

Passport 2 Pedalling

Great cycling activities for all the family in the Lake District and Cumbria.

With mountains and valleys, miles of mature forest, endless lake and coastal shores, the landscape of Cumbria makes an amazing place to go cycling.

Complete novice or seasoned cyclist, family and friends, individuals and groups, there are great routes across the county for everyone to discover and enjoy.

Inspired by the London games, Passport 2 Pedalling aims to make it easy to get involved in cycling in the Lake District and Cumbria and for everyone to have great fun on two wheels!

for more information visit www.golakes.co.uk/p2p

take up the 2012 challenge!



Can you ride 2012 Cumbrian miles before the London games?

A few miles here and there or a weekend 'epic', join in at www.golakes.co.uk/p2p, record your rides and you could win new bikes worth up to £1,000!*

It's **FREE** to take part and open to everyone!

*Terms and Conditions apply. For full details of the 2012 Challenge, entry details and prizes, visit www.golakes.co.uk/p2p



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adventurecapital
the lake district
Cumbria

passport 2 pedalling

Claife Heights mountain bike route

Route 4 - Claife Heights



Mountain biking on hilly forest tracks, stony tracks on open ground and back roads.

Distance: 9 miles (14km)

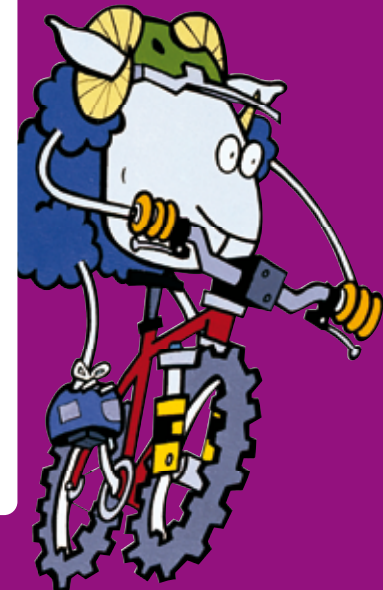
Nearest Town: Windermere or Hawkshead

Start Location: Harrow Slack car park, Far Sawrey

Directions to Start (by car):

From Ambleside, head out on the A593 toward Coniston. At Clappersgate turn left onto the B5286 towards Hawkshead. At Hawkshead you will come to a T junction, turn left towards Sawrey and Windermere. After Far Sawrey the road descends steeply at 10%. Take the left turn to Harrow Slack, the lake shore and car park on the left.

From Windermere, if the ferry is operating it is the quickest and easiest option - simply take this across the lake and, as you drive off, look right for the turn into the car park after approx 100 metres.



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Claife Heights mountain bike route

the route

From Harrow Slack car park follow the road you came in on along the side of Lake Windermere, keeping the lake to your right.

After 1km of tarmac the road stops at an open gate with a cattle grid, and you continue ahead on the stony track. For the next 2.2km the track is wide and rocky in places, with some steep but short climbs and descents. Be careful of the eroded parts of the path which have created small gullies, especially at the edges.

You come to a sign post on the right hand side of the track – continue straight on the main track towards High Wray, which is now smooth and almost flat.

After 500m you arrive at the tarmac road and Red Nab car park. Ride through the car park on the lakeshore track signed to Wray Castle. After 1.6km the track turns away from the lake and heads uphill for 500m, signed to The Castle Gatehouse.

Once at the road, turn left to High Wray and look out for the gravel track signed to “Base Camp” on the left. Follow this track uphill and when the track splits take the right fork to the gate with lots of padlocks. Follow the permitted bridleway (forest track) up hill. After 800m the track splits again and you go right again, going up hill then level, then straight over a crossroads.

400m from the crossroads is another junction where you turn right up a hard stony climb (very short). It's not long until the track flattens out and starts descending, first in the trees and then opening out across large grassy areas with small tarns and amazing views.

Shortly after passing Moss Eccles Tarn you go through a gate and onto a walled track. At a fork junction follow the track to the left for an exciting stony descent, or right for an easier descent. Either route brings you to the B5285, where you turn left to return to the car park.

Be very careful with your speed on the steeper 10% road down hill gradients as many corners are tight and when the ferry is operating there can be a lot of traffic coming up.



Claife Heights mountain bike route

