



For Immediate Release

New Biking Leaflet for Keswick

A new tourism leaflet is now available – to cater for the increasing number of visitors coming to Keswick for a biking activity holiday.

Road and Mountain biking has seen an increase in popularity, and this leaflet, which contains 5 do-in-a-day rides on country lanes and off-road tracks will help visitors wishing to cycle in the Keswick area.

Keswick attracts cyclists of all abilities and has become the northern hub of Lakeland Cyclists offering a wide range of suitable facilities for on and off road enthusiasts. The Old Railway Line is very popular with younger families offering a reasonably flat car free route to the village of Threlkeld and a return via Castlerigg Stone Circle forming a lasting impression of man's historic contribution to our ancient landscape.

The mountain bike trail centre at Whinlatter has just received the go ahead to complete an easy grade family friendly route which will allow riders of every ability to challenge their skill level in a safe, car free environment with a variety of Blue and Red and Green graded tracks and miles of delightful forestry tracks to explore.

Cumbria's amazingly steep road passes always attract many cyclists with Honister and Newlands Passes presenting significant challenges to any rider whilst the beautiful circuit around Derwentwater is enormously popular for its relatively easy route profile and incredible Lakeland scenery.

The Sustrans C2C Route 71 (Coast to Coast) cycle route is the UK's most famous long distance cycling route, passing through Keswick, some 30 miles from its beginning in Whitehaven. This 120 mile route attracts up to 15,000 riders annually with many taking up the challenge to raise money for worthwhile causes.

The new leaflet, which includes maps and routes for The Skiddaw Loop; Lonscale Fell and the Glenderaterra Valley, The Borrowdale Bash and The Old Railway Line and Castlerigg Stone Circle as well as Whinlatter trails, is being distributed to retail outlets, hotels and guest houses and is also available at Keswick Information Centre.

Further stocks are is available from Keswick Tourism Association and the Lakeland Pedlar.

ENDS.

For further information contact Linda Furniss 017687 75738