



## Cycle Tours Chilterns, Hertfordshire Essex: 20 Rides on Quiet Lanes and Off-road Trails (Paperback)

By Nick Cotton

Cordee, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. This spiral-bound guide describes 20 wonderful bike rides in the countryside to the north and west of London. The area offers some excellent and varied cycling: from the challenges of the steep wooded escarpment of the Chilterns in the west to the gentle gradients on networks of quiet lanes in Hertfordshire and north Essex. The book contains 15 road rides (24-35 miles long) and five offroad rides on bridleways and byways (15-21 miles long). All of the rides are highlighted on Ordnance Survey Landranger 1:50,000 mapping, seen as the gold standard of mapping for cyclists. Junction-by-junction route instructions guide you from village to village through the region's beautiful rolling countryside. Each ride contains details of distance, grade of difficulty and refreshments along the way (with phone numbers of pubs and cafes so that you can check on opening hours). A height profile gives you warning of any hills to expect and schematic maps show how the ride can either be shortened or linked to adjacent rides for a longer day out. The Chilterns rise to over 800ft (245mts) at several points along the escarpment as it...



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