



Lakes and Dales Loop – Circuit from Appleby-in-Westmorland

Summary

Three to five days of stunning cycling around the edge of the Lake District National Park. Starting and finishing in Appleby, this route is a perfect way to see the best of the jaw-dropping Lake District scenery, while avoiding the busy roads and crowds of tourists. It's just as challenging as any coast to coast route, with varied scenery; from lakes and mountains to moorland and coastal, including everything in between. If you love the Lake District and are looking for a cycling holiday away from the hustle and bustle, the Lakes and Dales Loop is the route for you!

Highlights

Cycling around Skiddaw and Blencathra in the North Lakes
Glimpsing the glittering Irish Sea from Cold Fell, followed by a fantastic descent to the coast!
Views of the gorgeous Howgill Fells in the Cumbrian Dales

Example 4-Day Itinerary

Day 1. Arrive in Appleby-in-Westmorland and stay the night in a welcoming, cycle-friendly B&B close to the town centre where you can carb-load on a range of cuisines in preparation for the journey ahead!

Day 2. Appleby to Cockermouth - 58 miles/94km; 1350 metres of ascent
Your journey begins in Appleby, a bustling Cumbrian market town, in the rolling Eden Valley. Equipped with a set of comprehensive maps and route information, you're ready to set off on your incredible journey and head straight for the towering peaks of the Lake District National Park. Your day ends with a lovely descent into Cockermouth, where you'll find a warm welcome and a comfy bed.

Day 3. Cockermouth to Broughton in Furness - 46 miles/74km; 1600 metres of ascent
Heading west, you'll catch your first glimpse of the Irish Sea, from the top of Cold Fell. The challenging climb is rewarded by fantastic views of the coast and a fast descent into beautiful Eskdale. There are more hills ahead but the views will take your breath away – what's left of it! Broughton is a great place to spend the evening, with a real buzz and a choice of eateries.

Day 4. Broughton in Furness to Kirkby Lonsdale - 47 miles/77km; 1300 metres of ascent
What a great day of biking! Today you'll be able explore more of the gorgeous Cumbrian coast, including the pretty villages of Cartmel and its imposing Priory, and Grange-over-Sands, with lovely views over Morecambe Bay. Kirkby Lonsdale, the historic market town on the banks of the River Lune, is your destination for the day.

Day 5. Kirkby Lonsdale to Appleby - 42 miles/68km; 1340 metres of ascent
With peaks of the Lake District far behind, the cycling today is all about the rolling Howgill Fells. There's still plenty of climbing and lovely views to keep you occupied as you follow the River Lune back into the Eden Valley. You can head home or choose to spend a celebratory evening in Appleby.

Duration:

3, 4 or 5 days' cycling
3, 4 or 5 nights' accommodation

Just let us know how many days you'd like your Lakes and Dales adventure to last!

Total Distance:

318 km or 196 miles

Includes:

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx.files
- Vehicle back up (fully supported trips)
- Phone support (self guided trips)

Available on request:

- Pick up and drop off from public transport links
- Bike and equipment hire
- Accommodation in Appleby at the end of the trip

Dates:

Self-guided and fully supported cycling trips are available between March and October for groups of 2 or more. Contact us with the dates you have in mind.

What bike?

The Lakes and Dales Loop can be ridden on a hybrid, road bike or mountain bike. See below for more details.

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 Loop – 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. Almost 100% 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 from £30 per person, per night will apply.

Clothing and kit

Northern England receives a generally mild climate all year round with the Gulf Stream passing our western coastline. The east is generally a bit drier but cooler than the west, 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 with you on your trip, in which you can carry spare clothes, snacks and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes, we can provide pannier bags at an additional cost in which to carry supplies for the day.

The route

The Lakes and Dales Loop is a brand new cycling route, along quiet country roads, purpose built cycle paths and disused railways. It is well signposted so finding your way won't be a problem. There are some short, steep climbs and some prolonged, easier gradient climbs along the route, but these are all on quite country roads. This trip, if completed in 4 days, has a Fitness Grading of 7 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 8 hours per day. The route will include some long, steep climbs

What bike?

The Lakes and Dales Loop route is perfect for hybrid, road or mountain bikes. It is a good idea to fit mountain bikes with semi-smooth tyres to make pedalling on the roads a bit easier. The entire route is on paved surface so no detours are required for road bikes. Please ask us if you need any further advice.

Bike hire

It is always more comfortable for you if you can use your own bike but we can provide you with quality hybrid bikes if required, which are a perfect option for the route. They have plenty of gears to help you make it up those climbs and are supplied with a spare inner tube, puncture repair kit, pump, lock, bottle holder and

pannier rack. Pannier bags can also be provided by prior arrangement. 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.

Hire bikes are provided with comfortable touring-style saddles and standard 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.

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 Coast and Castles 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!

Fully supported trips

Our fully supported cycling trips are designed to provide you with a completely hassle-free biking holiday experience. We will organise every aspect of your trip including 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 full support from our friendly, knowledgeable back-up team in case of technical (or physical!) emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road!

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!