

MOUNTAIN BIKING ON THE SOUTH DOWNS

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Author: **Peter Edwards**

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The South Downs are a mountain biker's paradise. The routes in this guide take cyclists over roller coaster ridges with superb views of the English Channel; weave around dedicated woodland singletrack; give the buzz of fantastic downhills and offer varying degrees of challenge across a beautiful and diverse landscape. With each route graded according to length and difficulty, it is easy to find specific challenges for varying abilities.

Thousands of kilometres of well-maintained byways and bridleways are accessible to off-road cyclists, and they can easily be mixed and matched to create seemingly endless route combinations. Many tracks cross well-drained chalk downland, providing superlative off-road conditions for much of the year.

Extensive information is provided on facilities in the area including bike shops and mechanics, cafés, pubs and shops - plus useful information on accommodation and transport.

Key marketing points

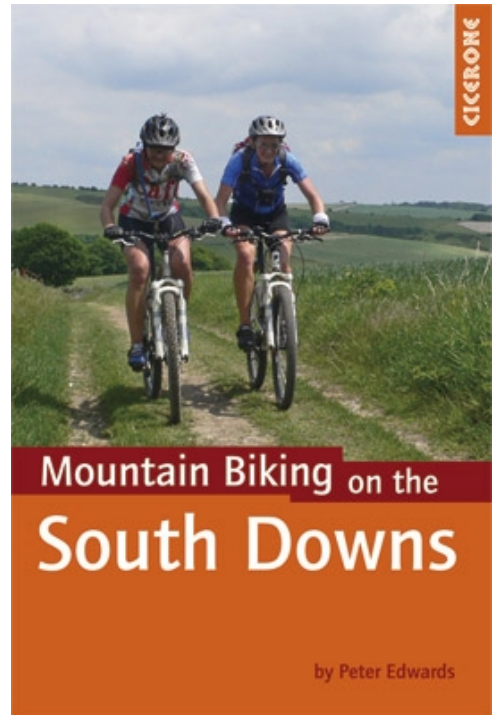
- The first mountain biking guide to cover the whole of the new South Downs National Park
- Author has lived in the area and has excellent local knowledge
- Book to be published in the same month as the launch of the National Park
- With extensive information on facilities including bike shops and mechanics, refreshments and accommodation

About the author

Peter Edwards grew up in Sussex, where he nurtured a love of walking and mountain biking amid what Rudyard Kipling called the 'blunt, bow-headed, whale-backed' hills of the South Downs. He has undertaken numerous walking and cycling expeditions in Europe and beyond and is particularly drawn to wild and remote landscapes.

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