

see *England, Lancashire and Scotland*

**NCN Discover Series Cycle Route Map: Hadrian's Cycleway (NCN 72)**

[www.cycle-routes.org/hadrianscycleway/index.html](http://www.cycle-routes.org/hadrianscycleway/index.html)

See *England (7/11)*

**Walking and Cycling Keswick Railway Path** 95p (2010) or download from

[www.lakedistrict.gov.uk/lake\\_district\\_docs95/walking\\_and\\_cycling\\_keswick\\_railway\\_path.pdf](http://www.lakedistrict.gov.uk/lake_district_docs95/walking_and_cycling_keswick_railway_path.pdf)

Keswick/Threlkeld Railpath (OS 90, GR 272 238/320 246) 4 mls

National Park Information Centre, Keswick. ) 017687 72645, press 3. Email: [keswick@lakedistrict.gov.uk](mailto:keswick@lakedistrict.gov.uk) (5/11)

**Great Walking and Cycling made easy, Bowness, Hawkshead, Coniston, Grizedale** (May 2007) download routes from

[www.lakedistrict.gov.uk/index/visiting/planningyourvisit/travelandtransport/greatwalkingandcyclingmadeeasy.htm](http://www.lakedistrict.gov.uk/index/visiting/planningyourvisit/travelandtransport/greatwalkingandcyclingmadeeasy.htm) (7/11)

**Keswick to Threlkeld (NCN 71)** download from [www.sustrans.org.uk/webfiles/Day%20Rides/KeswickThrelkeld.pdf](http://www.sustrans.org.uk/webfiles/Day%20Rides/KeswickThrelkeld.pdf)

3 mls (4/09)

**Kendal to Brockhole Visitor Centre (NCN 6)** download from [www.sustrans.org.uk/webfiles/Day%20Rides/Kendal.pdf](http://www.sustrans.org.uk/webfiles/Day%20Rides/Kendal.pdf)

11½ mls (4/09)

**Ulverston to Barrow-in-Furness (RR 20)** download from

[www.sustrans.org.uk/assets/files/Day%20Rides/ulverston.pdf](http://www.sustrans.org.uk/assets/files/Day%20Rides/ulverston.pdf) (7/11)

**South Tyne Trail** (2004) download from [www.northpennines.org.uk/getmedia.cfm?mediaid=1030](http://www.northpennines.org.uk/getmedia.cfm?mediaid=1030)

Walk or cycle from the source via Alston to Haltwhistle (Northumberland) (NCN 68) 23 mls (7/11)

**Westmorland on Horseback**, 16 circular trails 50p

**The Western Fells on Horseback**, 14 trails 50p

**North Cumbria on Horseback**, 19 trails £5.95

British Horse Society, see *England*

**Access on MOD Warcop Training Area** download from

[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) (7/11)

**Grizedale Forest Park Cycling Guide** £1.50 + p&p (2010)

includes **The North Face Mountain Bike Trail** for experienced mountain bikers

Visitor Centre, Grizedale. ) 01229 860010. Email: [grizedale@forestry.gsi.gov.uk](mailto:grizedale@forestry.gsi.gov.uk)

[www.forestry.gov.uk/website/forestry.nsf/byunique/inf-5k2c5b](http://www.forestry.gov.uk/website/forestry.nsf/byunique/inf-5k2c5b) (6/11)

**Whinlatter Forest Park & Dodd Wood, Information and Trail Guide** £2 + p&p

(OS 96,97, GR 33 94) All 30 mls of forest road are suitable for cycling, but not the waymarked walking trails

**Whinlatter Forest Park Altura & Quercus MTB Trail** £1 + p&p or download from

[www.forestry.gov.uk/website/forestry.nsf/byunique/inf-79yfh](http://www.forestry.gov.uk/website/forestry.nsf/byunique/inf-79yfh)

Whinlatter Forest Park Visitor Centre, Braithwaite. ) 017687 78469 press 2 (5/11)

**Cycling Hadrian's Wall Country**

5 do-in-a day cycle rides between Gilsland and Carlisle; Carlisle and Ravenglass see *Northumberland (7/11)*

**Cycle & Sea Arnside & Silverdale AONB** FREE LEAFLET (November 2008) or download from

[www.visitbittern.co.uk/documents/cycleandsee.pdf](http://www.visitbittern.co.uk/documents/cycleandsee.pdf)

5 circular rides of between of 11-26 miles between Arnside and Kirkby Lonsdale

Arnside & Silverdale AONB Office, Arnside. ) 01524 761034 (2/11)

**Lake District Cyclist's Lap Map, the classic Lap Map** £1.65

includes 6 superb low level Lakeland cycle tours 6/31 mls

Tourist Information Centre, Windermere. ) 015394 46499. Email: [windermeretic@southlakeland.gov.uk](mailto:windermeretic@southlakeland.gov.uk) (6/11)

**The Eskdale T-Rail** £1.90 + p&p

The cyclists guide to travel by steam train before cycling through the Eskdale Valley

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

Ravenglass & Eskdale Railway, Ravenglass. ) 01229 717171. Email: [steam@ravenglass-railway.co.uk](mailto:steam@ravenglass-railway.co.uk)

[www.ravenglass-railway.com/cycling.html](http://www.ravenglass-railway.com/cycling.html) (7/11)

**Cycling from Penrith** FREE LEAFLET (March 2008)

5 do-in-a-day rides on country lanes and quiet roads in Cumbria's Eden

**Eden Valley Circular Cycle Route** FREE LEAFLET

Self-guided cycling trail for all to enjoy

Tourist Information Centre, Penrith. ) 01768 867466. Email: [pen.tic@eden.gov.uk](mailto:pen.tic@eden.gov.uk) (5/11)

**Cycling in Eden** download information on cycling from

[www.eden.gov.uk/visit-eden-in-the-lake-district/cycling-in-eden/](http://www.eden.gov.uk/visit-eden-in-the-lake-district/cycling-in-eden/) (7/11)

**Cycling in the Upper Eden Valley** FREE BOOKLET

5 do-in-a day circular rides from Kirkby Stephen

**Cycling from Appleby and Kirkby Stephen** FREE LEAFLET

5 OS Mapped do-in-a-day circular rides on the highways and byways of Cumbria's Upper Eden Valley  
Tourist Information Centre, Appleby. ) 017683 51177 press 2 (5/11)

**Cycling Cumbria Map & Guide** £2 + p&p (2006) or

download map from [www.lakedistrict.gov.uk/lake\\_district\\_docs95/ccm-side-1.jpg](http://www.lakedistrict.gov.uk/lake_district_docs95/ccm-side-1.jpg)

Where to find road, forest and traffic-free routes, and where to find out more, includes

10 traffic-free paths and trails, 11 easier National Park lane rides, 4 good mountain biking areas &  
13 Forestry Commission woodlands

**Cycling around the Solway Coast** £2.50 + p&p (2007) or download from

[www.western-lakedistrict.co.uk/cycling-in-lake-district.html](http://www.western-lakedistrict.co.uk/cycling-in-lake-district.html)

5 do-in-a day rides on easy to follow circular routes from Silloth, Kirkbride & Carlisle

**Cycle Carlisle** FREE LEAFLET

A guide to 5 cycle routes in and around the great border city

Tourist Information Centre, Carlisle. ) 01228 625600. Email: [tourism@carlisle-city.gov.uk](mailto:tourism@carlisle-city.gov.uk) (5/11)

**Carlisle Walk and Cycle Map** (2008) download from

[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) (7/11)

**Suggested cycle routes in the Kendal Area** download from [www.kdcs.org.uk/routes.php](http://www.kdcs.org.uk/routes.php)

Longsleddale and Patton Bridge; Howgill and Docker; Orton via Docker; Mealbank and Grayrigg; Killington Reservoir (7/11)

**Cycling from Cleator Moor & Egremont** FREE LEAFLET (May 2008) or download from

[www.western-lakedistrict.co.uk/cycling-in-lake-district.html](http://www.western-lakedistrict.co.uk/cycling-in-lake-district.html)

5 do-in-a-day circular rides on country lanes and cycle paths in the Western Lake District

Tourist Information Centre, Egremont. ) 01946 820693 (9/11)

**Cycling around Sedbergh, Dentdale and the Lune Valley** FREE LEAFLET (2006)

5 do-in-a-day circular rides on quiet roads and country lanes 14/26 mls

Tourist Information Centre, Sedbergh. ) 015396 20125. Email: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk) (6/11)

**Cycling from Coniston in the Lake District National Park** download from

[www.nationaltrust.org.uk/main/w-coniston-cycling-final.pdf](http://www.nationaltrust.org.uk/main/w-coniston-cycling-final.pdf)

3 do-in-a-day circular rides on quiet roads, country lanes and tracks

**Off-road cycling around Coniston** download from [www.nationaltrust.org.uk/main/w-coniston-cycle-map.pdf](http://www.nationaltrust.org.uk/main/w-coniston-cycle-map.pdf)

Existing cycle routes and new National Trust links (7/11)

**The Cumbria Way Cycle Route, Babs & Collin Harbage** £4.50 incl. p&p (2002)

72 mls, not to be confused with the Cumbria Cycle Way

Glaramara Book. [www.cumbriawaycyclerroute.co.uk/index.htm](http://www.cumbriawaycyclerroute.co.uk/index.htm) for ordering details (7/11)

**Mountain Bike Route Companion Pack: Lakeland Loop** £7.99

MBRUK. [www.mbruk.co.uk](http://www.mbruk.co.uk) to order on-line (7/11)

**Lake District Mountain Biking, Essential Trails, Chris Gore & Andy Heading** £15.95 CD-Rom £7.50

Vertebrate Graphics. <http://www.v-outdoor.co.uk/products/index.php?prodCategory=Mountain+Biking> to order on-line (7/11)

**Goldeneye Mountain Bike Routes Map: Lake District** £6.99

Goldeneye Maps. [www.goldeneyemaps.com](http://www.goldeneyemaps.com) to order on-line (7/11)

**Harvey Maps: Lakeland South East Map** £10.95 (1:25000)

Harvey Maps. [www.harveymaps.co.uk](http://www.harveymaps.co.uk) to order on-line (7/11)

**Mountain Bike Maps:** £2.80 each

1: Ambleside & Loughrigg Fell; 2: Grizedale Forest; 3: Claife Heights; 4: Troutbeck & Kentmere; 5: Borrowdale

6: The Old Coach Road; 7: Skiddaw; 8: Whinlatter Forest; 9: Ullswater; 10: Coniston;

11: Kendal to Lambrigg Fell; 12: Kendal to Whinfell & Borrowdale

Bike Maps. [www.bikemaps.co.uk/lake\\_district\\_maps.htm](http://www.bikemaps.co.uk/lake_district_maps.htm) to order on-line (7/11)

**Mountain Biking in the Lake District, Ian Boyden** £12.95 (2011 Cicerone)