

MOUNTAIN BIKING IN THE YORKSHIRE DALES

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Author: **Ian Boydon**

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This guide's 30 routes, set throughout the Yorkshire Dales, explore the best riding in the national park and give wide and varying adventures for mountain biking thrill-seekers. The routes visit all the major dales and also feature circumnavigations of Whernside and Pen-y-ghent, two of the famous 'Three Peaks'.

England's second largest national park, the Dales has hundreds of criss-crossing tracks and bridleways. Old Roman roads and other ancient byways historically used for lead mining and livestock droving are now ripe for mountain bikes.

Fast-rolling lanes can be mixed with rocky drops down steep gullies and sinuous tracks meandering high over deserted moorland. It is a rich and varied adventure playground where mountain bikers of all abilities will find their own challenges. Routes are graded for difficulty and the guide gives all the necessary background information as well as useful knowledge and tips.

Key marketing points

- One of the UK's top mountain biking destinations
- Routes for newcomers and seasoned veterans alike
- Local author with lots of MTB experience

About the author

As a Cheshire native, the rolling fells and iconic limestone landscapes of the Yorkshire Dales have always held a special place in Ian Boydon's heart. He has been mountain biking in the national park for almost 20 years and has accumulated a thorough knowledge of its bridleways. This is his second Cicerone guide.

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