



## Pennine Bridleway – Matlock to Kirkby Stephen

### Summary

It's difficult to describe just how amazing this mountain biking route is! The trails are just as varied as the stunning landscapes you'll be biking through; from steep, rocky tracks through the impressive Peak District to grassy singletrack snaking through the imposing Yorkshire Dales. The Pennine Bridleway rarely ventures onto tarmac so this is probably the longest continuous off-road mountain biking route this country has to offer. Join us on the trip of a lifetime along the backbone of England on a truly unforgettable biking adventure!

### Highlights

Mountain biking the length of the Pennines, the 'Backbone of England'  
Panoramic views over Greater Manchester from the High Peak District  
Weird and wonderful limestone landscapes in the Yorkshire Dales  
Biking the longest continuous off-road mountain biking route in the UK  
Picnicking overlooking the Ribbleshead viaduct, dating back to the 1870's

### Example 4-Day Itinerary

**Day 1.** You can either arrive directly at Matlock or leave a car in Kirkby Stephen and we'll transport you to Matlock, ready to begin your adventure!

#### **Day 2. Matlock to Glossop - 74 km/46 miles; 1010 metres of ascent**

Beginning at Middleton Top along easy-going disused railway, the trail immediately provides stunning views over the lovely Peak District countryside. Don't be lulled in though because the going soon becomes steeper and rockier as the route snakes its way through the Peak District National Park. The High Peak District lives up to its name and the trails reach a height of 450 metres above sea level before dropping down into Glossop for the night.

#### **Day 3. Glossop to Hebden Bridge - 61 km/38 miles; 1535 metres of ascent**

There's no getting away from it – this is a tough day of biking following the constantly undulating terrain of the Northern Peaks. Technical off-road trails lead through the satellite villages surrounding Manchester but you'll still feel as though you're in the back of beyond. There's little in the way of relief from the relentlessly steep climbs and descents but you're rewarded with a blistering descent, not to mention a tasty meal and comfy bed awaiting in Hebden Bridge.

#### **Day 4. Hebden Bridge to Settle - 76 km/47 miles; 1695 metres of ascent**

You'll get the biggest challenge of the day out of the way early on with a gruelling climb out of the Calder Valley. Again, the terrain continually undulates as you skirt around the reservoirs that supply water to the Greater Manchester area and the views from the moors are stunning. Soon you'll leave the bright lights behind as you venture north into the Yorkshire Dales. Farmland tracks and trails lead you ever northward to your destination in Settle, a lovely Yorkshire market town.

#### **Day 5. Settle to Kirkby Stephen - 72 km/45 miles; 1800 metres of ascent**

The scenery today is top-notch and the biking is sublime. Views of Ingleborough and Pen-y-ghent give way to weird and wonderful limestone landscapes as you bike north through the Dales National Park. The trails keep you well away from tarmac and civilisation until you descend into Kirkby Stephen for a well-earned pint! **Congratulations, you've completed the Pennine Bridleway!!**

### Duration:

4 or 5 days of sublime mountain biking  
5 or 6 nights' comfortable accommodation

### Total Distance:

283 km or 175 miles

### Includes:

- 5 or 6 nights in quality guest houses or small hotels
- Comprehensive maps and GPX files
- Baggage transfers
- Vehicle back up or phone support
- One way transfer from Kirkby Stephen to Matlock, either at the beginning or end of the trip

### Available on request:

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

### Grade:

Technical Grading: **Red/Black**

### Dates:

Guided, self-guided and fully supported 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 trails in the Pennines 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](mailto:info@trailbrakes.co.uk)  
Phone us: +44 (0)7922 653327 or +44 (0)141 6286676



## Pennine Bridleway - Extra 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 from £30 per person, per night will apply.

### 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 Yorkshire Dales is available here: <http://www.yorkshiredales-stay.co.uk/weather.html>. 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.

### The trails

There is almost every type of trail imaginable on this trip, from purpose built cycle paths to ancient roads, forestry trails and miles of superb single-track. The surfaces are all generally hard packed or rocky. Some parts are technically challenging so off-road experience is required. This trip has a **Fitness Grading of 8** 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 10 hours per day. The route will include sections of physically demanding terrain including long, steep climbs on rocky surfaces. This trip has a **Technical Grading of Red/Black**, meaning that the route is only suitable for very experienced mountain bikers. Trails can be steep and rough with challenging technical sections including large rocks and water crossings. This trip is only suitable for bikers with excellent off-road biking skills.

### 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!

### **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](mailto: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!**