

## CUMBRIA – September 2019

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 (7/19)

**Reivers Cycle Routes** see *England* (8/19)

### Access on MOD Warcop Training Area **FREE**

[www.cumbria.gov.uk/roads-transport/public-transport-road-safety/countryside-access/openaccess/Warcop.asp](http://www.cumbria.gov.uk/roads-transport/public-transport-road-safety/countryside-access/openaccess/Warcop.asp) to download/obtain (8/19)

### Grizedale Forest - Cycling & mountain biking trails

[www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale](http://www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale) for details (8/19)

### Whinlatter Forest - Cycling & mountain biking trails

[www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter](http://www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter) for details (8/19)

### Biking the Eskdale Trail

[www.lakedistrict.gov.uk/\\_data/assets/pdf\\_file/0019/172009/eskdale\\_trail\\_leaflet.pdf](http://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](http://www.lakedistrict.gov.uk/_data/assets/pdf_file/0009/941256/RB7472-Cumbria-Tourism-Easy-Cycling-guide-V5.pdf) to download routes (8/19)

### 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](http://www.golakes.co.uk/adventure-capital/cycle-guides-download.aspx) to download (8/19)

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

[www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see](http://www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see) to download (8/19)

**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 (8/19)

### Carlisle Walk and Cycle Map (2008)

[www.cumbria.gov.uk/elibrary/Content/Internet/544/907/5123/39737154029.pdf](http://www.cumbria.gov.uk/elibrary/Content/Internet/544/907/5123/39737154029.pdf) to download (8/19)

### Penrith Cycle Routes

[www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith](http://www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith) to download (8/19)

### Suggested cycle routes in the Kendal Area

[www.kdcs.org.uk/p/routes.html](http://www.kdcs.org.uk/p/routes.html) to download (8/19)

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

[www.goldeneyeguides.co.uk](http://www.goldeneyeguides.co.uk) to order on-line (8/19)

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

East, North, South East and West

[www.harveymaps.co.uk](http://www.harveymaps.co.uk) to order on-line (7/19)

**The Lake District Mountain Bike Maps £2.90 each**  
[www.bikemaps.co.uk/lake-district-mtb/](http://www.bikemaps.co.uk/lake-district-mtb/) to order on-line (7/19)

**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](http://www.v-publishing.co.uk/books/categories/mountain-biking/lake-district-mountain-biking.html) to order on-line (7/19)

**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](http://www.cicerone.co.uk) (Menu, Activities, Cycling) to order on-line (7/19)

**A Lake District Grand Tour, Pedalling through Lakeland**, Mike Carden **£8.99**  
[www.bikeridemaps.co.uk/product-category/cycle-humour/](http://www.bikeridemaps.co.uk/product-category/cycle-humour/) to order on-line (7/19)

**50 Classic Cycle Climbs, Cumbria and the Lake District**, James Allen **£9.99** (2016)  
[www.crowood.com](http://www.crowood.com) (Sport) to order on-line (7/19)

**The Bay Cycle Way, National Cycle Route 700 & Other Day Rides**, Pete Martin & Janet Moss **£13** (2017)  
[www.theoffcomers.co.uk](http://www.theoffcomers.co.uk) to order on-line (7/19)