

# Bikepacking in the Lake

## District

Lakeland 200 and seven long-weekend bikepacking adventures

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This guide presents eight challenging bikepacking routes - cycle tours with some off-road riding - in and around the Lake District National Park. Suitable for experienced MTB riders and gravel-bike riders comfortable with rough terrain, the routes offer the opportunity to get as close as possible to the high mountains - including a ride on England's highest bridleway over the top of Helvellyn. This is an area in which accommodation and facilities are plentiful, although many riders may opt to wild camp in order to enhance the feeling of freedom and adventure.

Plentiful information is supplied to help bikepackers plan and ride the routes. The maps and elevation profiles show the distribution of facilities, and the guide also offers suggestions for possible itineraries. Clear numbered route description accompanies the mapping and readers can register their book on the Cicerone website to receive free GPX tracks.

The guide includes the popular Lakeland 200, which can be ridden over 3-5 days or - for riders interested in a challenge - undertaken as an individual time trial. Most of the other routes are suited to a long weekend. The rides showcase the best of the Lake District's bridleways, including Sticks Pass and Stake Pass; dedicated mountain-bike trails in Grizedale Forest and elsewhere; and classic road climbs such as Hardknott, Wrynose, Honister and Whinlatter.

### Key marketing points

Contains 8 bikepacking routes in and around the Lake District National Park. The routes are graded from moderate to severe and offer the opportunity to get as close as possible to the high mountains. The guide includes the popular Lakeland 200, which can be ridden over 3-5 days. Clear numbered route description accompanies the mapping and readers can register their book on the Cicerone website to receive free GPX tracks.

### About the author

Ed Hunton grew up in North Devon on the edge of Dartmoor and cycling was his main mode of transport. Tours in Italy, Spain, Benelux, France and Cuba followed. A keen member of Audax, Ed has also completed the Trans Alba, an 800-mile circuit of Scotland, taken part in Bare Bones events and ridden countless sportives.

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