

MOUNTAIN BIKING ON THE NORTH DOWNS

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Author: **Peter Edwards**

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This guide offers 20 mountain biking routes set throughout the length and breadth of the North Downs, from Farnham in the west to Dover in the east, as well as a route along the Downs Link, which joins the North Downs Way with the South Downs Way. Straddling two Areas of Outstanding Natural Beauty – the Surrey Hills and the Kent Downs – the guide's routes showcase some of the finest mountain biking trails in south-east England.

There are hundreds of kilometres of excellent trails on a variety of terrain across the North Downs; it is a real playground for mountain bikers. Mile-upon-mile of sinuous woodland singletrack wind through the Surrey Hills; challenging climbs and exhilarating descents abound on the steep southern escarpment; chalk, sand and earth trails criss-cross beautiful rolling downland.

The routes, illustrated with OS map extracts and height profiles, are graded for difficulty and are suitable for mountain bikers with at least some experience and a reasonable degree of fitness. The guide gives practical information on recommended gear, preparation and safety, as well as details of accommodation and local bike shops.

Key marketing points

- The North Downs are the mountain biker's main playground in the SE of England.
- Easy access from London, Dorking, Guildford, Reigate, Leatherhead, Ashford and much of Surrey and Kent.
- This is the first major guidebook dedicated exclusively to mountain biking on the North Downs.
- Routes throughout the region from Farnham to Dover.

About the author

Peter Edwards grew up in Sussex and nurtured a love of walking amid the hills of the South Downs. He has undertaken numerous walking and cycling expeditions in Europe and beyond and is drawn to wild and remote landscapes in particular. He moved to Glasgow in 2006.

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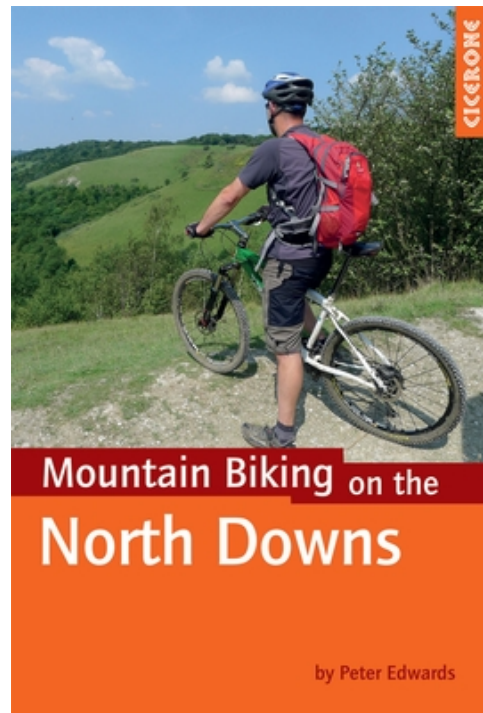
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