

CUMBRIA – February 2020

see *England, Lancashire and Scotland*

NCN Cycle Route Map:

72: Hadrian's Cycleway, Ravensglass to Tynemouth **£9.99** (2017)

Pocket sized guide to the NCN:

31: South Cumbria & The Lake District Cycle Map **£7.99** (2015)

35: North Cumbria & Dumfries Cycle Map **£5.99** (2016)

Cycle Tours In & around the Lake District, on and off-road routes taking less than a day, Nick Cotton **£12.99** (2011, Cordee)
<http://shop.sustrans.org.uk/> to order online (1/20)

Reivers Cycle Routes see *England* (1/20)

Access on MOD Warcop Training Area **FREE**

www.cumbria.gov.uk/roads-transport/public-transport-road-safety/countryside-access/openaccess/Warcop.asp to download/obtain (2/20)

Grizedale Forest - Cycling & mountain biking trails

www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale for details (2/20)

Whinlatter Forest - Cycling & mountain biking trails

www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter for details (2/20)

Biking the Eskdale Trail

www.lakedistrict.gov.uk/_data/assets/pdf_file/0019/172009/eskdale_trail_leaflet.pdf to download

Easy Cycling in the Central Lakes

www.lakedistrict.gov.uk/_data/assets/pdf_file/0009/941256/RB7472-Cumbria-Tourism-Easy-Cycling-guide-V5.pdf to download routes

Keswick to Threlkeld Railway Trail (currently closed due to flood damage)

www.lakedistrict.gov.uk/caringfor/localcommunities/northern-lake-district-area/keswick-to-threlkeld-railway-trail for latest updates (2/20)

4 Seasons Fred Whitton Bike Tour

Go Lakes Cycling Guides:

Cycling from Hawkshead

Cycling around the Three Valleys

Cycling around the Cartmel Peninsula

Cycling around Bowness and Windermere

Cycling from Ambleside

Cycling from Coniston

Cycling around Kendal

Biking around Keswick

Cycling from Cleator Moor & Egremont

Mountain Biking in the Western Lake District

Coastal Cycles in the Western Lake District

Cycling from Appleby & Kirkby Stephen

Biking around Ullswater

Biking around Alston

Family Routes & other routes

www.golakes.co.uk/adventure-capital/cycle-guides-download.aspx to download (2/20)

Cycle & Sea - Arnsdale & Silverdale AONB, 5 rides (2012)

www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see to download (2/20)

Cycling at Ravensglass & Eskdale Steam Railway, travel by steam train before cycling through the Eskdale Valley

Cycle Routes in Eskdale, 3 route cards **95p each**

<https://ravenglass-railway.co.uk/plan-visit/things-to-do/cycling/> for details (2/20)

Carlisle Walk and Cycle Map (2008)

www.cumbria.gov.uk/elibrary/Content/Internet/544/907/5123/39737154029.pdf to download (2/20)

Penrith Cycle Routes

www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith to download (2/20)

Suggested cycle routes in the Kendal Area

www.kdcs.org.uk/p/routes.html to download (2/20)

Goldeneye Mountain Bike Routes Map: Lake District **£6.99** (2nd Edition 2006)

www.goldeneyeguides.co.uk to order on-line (1/20)

Harvey Maps: Lake District Superwalker Maps £13.50 each; £50 for all (XT25 Edition)

East, North, South East and West
www.harveymaps.co.uk to order on-line (1/20)

The Lake District Mountain Bike Maps £2.90 each

www.bikemaps.co.uk/lake-district-mtb/ to order on-line (1/20)

Lake District Mountain Biking, Essential Trails, Chris Gore & Andy Heading **£15.95** (2nd Edition 2010)

www.v-publishing.co.uk/books/categories/mountain-biking/lake-district-mountain-biking.html to order on-line (1/20)

Mountain Biking in the Lake District, Ian Boydon **£14.95** (2017)

Cycling in the Lake District, Richard Barrett **£14.95** (2016)

www.cicerone.co.uk (Menu, Activities, Cycling) to order on-line (1/20)

A Lake District Grand Tour, Pedalling through Lakeland, Mike Carden **£4.99**

www.bikeridemaps.co.uk/product-category/cycle-humour/ to order on-line (1/20)

50 Classic Cycle Climbs, Cumbria and the Lake District, James Allen **£9.99** (2016)

www.crowood.com (Sport) to order on-line (1/20)

The Bay Cycle Way, National Cycle Route 700 & Other Day Rides, Pete Martin & Janet Moss **£13** (2017)

www.theoffcomers.co.uk to order on-line (1/20)