

## 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](http://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](http://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](http://www.golakes.co.uk/p2p)

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Cumbria

## passport 2 pedalling

### Windermere lake shore mountain bike route

Route 1 - Windermere Lake Shore



An easy mountain bike ride from Harrow Slack to Wray Castle on traffic free bridleway paths, with views across Lake Windermere.

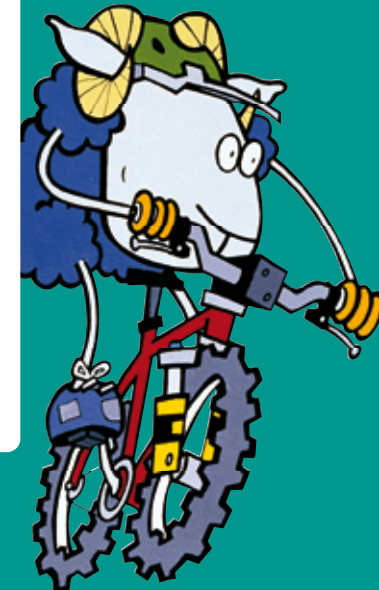
**Distance:** 6.9 miles (11.2km)

**Nearest Town:** Ambleside (or Windermere via ferry)

**Start Location:** Harrow Slack car park, Far Sawrey

**Directions to Start (by car):**

From Ambleside, head out on the A593 toward Coniston and Hawkshead. 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 at 10%. Take the left turn to Harrow Slack and the Lake Shore car park just before joining the queue for the ferry across to Windermere.



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# Windermere lake shore mountain bike route

## the route

From Harrow Slack car park turn left, and follow the 1km tarmac section through open fields where people often come to picnic. The road changes to a track at an open gate with a cattle grid.

You enter the woods to ride for the next 2.2km on this wide and sometimes stony and loose trail. It undulates with steep short climbs and descents – they can easily be ridden with care and at sensible speeds but younger riders may need to walk short sections. Be careful of the eroded parts of the path which have created small gullies on the side of the track.

At Belle Grange, you come to a sign post where a bridleway turns off left, but you keep ahead and right, following the main track towards High Wray. The track from here is smooth and flat. Slow down as walkers are just around the corner.

After 500m you arrive at the tarmac road and Red Nab car park. Ride through the car park, signed to Wray Castle, and beware of the low wooden barrier as you set off from here. The track follows the lake shore and is very flat and smooth for 1.6km. Here the track turns away from the lake and heads up hill for 500m, signed to The Castle Gatehouse. At the road look right and you will see the Dower House Gatehouse. To get to Wray Castle continue on the Castle drive.

If you retrace your steps back down to the lake shore you can find some lovely spots to enjoy a picnic lunch. From here retrace your ride back to the car.

More confident riders may choose to continue on the road towards the village of Hawkshead and back to the car on the backroads. Alternatively, with less fit riders, an adult could remain with the youngsters at Red Nab car park while another has a blast back to bring the car round.



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