

see England, Lancashire and Scotland

NCN Cycle Route Map:

72: Hadrian's Cycleway, Ravensglass to Tynemouth **£9.99** (2021)

Pocket sized guide to the NCN: **£7.99 each** (2021)

31: South Cumbria & The Lake District Cycle Map

35: North Cumbria & Dumfries Cycle Map

<http://shop.sustrans.org.uk/> to order online (7/23)

Reivers Cycle Routes see England (7/23)

MOD Warcop Training Area Access Opportunities FREE

<https://cumbria.gov.uk/roads-transport/public-transport-road-safety/countryside-access/default.asp?cookies=disable>
to download/obtain(2/23)

Grizedale Forest - Cycling & mountain biking trails

www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale for details (2/23)

Whinlatter Forest - Cycling & mountain biking trails

www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter for details (2/23)

Lake District Cycling

www.lakedistrict.gov.uk/visiting/things-to-do/cycling for details

Keswick to Threlkeld Railway Trail

www.lakedistrict.gov.uk/caringfor/localcommunities/northern-lake-district-area/keswick-to-threlkeld-railway-trail for details (2/23)

Biking the Eskdale Trail

www.lakedistrict.gov.uk/_data/assets/pdf_file/0019/102646/eskdale_trail_leaflet.pdf to download (2/23)

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

<https://ravenglass-railway.co.uk/plan-your-visit/timeables-and-fares> for details (2/23)

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

www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see to download (2/23)

Penrith Cycle Routes

www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith to download (2/23)

Suggested cycle routes in the Kendal Area

www.kdcs.org.uk/p/routes.html to download (2/23)

Goldeneye Off-Road Bike Routes: The Lake District £7.99 (2021)

Goldeneye Cycling Country Lanes & Traffic-Free Family Routes Map: Lake District £7.99 (5th Edition 2021)

www.goldeneyeguides.co.uk to order on-line (7/23)

Harvey Maps: Lake District Superwalker Maps £14.50 each; £52 for all (XT25 Edition)

East, North, South East and West

www.harveymaps.co.uk/acatalog/Lakeland-map-set-YHSWLAK.htm#SID=5 to order on-line (7/23)

Cycle Maps UK

Lake District & Cumbria Cycle Map (Map 22) (1:100 000) **£8.99** (2022)

www.cordee.co.uk/book-list.php?pub=CYCMAP to order on-line (7/23)

The Lake District Mountain Bike Maps £2.90 each

www.bikemaps.co.uk/lake-district-mtb/ to order on-line (7/23)

Lake District Mountain Biking, Essential Trails, Richard Staton & Chris Gore **£16.95** (2021)

www.adventurebooks.com/collections/guidebooks-cycling to order online (7/23)

Mountain Biking in the Lake District, Ian Boydon **£14.95** (2nd Edition 2021)

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

www.cicerone.co.uk (Menu, Activities, Cycling) to order on-line (7/23)

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

www.crowood.com/details.asp?isbn=9781785001246&t=50-Classic-Cycle-Climbs:-Cumbria-and-the-Lake-District
to order on-line (7/23)

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

<https://theoffcomers.co.uk/shop/> to order on-line (7/23)

Family Cycle Rides in the Lake District, Alf Anderson **£7.99** (2021)

Off-Road Rides in the Lake District, Jon Sparks **£7.99** (2022)

www.3peakscycles.com/out-there-guides-ltd to order on-line (7/23)