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**Eleanor Emberson**

Adventures in the Czech countryside today. Olbramovice to Tábor by busy major road is only just over 30km. On poorly signposted back roads, we wound up doing about 50km. Turns out that 50km of continuous rolling

hills in 30+ degree heat is at least as tough as 100km along a river valley, but we made it. (I realise that 30 degrees is nothing to the Scottish heatwave, but more than enough for me - thank you, thank you to LifesCycle for getting us ready for this.) Fortunately, Tábor turned out to be full of very welcoming cafes, one of which provided the mother, father and grandparents of all iced coffees. Trains morning and evening were efficient, if crowded. New skills acquired this trip: manhandling fully laden bike up and down escalators; spotting bike path signs carefully hidden in trees/100m past the critical junction/twisted round to face the wrong way; negotiating cobbles, gravel, sandy cart tracks and potholes on the aforementioned fully-laden and suspensionless touring bike (note: Edinburgh Council must have credit for very useful training on the last of these). Tomorrow we work out how we cover nearly 200 miles to Vienna, including big hills for the first 60 or so, by Monday night. I foresee more trains! — with [Bruce Ryan](#) at [Město České Budějovice](#).

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**Angela Warren** That looks awesome!  
July 19 at 8:39pm · Like



**Fiona Duncan** Well done to you both, sounds like ideal training for your trip along the Forth and back!!!!  
July 19 at 8:48pm · Like



**Richard Laing** Wow!

Allowed on Timeline

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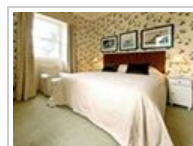
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