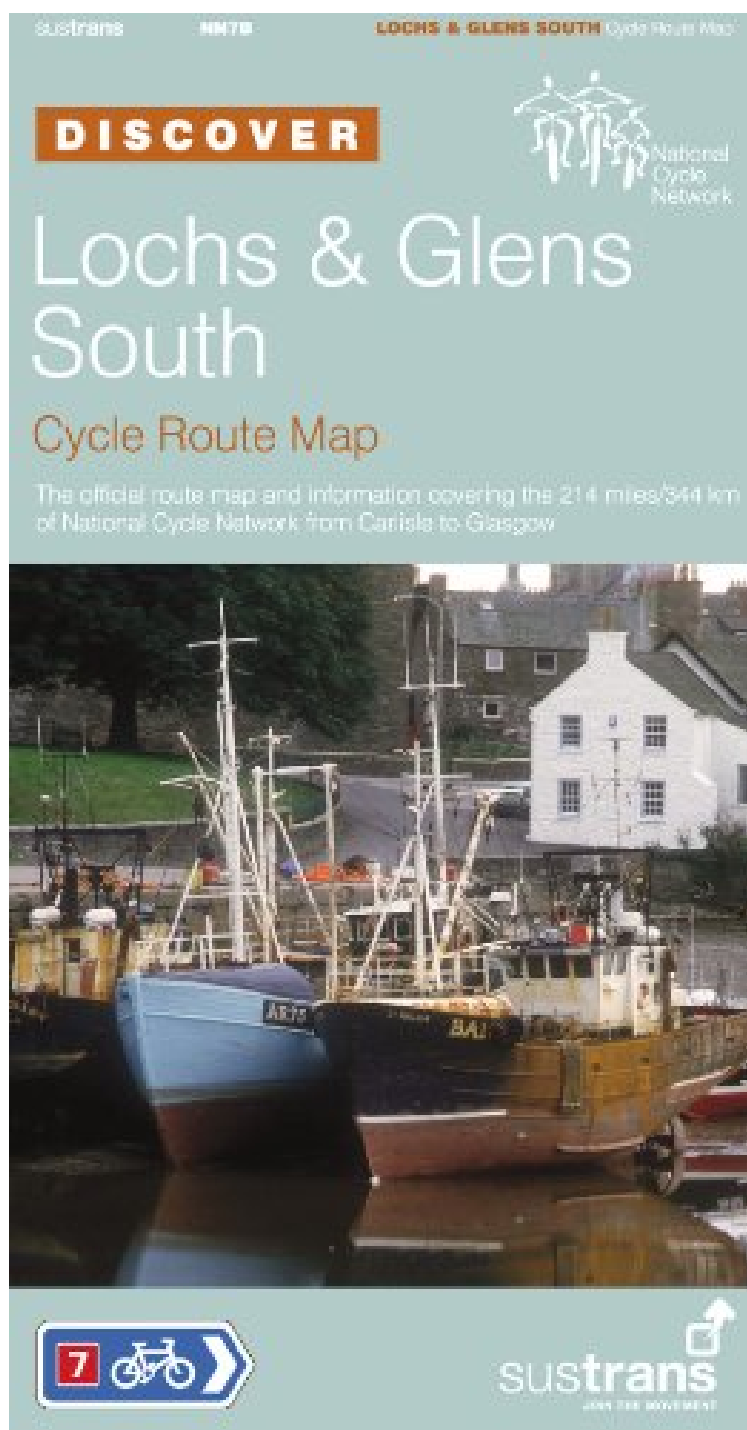


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## Lochs Glens South - Sustrans Cycle Route Map: Sustrans Official Cycle Route Map and Information Covering the 214 Miles of National Cycle Network from Carlisle to Glasgow

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"The Discover Series of Sustrans Official Cycle Route Maps" provide clearly mapped cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads. It includes easy to read contours and route profiles. Visitor information and detailed routes through towns are also offered. This is the Official Route Map covering the 214 miles of National Cycle Network from Carlisle to Glasgow. Fold-out, full colour, waterproof map is presented on the scale 1:100,000. It comes in splash-proof plastic sleeve.