



Lake District Singletrack

Summary

We have researched many routes in the Lake District, some good, some bad, some simply sublime! We've put together the best of the best trails in the Lakes including some epic mountain passes and some delicious singletrack. Our bikes cost too much to be carrying them for hours on end, so we've concentrated on the superb rocky bridleways and mountain paths that feel like they've been built for biking! With a new challenge around every corner, views to die for and great accommodation, this is the perfect location for a singletrack fix. Your itinerary is as flexible as it gets so contact us to discuss the best options for you.

Highlights

Tackling tantalisingly tricky passes
Endless views over stunning Lake District scenery
Superb contouring single-track that flows and challenges
Fantastic Lakeland hospitality

Example 3-Day Itinerary

Day 1. Arrive in Windermere. There are good public transport links to the rest of the country, so arrival by train or car is possible. Overnight in Windermere.

Day 2. Bike from Windermere to Coniston

Distance approx. 45 to 60km; 1050 to 1400 metres of ascent

An excellent first day with scenic easy going trails around Kentmere to warm you up before a ferry ride towards more challenging singletrack. Some big climbs and wonderful views lead you to amazing rocky descents, the lovely village of Hawkshead and a big finale through Grizedale forest. Stay in Coniston.

Day 3. Bike a loop from Coniston

Distance approx. 45 to 60km; 970 to 1660 metres of ascent

The trails from Coniston are so good that you won't want to leave! Riding from your door you will experience amazing views along Coniston water and some of the very best descents in the whole Lake District. Rocky singletrack that just gets better and better the faster you ride, it will keep you entertained for the day. Stay the night once more in Coniston.

Day 4. Bike from Coniston to Windermere

Distance approx. 37 to 47km; 950 to 1250 metres of ascent

Heading north initially you take on a big country challenge towards Ambleside which gives a lot of bang for your buck with amazing old mining trails and rooty section through the forest. One final, sublime descent and a climb bring you back to views of Lake Windermere, where a rocky bridleway brings you back to the ferry and the end of your amazing journey. Stay the night in Windermere to celebrate and recover! We will provide the longer and shorter routes in your maps and GPX files.

Duration:

3 days of sublime Lakeland biking
4 nights' accommodation

Includes:

- 4 nights' accommodation
- Baggage transfers
- Comprehensive maps and gpx.files & list of services along the route
- Phone support from us

Available on request:

- Pick up and drop off at public transport links
- Bike and equipment hire

Average Daily Distance:

40 to 60km depending on group preferences

Grade:

Each day can be tailored to suit the group.
Average Technical Level: **Red**

Dates:

Self-guided mountain biking trips are available between April and September for groups of 2 or more. Contact us with the dates you have in mind.

What bike?

The trails in the Lake District can be ridden on a standard hardtail. A full suspension bike will make the riding more manageable and comfortable!

To make a booking or for more information:

Email us:

info@trailbrakes.co.uk

Phone us: +44 (0)7922 653327
or +44 (0)141 6286676



Lake District Singletrack – Further Information

Accommodation and food

We use only tried and tested accommodation providers on our trips, many that we have worked with for years, so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in guest houses and hotels is always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. Most of our accommodation is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is now also pretty much universal in every location. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement of at least £30 per person, per night will apply, depending on your dates.

Clothing and kit

North West England receives a generally mild climate all year round with the Gulf Stream passing our western coastline. However, conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). General climatic information for the Lake District is available here: <http://www.lortonweather.co.uk/Analysis-2011.htm>. Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack (between 15 and 20 litre capacity) with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes. In some cases, where we will be riding in wilderness for the full day, food and drink will also need to be carried.

Midges!

Midges (small biting insects) can be a pest in the Lake District (though they're not nearly as numerous here as they are in the Highlands of Scotland!) but are not usually a problem when you're on the move. If you decide to stop for a break in a sheltered spot where there is no wind and there are trees and water in the vicinity, there may be midges around. They rarely cause a serious problem, they're more of a nuisance, but some people react badly to their bites and develop an itchy red spot which can be irritating. Some insect repellent will help to keep them away, those containing DEET being the most effective, and cream is available in pharmacies that relieve the irritation of the bites.

The trails

There is almost every type of trail imaginable on this trip, from purpose built cycle paths to ancient roads, forestry trails and superb single-track. The surfaces are all generally hard packed or rocky. Some parts are technically challenging so some off-road experience will be required. This trip has a **Fitness Grading of 6** which means that you should have a high level of fitness and stamina from regularly taking part in cycling-based activities. You are comfortable riding for up to 7 hours per day. The route will include sections of physically demanding terrain including long, steep climbs. This trip has a **Technical Grading of Red**, meaning

that the route is suitable for proficient mountain bikers. Trails can be steep and rough with some technical sections including large rocks and water crossings. Some off-road biking experience is required.

Self guided trips

Our self guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). For our self guided trips we will provide you with everything included in our fully supported trips except the vehicle back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

Guided trips

Our guided trips are designed to give you a hassle free way to enjoy the amazing biking in the Lake District. We include a friendly, knowledgeable, SMBLA qualified guide who, as well as navigating you along the trails, can also give you tips to improve any aspect of your riding and take you on the best trails in the area. Our guides also carry spares and tools to help you keep rolling in the event of a mechanical problem, though if you're bringing your own bike you would be advised to bring spare inner tubes and spare parts specific to your bike, for example brake pads and rear mech hanger. In the event of a serious mechanical problem, our guides will be on hand to take you to a local bike shop. Our guides are trained in outdoor-specific first aid techniques so will make sure you, as well as your bike, are well looked after on the trails. As well as navigating for you, our guides are knowledgeable when it comes to the fascinating natural history of the Lake District. They will be delighted to share with you their knowledge of the areas through which you will be biking and point out wildlife and interesting historical locations along the way.

Bike hire

We work with local bike shops to provide you with the latest bikes for hire. There are a full range of bikes from standard hard-tails to flashy full-sussers! If you need to hire a bike, please let us know at the time of booking and we will make sure that we get the right bike for you. Please check the bikes before you leave your starting location to ensure that they are in full working order and check with the person providing your bikes that the bike is set up correctly for you. Once you leave your starting location it may not be possible to exchange your bike, and, if you are taking part in an independent trip, any mechanical problems that you encounter during the course of your trip are your own responsibility. You will be expected to pay for any damage to hire bikes, other than wear and tear.

Hire bikes are provided with standard mountain biking saddles and flat pedals. You are welcome to bring your own saddle and/or clipless pedals to make your ride more comfortable. Please note that, if you're taking part in a self guided trip, you may have to change your saddle and/or pedals yourself so please bring suitable tools (a pedal spanner and set of allen/hex keys) with you in order for you to do this.

Transport and baggage transfers

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless prior arrangements are made.

Any questions?

We've tried to cover everything on our website and this information pack but if you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: info@trailbrakes.co.uk

Phone: +44 (0)7922 653327 or +44 (0)141 6286676

We look forward to seeing you on one of our fantastic biking adventures!