



GLOBALADVENTUREGUIDE

## England Mountain Biking 7 Days

### The Lakeland Epic

Our Lakeland Epic is a giant loop around The Lake District, riding point-to-point over five days. Each day we cross ridges, race through valleys and over high mountain passes, completing the whole journey by bike as our bags get transferred from guesthouse to guesthouse for us.

The Lakeland terrain is so varied that each day has its own unique character. One thing that does characterise the whole region though is the fabulous lack of mud! You'll be riding on rough tracks, stony singletrack, rocky bridleways and a range of other trails that make for really enjoyable mountain biking. Our guides are local experts and know these routes inside out so they can not only give you tips on how to ride them, they can also suggest alternatives for tired riders or those wanting extra challenges.

This trip takes us into some of England's wildest places, and onto some of its wildest terrain, so be prepared for a truly Epic adventure!



### Itinerary:

#### Day 1- Arrival

The tour starts on Sunday in Penrith, which is in the north-eastern corner of The Lake District, and can easily be reached by road (M6 jn 40), rail (Virgin West Coast main line) and air (Manchester Airport, then a train direct from the airport). You can arrive at any time today to get settled in to our lovely guesthouse, get your bike and gear sorted out, and maybe even take a warm up spin through some of the backroads of the Eden Valley.

In the evening your guide will arrive to give you a briefing on the trip ahead, and to start his guiding duties by leading you to the best pub for dinner!

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### Day 2 – Penrith to Ambleside

Riding from the door of our guesthouse we cut through some little known trails to get onto Barton Fell, overlooking Ullswater, the second largest (and many say most beautiful) lake in the National Park. As we spin down the first great descent, a mix of rocks, grass, gravel and some skinny singletrack too, you'll quickly get a flavour for the terrain and scenery that's in store for you.

Our destination for today is Ambleside, which means we have some big hills to cross while you still have fresh legs! The route can vary depending on the group and the weather (that's why we have professional and experienced guides) but our favourite is to take in classics like High Street, Boredale and Jenkins Crag to make for a really exhilarating first day on the bikes.

Tonight we stay at our favourite Ambleside guesthouse, well known by our many weekend guests. The owner is a keen biker and has a great workshop setup; His wife also makes a mean bit of cake, so we'll have something tasty with our tea when we arrive. Then you've got time for a shower before we walk into town to sample some good, well earned pub food.



### Day 3 – Ambleside to Seathwaite ( in the Duddon Valley )

Today we blaze through some of the best trails in the central lakes, never going too high or crossing any major passes. It's still quite a challenging day, with loads of singletrack and rocky doubletrack. Even though we don't go high, we find some classic Lakeland scenery - from the outstanding first climb above Grasmere to our last trail across the Dunnerdale Fells, with panoramic views of lakes, sea and mountains. Just as breathtaking is the final descent, as we blast down into one of the most remote valleys in the south-western Lakes, for a night at a great guesthouse that is, of course, next door to the pub!

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#### Day 4 - Seathwaite to Ennerdale Bridge

This next leg of our journey is hard to describe in words, to capture the feeling of adventure, exploration and remoteness that makes this kind of biking so special. The panorama above was taken on our recce trip, on the afternoon of this ride, looking across at Illgill Head and up towards the mighty Sca Fell. Once we get out there, behind the really big mountains, encounters with other bikers or walkers become very rare.

The riding today is mostly on wider tracks, with some steep singletrack, walking sections, quiet backroads and great valley trails to blast along too, including plenty of water crossings! We're certain it'll be one of the best big mountain days you'll ever do on a bike, and to finish at a great little country hotel adds the touch of comfort that you deserve after a big day out.



#### Day 5 – Ennerdale Bridge to Seathwaite ( in the Borrowdale Valley)

Today we enjoy more of the western lakes trails, as we skirt northwards past Ennerdale Water to Crummock Water, Buttermere and finally Derwent Water. Surrounding every lake you'll see a different landscape, from craggy peaks above sheer walls of rock, to severe scree slopes, rolling fells or the knotted landscape which The Lakes is so famous for.

The first pass we cross is another seldom used route, offering one of the best views down into the Buttermere Valley and across to the giant summits of Grasmoor, Wandope and Robinson beyond. The riding is all off-road, and by now we should stop raving about how much of a great mixture it is, singletrack, excitement, etc. etc! After a good lunch we enjoy some great lakeside singletrack, then tackle the 2 mile road climb over Honister Pass, before winding along and down a spectacular gravel and rocky descent into the heart of the Borrowdale Valley.



#### Day 6 - Seathwaite to Penrith

This final ride brings us up past the Derwent shoreline and then climbs between the dominant peaks in the northern Lake District - Skiddaw and Blencathra. It's a great run through the mountains, with the southern skline dominated by row of peaks that leads up to Helvellyn.

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As we emerge from the mountains for the last time and blaze down into the little village of Mosedale, you'll know that the end of five incredible biking days is almost in sight. Once we reach our guesthouse in Penrith you'll get a superb afternoon tea, time to relax, then a great meal out to celebrate the achievement.

### **Day 7 - Heading home**

After a comfy night in the guesthouse you're free to have a leisurely breakfast and enjoy your Saturday as you please. There are unguided ride options for the super-keen, a local spa for massages or you can just head home to relax.

#### **Included:**

- 6 nights guesthouse accommodation
- All breakfasts
- Daily afternoon tea & cakes
- Daily bag transfers

#### **Not Included:**

- International or domestic flights
- Visa – if required
- Personal drinks and beverages
- Lunch and Dinner

## **Grade**

This tour is grade 3 Challenging (on a scale of 1 – 4, with 4 being Extreme)

This tour has flexible riding times per day based on the ability of the group. This great cycling area offers multiple options and allows us to tailor the ride each day. The goal for each day is to start riding around 0900-0930am and be at the evenings accommodation by 3:30pm and 5pm. Lunches are either on the trail with pre purchased food or at a local pub if close by.

For the latest pricing and departures dates please visit our website  
[www.globaladventureguide.com](http://www.globaladventureguide.com)

**Combine this tour with our Spanish tour to have two weeks of some of the best riding Europe has to offer!**

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