

CYCLING IN THE YORKSHIRE DALES

24 circular rides and a 6-day tour

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Guidebook to cycling in the Yorkshire Dales. Includes 23 day rides from bases such as Grassington, Ingleton, Settle, Hawes and Sedbergh, plus a six-stage 190 mile circuit tour: La Vuelta a Dales - perfect for a week-long cycling adventure. Stage 1 of 2014's Tour de France is also described (128 miles: Leeds to Harrogate) for those looking for a shorter challenge.

The Yorkshire Dales boast a splendid mix of varied scenic landscapes, an extensive road network and cycle-friendly cafés and tea shops. There are no big towns in or close to the area and traffic tends to be light. The nature of the terrain however means that there are no 'easy' routes.

Easy-to-follow route description is accompanied by clear mapping and gradient profiles. Handy practical information is also included, such as getting to and around the Yorkshire Dales, when to go, where to stay and what to take. Notes on basic bike maintenance and taking bikes on public transport are also included.

About the author

Harry Dowdell has loved cycling for as long as he can remember. His first cycle tour was around the North York Moors while still at school and he has since enjoyed touring in Ireland, France, Spain, Slovenia and Norway. He cycles regularly in Spain and at home in Yorkshire, where he pays the bills working as a fitness instructor.

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