



Mountain Biking in the Lake District (Cicerone Mountain Biking)

Ian Boydon

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A guidebook of 24 short, medium, long and full-day mountain bike routes in the Lake District. The Lakes offer some of the best MTB riding in the UK. The graded circular rides are arranged by difficulty, from Kendal to Cleator Moor in the far north-west and Keswick to Winster in the Lyth Valley. The Lake District has plentiful and varied trails, and the routes described in this guide offer spectacular views of the famous lakes and great memories time and time again. Choose a route by grade, percentage off-road, length or time at a glance. All routes have clear directions and tips on what to look out for on the way with numbers linking text, OS map extracts and profiles together to show you quickly where you are and where to go next.

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