

Cycling

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Copeland, like the rest of Cumbria, is a great place to cycle. Whether you are leaving the car behind and commuting to work, doing the full 'coast to coast' experience or simply want a day out in the countryside with friends and family. You will find quiet country lanes, cycle paths and endless refreshment opportunities to make your cycling more enjoyable. The Lake District National Park Authority and Cumbria Tourist Board websites are a great place to start.

- [Lake District National Park Authority](#) [6]
- [Cumbria Tourist Board](#) [7]



On Monday 16 September we will be welcoming the riders of the Tour of Britain to Copeland as they pass through on Stage 2 of the tournament. We have created a [web page](#) [8] with an interactive map so you can follow the action.

Information on cycling

There are many sources of information to help you get the best from cycling in Cumbria. Please note that we can not be held responsible for the content of other people's websites.

- [Sustrans Home Page](#) [9]
- [Hadrian`s Wall Cycling and Walking Information](#) [10]
- [Cross Lakes Shuttle and Cycle Routes](#) [11]
- [The C2C Guide](#) [12]
- [Mountain, Road and Family Cycling in Cumbria and the Lake District](#) [13]

Other events

If you are looking for opportunities to get out and challenge yourself, how about the [Jennings Rivers Ride](#) [14] that has routes for all the family. The event is designed to raise money for the Cumbria Community Fund. This year it takes place on Sunday 15 September and you can sign up now.

Government support for cycling

The government has announced a package of measures to help improve roads, access and highways for cyclists. [Go to the announcement.](#) [15]

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