

# PRESS RELEASE

## 20 MTB routes in an area packed with variety

### MOUNTAIN BIKING ON THE NORTH DOWNS

by Peter Edwards

This guide's 20 circular routes are set across the length and breadth of the North Downs in south-east England, an area that offers some of the finest mountain biking trails in the country. It also features a 59km route on the long-distance Downs Link, which joins the North Downs to the South Downs and leads on to the coast at Shoreham-by-Sea. From Farnham in the west to Dover in the east, the North Downs' terrain is a mixture of chalk and sandstone downland, which is generally well-drained and provides superlative conditions for much of the year.

Straddling two Areas of Outstanding Natural Beauty – the Surrey Hills and the Kent Downs – the North Downs are criss-crossed by hundreds of kilometres of well-maintained byways and bridleways, which can be easily mixed and matched to create almost endless route combinations. The area's excellent trails cover sinuous woodland singletrack, punishing steep climbs, seemingly endless rattling descents and hugely enjoyable rollercoaster rides along the Downs' spine.

Divided into seven chapters – routes around Guildford, Dorking, Reigate and Redhill, Maidstone and the Medway Valley, Ashford, Canterbury and Elham and Temple Ewell – the guide's circular routes range from 18.5km to 47.5km, and each provides data including distance, difficulty, time and off-road percentage. The sheer number and variety of the North Downs' excellent trails make it a playground for mountain bikers, who will never be short of options here.

#### So what's inside?

- 20 easily accessible circular routes and a 59km long-distance route along the Downs Link
- clear 1:50,000 OS map extracts and height profile diagrams
- practical information on recommended gear, preparation and safety, as well as a list of contact details for local bike shops, hire and mechanics

#### 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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#### Key information

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- suitable for experienced mountain bikers
- easy access from London and much of Surrey and Kent
- superb area for mountain biking all year round

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