



## CYCLING ROUTES

### Ullswater Singletrack - Medium/Hard

This fantastic route offers stunning views of Ullswater before taking you off the beaten track to absorb the sights of the Lake District with not a soul in sight, as far and the eye can see! The ride features possibly one of the best singletracks the Lake District has to offer along the east side of Ullswater. For some of you the 8-mile distance may seem a little short, but do not be fooled! The climbs and lakeland tech on this ride ensure you will be working hard. Find out more and download the route here: <http://bit.do/eQAet>

### Loughrigg Fell - Medium

This route can be started right from our front door! A great all-weather loop, Loughrigg Fell is fab because there are so many different routes you can take to suit different abilities and the distance you want to ride. The route we have identified is just shy of 20 miles, so a fair distance but the terrain is mostly manageable with plenty of gravel tracks. It includes a decent to Skelwith Bridge before leading onto Elterwater which meets up with Loughrigg terrace to complete the route. Find out more and download the route here: <http://bit.do/eQAwV>

### Grizedale Forest - Easy/Medium

Grizedale Forest is a great place for mountain biking, and ideal if you're with family or a mixed ability group. The different trails are well signposted and there is a variety of routes for different abilities. Blue is the easiest category; these trails consist of flowing descents and moderate climbs. Red is more challenging, steeper climbs and more technical descents, while black trails are the most difficult and are only suitable for experienced mountain bikers. Find out more about Grizedale Forest here: <http://bit.do/eQAEq>