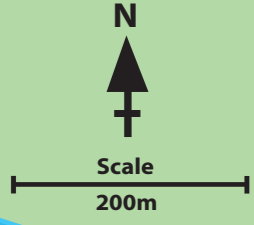


Visit Cumbria County Council's cycling information page: [www.cumbria.gov.uk/roads-transport](http://www.cumbria.gov.uk/roads-transport) and follow the 'cycling and walking' link  
 For leisure and cycle routes visit: [www.golakes.co.uk/adventure-capital](http://www.golakes.co.uk/adventure-capital) and follow the 'on wheels' link

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