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Saddle Up, Ladies!

A Cycling Guide for Women

Author: Louise Roussel (Text/illustrations)

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A cyclofeminist call and an invitation to discover cycling in all its forms, from urban rides to bikepacking, for a more inclusive cycling culture!

The future of cycling will be female! A cyclofeminist call and an invitation to discover cycling in all its forms, from urban rides to bikepacking, toward a more inclusive cycling culture! Whether it's bike-commuting, gravel riding, bike racing, mountain biking, ultra-distance cycling, bikepacking, bike trekking, bike touring or flashpacking, this book has it all! Women's voices are a source of inspiration, and with her firsthand account, Louise Roussel proves that a passion for cycling can grow out of nothing, sparked by pure chance. Eighteen other women cyclists share their own experiences, showing how accessible and liberating cycling can be.

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