

CUMBRIA – August 2024

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 (7/24)

Reivers Cycle Routes see *England* (7/24)

MOD Warcop Training Area Access Opportunities **FREE**

<https://cumbria.gov.uk/elibrary/Content/Internet/544/932/3921312589.PDF> to download/obtain (8/24)

Grizedale Forest - Cycling & mountain biking trails

www.forestryengland.uk/grizedale/cycling-and-mountain-biking-trails-grizedale for details (8/24)

Whinlatter Forest - Cycling & mountain biking trails

www.forestryengland.uk/whinlatter/cycling-and-mountain-biking-trails-whinlatter for details (8/24)

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 (2/24)

Biking the Eskdale Trail

www.lakedistrict.gov.uk/_data/assets/pdf_file/0019/102646/eskdale_trail_leaflet.pdf to download (8/24)

Cycling at Ravensglass & 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 (8/24)

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

www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/cycling-routes/cycle-see to download (8/24)

Penrith Cycle Routes

www.visiteden.co.uk/outdoor-adventures/cycling-in-eden/cycle-routes-penrith to download (8/24)

Suggested cycle routes in the Kendal Area

www.kdcs.org.uk/p/routes.html to download (8/24)

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

www.goldeneyeguides.co.uk/cycling-country-lanes to order on-line (7/24)

Harvey Maps: Lake District Superwalker Maps **£15.50 each; £54 for all** (XT25 Edition)

East, North, South East and West

www.harveymaps.co.uk/acatalog/Lakeland-map-set-YHSWLAK.html#SID=5 to order on-line (7/24)

Windermere by bike Cycle Map (1:25 000) **£5** (2023)

www.heritage-house.co.uk/cyclemaps to order on-line (7/24)

Cycle Maps UK

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

www.cordee.co.uk/lake-district-cumbria-cycle-map-22-ccy325.html to order on-line (7/24)

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

www.adventurebooks.com/collections/cycling-books-guidebooks/products/lake-district-mountain-biking to order on-line

Gravel Rides Lake District, Andrew Barlow **£15.95** (2024)

www.adventurebooks.com/collections/cycling-books-guidebooks/products/gravel-rides-lake-district to order on-line (7/24)

Bike Packing, Lake District, Edward Hutton **£16.95** (2023)

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

Cycling in the Lake District, Richard Barrett **£16.95** (2024)

www.cicerone.co.uk (Menu, Activities, Cycling) to order on-line (7/24)

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

www.crowood.com/products/50-classic-cycle-climbs-cumbria-and-the-lake-district-by-james-allen?_pos=4&_psq=50%20Classic%20Cycl&_ss=e&_v=1.0 to order on-line (7/24)

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 (7/24)

Family Cycle Rides in the Lake District, Alf Anderson **£6.99** (2021)

<https://northerneyebooks.co.uk/product/family-cycle-rides-in-the-lake-district/> to order on-line (8/24)