

CUMBRIA – August 2021

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** (2021)

35: North Cumbria & Dumfries Cycle Map **£2.99** (2016)

<http://shop.sustrans.org.uk/> to order online (7/21)

Reivers Cycle Routes see *England* (7/21)

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(8/21)

Grizedale Forest - Cycling & mountain biking trails

www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale for details (8/21)

Whinlatter Forest - Cycling & mountain biking trails

www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter for details (8/21)

Lake District Cycling

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

Easy Cycling in the Central Lakes

www.lakedistrict.gov.uk/data/assets/pdf_file/0015/135033/RB7472-Cumbria-Tourism-Easy-Cycling-guide-V5.pdf to download

Keswick to Threlkeld Railway Trail

www.lakedistrict.gov.uk/caringfor/localcommunities/northern-lake-district-area/keswick-to-threlkeld-railway-trail for details (8/21)

Biking the Eskdale Trail

www.lakedistrict.gov.uk/data/assets/pdf_file/0019/102646/eskdale_trail_leaflet.pdf to download

Cycling at Ravenglass & 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 (8/21)

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

www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see to download (8/21)

Carlisle Walk and Cycle Map (2008)

www.cumbria.gov.uk/elibrary/Content/Internet/544/907/5123/39737154029.pdf to download (2/21)

Penrith Cycle Routes

www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith to download (8/21)

Suggested cycle routes in the Kendal Area

www.kdcs.org.uk/p/routes.html to download (8/21)

Goldeneye Off-Road Bike Routes: The Lake District **£6.99** (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 (7/21)

Harvey Maps: Lake District Superwalker Maps **£13.50 each; £50 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 (7/21)

The Lake District Mountain Bike Maps **£2.90 each**

www.bikemaps.co.uk/lake-district-mtb/ to order on-line (7/21)

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

www.v-publishing.co.uk/books/categories/mountain-biking/lake-district-mountain-biking.html to order on-line (7/21)

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 (7/21)

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

www.bikeridemaps.co.uk/product-category/cycle-humour/ to order on-line (7/21)

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 (7/21)

Cycle Tours In & around the Lake District, on and off-road routes taking less than a day, Nick Cotton **£12.99** (2011)
www.cordee.co.uk/Cycle-Tours-In-and-Around-the-Lakes-District-det-5-39-152-8647.html to order on-line (7/21)

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 (7/21)