a lifetime exploring the world, primarily by self powered means: cycling and walking. His journeys by bicycle have taken him through 72 countries, across six continents, and his long distance hiking has taken him along the length of both the European Alps and Pyrenees. This slow, deliberate progress has allowed him to find isolated corners far from the beaten path, and to make a contact with the land, its people, and elements, unhindered by glass, metal, speed or apparent affluence. The added effort and energy is more than amply countered by a richer and deeper experience that allows time for savoring the beauty, reflecting on cultural differences, and to notice the similarities of folks across the cultural divide. The physical journey also reflects in the internal journey and process, giving rise to a better knowledge of self, personal capability, the joys of human endeavor, accomplishment, and what it takes to succeed. The extensive photo library Matthew has generated along his journeys highlights the beauty and reality of the world and its peoples. Matthews work places emphasis on traditional culture, activity, and religion and the array of human emotion and human activity within landscape. Matthew has published two adventure narratives about several of his journeys: Solo Bicycle Journeys Across Six Continents and Hard Road to Nirvana, thoughtful and dramatic stories about hard won explorations by bicycle across the planet. He has also published six fine art photography books of candid and spontaneous photographs of people from non-western countries, under the series title, International Celebration of Culture, with individual titles: Women, Men, Kids, Parent and Child, Faith, and Marketplace. These books celebrate humanity and cultural diversity, an aspect that is diminishing as the world becomes progressively more modern