

## CUMBRIA – January 2025

see *England, Lancashire and Scotland*

### NCN Cycle Route Map:

72: **Hadrian's Cycleway**, Ravensglass to Tynemouth **£10.99** (2021)

Pocket sized guide to the NCN: **£8.70 each** (2021)

31: **South Cumbria & The Lake District Cycle Map**

35: **North Cumbria & Dumfries Cycle Map**

<http://shop.sustrans.org.uk/> to order online (1/25)

Reivers Cycle Routes see *England* (1/25)

### 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.goldeneyeguides.co.uk/cycling-country-lanes) to order on-line (1/25)

### 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](http://www.harveymaps.co.uk/acatalog/Lakeland-map-set-YHSWLAK.html#SID=5) to order on-line (1/25)

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

[www.heritage-house.co.uk/cyclemaps](http://www.heritage-house.co.uk/cyclemaps) to order on-line (1/25)

### 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](http://www.cordee.co.uk/lake-district-cumbria-cycle-map-22-ccy325.html) to order on-line (1/25)

### 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](http://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](http://www.adventurebooks.com/collections/cycling-books-guidebooks/products/gravel-rides-lake-district) to order on-line (1/25)

### 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](http://www.cicerone.co.uk) (Menu, Activities, Cycling) to order on-line (1/25)

### 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](http://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 (1/25)

### 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 (1/25)

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

<https://northerneyebooks.co.uk/product/family-cycle-rides-in-the-lake-district/> to order on-line (1/25)