

# MOUNTAIN BIKING IN THE LAKE DISTRICT

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Author: **Ian Boydon**

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Drawn from a wealth of experience gained from more than 17 years' mountain biking in the Lake District, this guide contains 24 original and exciting routes set throughout England's famous national park. Catering to riders of all abilities, the routes are divided into difficulty grades that suit everyone, from beginners to experts.

The Lake District is widely considered to be the best destination for mountain biking in the UK and, with its plentiful and varied trails, it is easy to see why. The routes described in this guide offer spectacular views of the famous lakes, and include a full circumnavigation of Windermere, the largest natural lake in England.

For biking in Britain, there really is no better area. This guide gives great insight into the best trails on offer within the national park, routes that will offer surprises to both newcomers to the area and seasoned visitors alike.

## Key marketing points

- The best MTBing in Britain in England's Adventure Capital
- 24 original and exciting routes
- Local author with lots of MTB experience

## About the author

As a regular visitor to the area for more than 17 years, the Lake District has always held a special place in Ian Boydon's heart. His years of exploring the national park on mountain bike have culminated in a thorough knowledge of its bridleways and trails.

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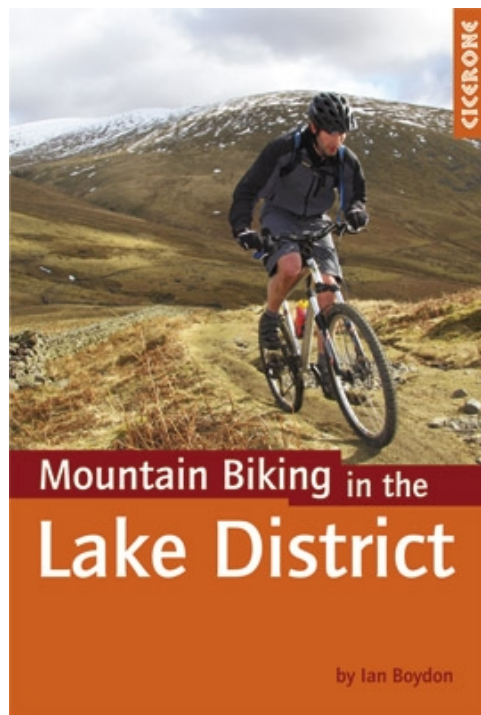
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