

CYCLING IN THE LAKE DISTRICT

Week-long tours and day rides

ISBN: **9781852847784** (Short Code: 778)

Publication Date: **May 2016**

Price: **£14.95**

Edition: **First**

Author: **Richard Barrett**

Paperback Gloss Laminated, 208 pages

17.2cm x 11.6cm

Using existing cycle trails and quiet country lanes, this guidebook presents a five-day cycle tour of the Lake District. For each day there are two options, giving up to a total of 186 miles and almost 5000m of ascent. There are also 15 challenging day rides departing from Keswick, Ambleside, Penrith and bases to the southwest and southeast of the Lake District National Park. It also gives an outline of the Fred Whitton Challenge ride (112 miles over seven iconic passes).

The Lake District's web of green dales and high passes presents endless possibilities for both cycle touring and challenging day rides. Each ride is accompanied by clear mapping, and information on climb, distance and gradient. Difficulties range from moderate to difficult.

The guidebook allows for flexible touring of between 2–7 days, suggesting schedules taking in all the dales, lakes and passes and making maximum use of budget accommodation. The guidebook contains full logistical information, as well as advice on preparation and equipment.

Key marketing points

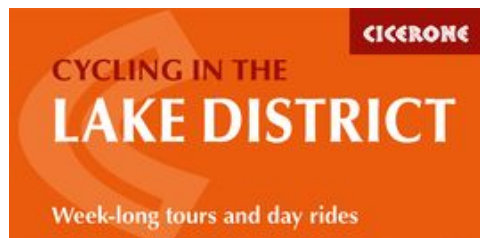
- Describes a comprehensive 5-day cycle tour of the Lake District
- Also includes 15 challenging day rides and the four season Fred Whitton Challenge
- All illustrated with colour maps, profiles and photographs

About the author

Richard Barrett spent his working life as a professional marketer, but still found time for climbing, winter mountaineering and sea kayaking. These days he lives in North Harris where he fills an active pre-retirement with writing and photography.

Related books

- 9781852846497 - The C2C Cycle Route
- 9781852848279 - Cycling in the Hebrides
- 9781852848491 - The Lancashire Cycleway
- 9781852848583 - The End to End Cycle Route
- 9781852849122 - Cycling the Way of the Roses
- 9781852849870 - Cycling Lon Las Cymru
- 9781852849887 - Cycle Touring in Wales
- 9781786310026 - Cycle Touring in Northern Scotland
- 9781786310170 - Cycling in the Yorkshire Dales
- 9781786310422 - Hadrian's Cycleway



We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL
www.cicerone.co.uk - Contact sarah@cicerone.co.uk - Or call 01539 562 069