

# CYCLING IN THE PEAK DISTRICT

21 routes on lanes and tracks in and around the National Park

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This guidebook invites you to experience the Peak District on two wheels. Taking advantage of its many quiet lanes and trails, the carefully selected routes showcase the beautiful local countryside, with highlights including the canals of Chesterfield and the challenging climb of the old Mam Tor road. Potential bases include Ashbourne, Matlock, Bakewell, Hathersage, Buxton, Macclesfield and Glossop and the region is easily accessible by car or train.

The guide presents 21 graded rides of 13-59km, plus a 250km multi-day 'Tour de Peak District' which loosely follows the boundary of the National Park. Within the grasp of anyone of average fitness, the routes range from easy rides along towpaths and former railway trails to more demanding excursions involving greater ascent, steeper climbs, rougher terrain and some A-roads. They are ideal for gravel bikes (or similar), although many include variants to accommodate road bikes.

Detailed step-by-step route description is accompanied by 1:100,000 mapping and route statistics to help you choose the right route, and there are useful tips for novices. An appendix provides a list of accommodation options for the Tour de Peak District. With the focus on quiet lanes, gratifying downhills and not overly technical bridleways, tracks and trails, this guide is perfect for cyclists wishing to explore the Peak District without the need for a mountain bike.

## About the author

Having unintentionally cycled 50 miles in a single day with a reasonably heavy load, Chiz Dakin decided that she was now ready to tackle multi-day cycle touring, and two weeks later set out on the Land's End to John o' Groats route. Since then she's done several other multi-day trips, including a pioneering Welsh Coast cycle route (600 miles and 16km of ascent), but still maintains that you don't need to be seriously fit or fast to enjoy long multi-day routes. A member of the Outdoor Writers and Photographers Guild and the National Academy of Sports and Outdoor Photographers, she has won an award for her photography.

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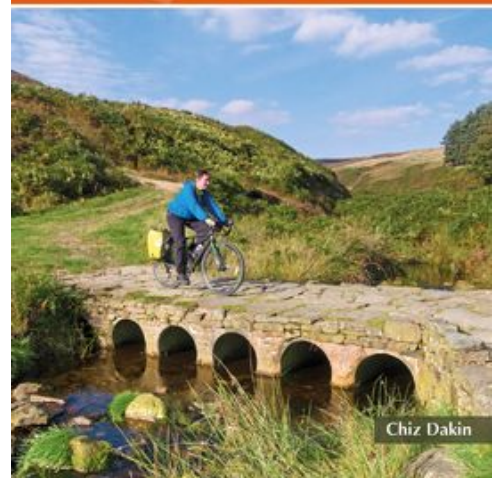
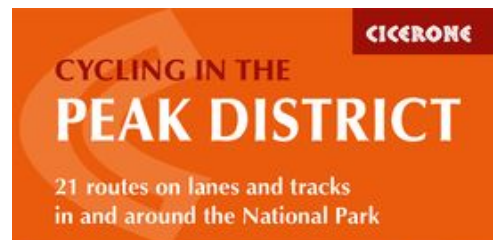
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