

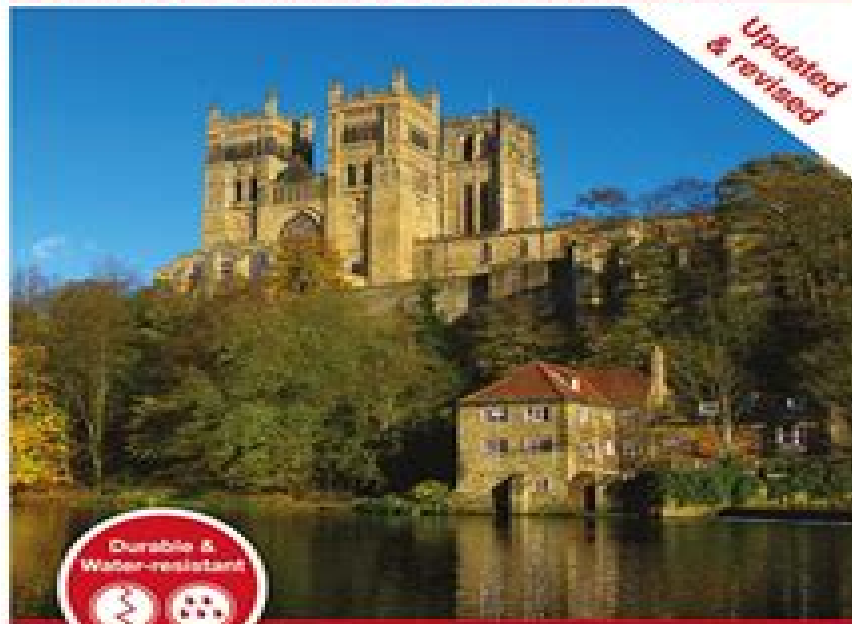
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County Durham North Yorkshire Cycle

Yijin Wang



County Durham North Yorkshire Cycle:

Cycling in the Yorkshire Dales Harry Dowdell, 2024-09-10 A guidebook to 24 graded day cycling routes and a 6 day cycle tour through the Yorkshire Dales Exploring the beautiful scenery of the Yorkshire Dales National Park and Nidderdale National Landscape the routes are suitable for all but the novice cyclist Day routes all easily accessible from Sedburgh Settle Reeth and Grassington range between 24 and 92km 15 58 miles in length La Vuelta a Dales is a multi day tour that takes 6 days and covers 305km 190 miles A stage of the 2014 Tour de France a 206km 128 mile loop from Leeds to Harrogate is also included 1 100 000 maps and profiles included for each stage GPX files available to download Refreshment and accommodation information given for each route All routes suitable for road bikes Detailed information on bike maintenance

Traffic-Free Cycle Trails Nick Cotton, 2020-06-04 Traffic Free Cycle Trails by Nick Cotton contains over 400 cycle routes in Great Britain First published in 2004 and regularly updated ever since it has become one of the country's most popular cycling books and this fourth edition published in 2020 features a large number of updates and revisions Traffic Free Cycle Trails includes a great variety of routes on former railway paths canal towpaths and forest trails in England Scotland and Wales and every ride is away from traffic For that safe and peaceful bike ride increasingly the target of families and leisure cyclists alike Nick Cotton's guidebook has proven invaluable Discover previously unknown local trails plan fun rides for all the family and travel to unfamiliar areas throughout the UK with quality routes Presented in an easy to use format and packed with useful information in ten regional sections it includes route descriptions of rides in every part of Britain From novice riders looking to escape traffic to parents planning safe rides with children let Traffic Free Cycle Trails take the work out of finding the UK's best cycling routes

The Mountains of Romania Janneke Klop, 2020-02-15 This guide describes 27 short treks of 2 6 days and 10 day walks in the mountains of Romania Although there is a slight focus on Transylvania most of the main massifs are included with chapters covering the Mountains of Maramures the Eastern Carpathians the mountains around Brasov the Fagara the region between the Olt and the Jiu the Retezat the mountains of Banat and the Apuseni Also included is an ascent of Moldoveanu Romania's highest peak at 2544m There is a wealth of advice to help you plan your trip and organise the logistics of your walk or trek Some routes avail of the network of mountain huts others offer opportunities to camp in attractive wild locations Overviews and a route summary table make it easy to choose an appropriate excursion Each route includes clear description and mapping as well as notes on accommodation and access some can be accessed by public transport although others require either pre arranged pick up or hitchhiking There are fascinating insights into Romania's colourful culture and history and appendices containing hut listings useful contacts and a helpful glossary The graded routes are as varied as Romania's diverse landscapes They take in rolling hills craggy karst peaks glacial lakes and Europe's last virgin forests with other highlights including Transylvanian castles wooden churches the Piatra Craiului ridge and the spectacular Sapte Scari Seven Ladders and Turda Gorges Historic towns such as the

medieval towns of Brasov and Sibiu and the spa resort of Vatra Dornei offer easy access to the mountains other routes visit remote villages that have changed little over the centuries where self sufficiency is still very much the way of life All in all the guide is a perfect companion to discovering the unspoilt beauty of Romania s enchanting mountain regions Cycling the Canal de la Garonne Declan Lyons,2019-01-16 A guidebook to cycling the Canal de la Garonne route from Bordeaux to Toulouse Covering 290km 180 miles this long distance cycle across south western France can be completed in 1 week and is suitable for both first time and experienced long distance cyclists The route is described from north to south in 7 stages each between 31 and 59km 19 37 miles in length A 135km 84 mile excursion from Bordeaux to Lacanau on the Atlantic coast is described as well as optional side trips exploring the countryside and historical towns and villages including Agen Moissac Marmande and Montauban 1 100 000 maps and profiles included for each stage Refreshment and accommodation information given Information on cycle shops with repair facilities along the route Advice on planning and preparation

The River Loire Cycle Route Mike Wells,2022-05-11 The 1061km Loire Cycle Route starts at the source of the River Loire in the Massif Central mountains of central France and finishes at the Atlantic opposite St Nazaire It descends past extinct volcanoes crater lakes and deep gorges before joining EuroVelo route 6 followed by the fully waymarked Loire V lo France s most popular cycle trail Following the river downstream in 26 stages the route is generally downhill or level often on dedicated traffic free cycle tracks Packed with a wealth of useful information from practical planning advice to fascinating insights about the river and its surroundings the guidebook features detailed route descriptions and informative mapping Details of facilities and places to stay and a French glossary are also included The route goes through the heart of France as the Loire becomes the royal river bounded by extravagant ch teaux fields of Charolais cattle and vineyards It passes through historic cities like Orl ans and Tours continuing past Angers and France s fourth largest city Nantes to finish on the Atlantic coast The South Downs Way Kev Reynolds,2023-08-14 A guidebook to walking the 158km 100 mile South Downs Way

National Trail The route crosses the South Downs National Park to link Eastbourne with Winchester and is an ideal option for those new to long distance walking The route is described in both directions east to west and west to east in 12 stages of between 6 and 19km 4 12 miles with both footpath and bridleway options for the most easterly stage Contains step by step description of the route alongside 1 50 000 OS maps Includes a separate map booklet containing OS 1 25 000 mapping with the route line Handy trek planner route summary table and selected accommodation listings help you plan your itinerary Refreshment and accommodation information given for each route stage GPX files available to download **Walking the**

Great Glen Way Paddy Dillon,2025-06-04 A guidebook to walking the Great Glen Way one of Scotland s Great Trails The 120km 74 mile route between Fort William and Inverness is suitable for those new to long distance walking and can be completed within a week The route is described in both directions in 6 stages of between 12 and 31km 8 19 miles with both low and high level options for the central stages Also included is an alternative route along the north shore of Loch Oich via

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Walking the Cammino Materano Gillian Price, 2025-10-13 A guidebook to walking to Matera on the Via Peuceta Via Ellenica and Via Lucana three long distance cammino routes through southern Italy s Puglia and Basilicata regions The three routes are presented in 7 14 and 6 stages of between 10 and 30km 7 and 19 miles including variant routes accompanied by information on facilities accommodation and where to get your cammino accreditation The routes are suitable for most abilities 1 100 000 maps and profiles included for each stage GPX files available to download Handy route summary tables and stage facilities planners help you plan your itinerary Refreshment and accommodation information given for each stage Advice on planning and preparation

Cycling and the British Neil Carter, 2022-12-10 Cycling is currently enjoying a boom in popularity What are the reasons behind this phenomenon How have perceptions and the popularity of cycling shifted This book charts the historical development of cycling both as a leisure and sporting activity since the 19th century and explores the wider political and cultural context in which cycling in Britain emerged In particular it examines cycling s relationship with environmental politics and its place in popular culture Neil Carter successfully traverses several historical sub disciplines including the history of transport leisure sport medicine and politics employing the analytical tools of class gender political culture the role of the state and commercialism to demonstrate how British identity has shaped and been shaped by cycling At a time when it has become part of debates over transport and health Cycling and the British A Modern History provides a timely and clear analysis of the changes and continuities in attitudes towards cycling

Walking The Cumbria Way John Gillham, 2022-06-27 A guidebook to walking the Cumbria Way a 188km 73 mile route between Ulverston and Carlisle Suitable for walkers with some experience this long distance route through the heart of the Lake District can be walked in 5 days but there is plenty of opportunity to plan your itinerary for a more easy going 7 to 8 days This largely low level route is described here in five stages of between 19 and 26 kms 12 16 miles Alternative mountain days can be added to include the Conistone Fells Glaramara and Skiddaw Route described from south to north with 1 50 000 OS mapping for each stage Detailed information on accommodation facilities and public transport along the route Variations to the itinerary suggested depending on required difficulty and time frame Route summary tables and accommodation listings help you plan your itinerary GPX files available to download

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