

ALL ON-ROAD USING
QUIET
196
MILE CIRCULAR
CYCLE ROUTE
COUNTRY LANES

While the Lakes & Dales Loop makes a great multi-day tour, you can still get a flavour of it without taking on the entire circuit in one go. As a guide, the website suggests a number of loops which take in sections of the Lakes & Dales Loop, but offer circular day rides of various lengths between around 10 - 40 miles, using alternative return routes that enable riders to finish up where they started out. These loops are based on small towns and offer accommodation and refreshment opportunities, together with parking, usually a bike shop and sometimes a rail link. So, useful places to start and finish a bike ride.

DAY LOOPS

www.lakedalesloop.co.uk

Use our interactive map www.lakedalesloop.co.uk/map to help choose and book accommodation from a broad range of places to stay including hotels, bunk houses, campsites, B&Bs and hostels. There are an increasing number of 'Cyclist Friendly' accredited establishments which provide extra facilities and services such as secure bike storage, provision to dry wet clothing and gear, bike washing facilities and useful advice for cyclists.

Cumbrian food is highly regarded for its unique regional and artisan products such as Herdwick lamb, Cumberland sausage, Damson gin, Grasmere gingerbread, cheeses, chutneys and regional beers. Enjoy a wide range of places to eat en route ranging from cosy tea rooms and traditional Lakeland pubs to world-class fine dining establishments. For more information: <http://www.visitcumbria.com/food-drink/>

PLAN YOUR RIDE

THE LAKE DISTRICT & YORKSHIRE DALES NATIONAL PARKS

6 TOUR OPTIONS

Penrith

The Lakes & Dales Loop would make an ideal week-long cycle tour. The website describes it as six day ride sections of between 25 and 37 miles, enabling plenty of time for chatty coffee breaks, leisurely lunches, pauses to drink in the views and generally explore the hidden corners of Cumbria that the Lakes & Dales Loop will introduce you to.

There are, of course, a number of alternative ways of carving up the route. If you don't have a week, or fancy covering the ground a bit quicker, the website suggests alternative options for 5, 4 and 3 day tours, as well as 2 and 1 day challenge rides.

ITINERARY

WELCOME

The Lakes & Dales Loop is a spectacular, 196-mile on-road cycle route through the best of Cumbria's countryside.

Meander along gently undulating country lanes to explore the majestic beauty of the Lake District, West Cumbria, Morecambe Bay, the Yorkshire Dales and the Eden Valley. Riding the Lakes & Dales Loop reveals the rugged splendour of lesser-known corners of Cumbria away from the crowds.

On your journey through this ever-changing landscape, you will circumnavigate the Lake District, England's largest National Park with wonderful views of iconic mountain tops.

Starting from Penrith, heading west the route passes under the imposing shadow of Blencathra, the 'back o Skiddaw'. Turning east, the network of minor roads in South Lakeland, mostly well-kept secrets from the majority of motorists will ensure a peaceful day's journey in the saddle, discovering some of the hidden gems of this part of the world.

Heading north up the Lune Valley you enter the tranquil Eden Valley, first across the open limestone landscape of Great Asby Scar and then into the market town of Appleby on the River Eden. Continue through scenic, rural landscapes to swing back round to the town of Penrith.

www.lakedalesloop.co.uk

We are keen to hear about your experiences - your feedback is really important to us.

Please share your experiences via Facebook and Twitter.

If you've got photos or videos that you would be happy for us to use send them to info@lakedalesloop.co.uk

Photo credits: Nurture Lakeland, Nick Cotton and Jo Cleary



LAKES & DALES LOOP
CYCLE ROUTE



SEE MORE

Funded by the Department for Transport. Delivered in partnership by Cumbria County Council, Lake District National Park Authority and Cumbria Tourism. Images provided courtesy of: Nurture Eden

SEE MORE
CUMBRIA AND THE LAKE DISTRICT

A spectacular, 196 mile, on-road cycle route through the best of Cumbria's countryside.

www.lakedalesloop.co.uk



- Lakes and Dales Loop
- Railway Line
- Railway Station
- 6 Day Loop stop/start points
- Motorway Junction

Listed here are just those on / close to the Lakes & Dales Loop. Please check the opening days and hours with each Centre before visiting as times may vary.

Appleby
T: 017683 51177 E: tic@applebytown.org.uk

Broughton-in-Furness
T: 01229 716115 E: broughtontic@btconnect.com

Cockermouth
T: 01900 822634 E:cockermouthtouristinformation
centre@btconnect.com

Grange-over-Sands
T: 015395 34026 E: grangetic@southlakeland.gov.uk

Kirkby Lonsdale
T: 015242 71437 E: info@kirkbylonsdale.co.uk

Penrith
T: 01768 867466 E: pen.tic@eden.gov.uk

Sedbergh
T: 015396 20125 E: tic@sedbergh.org.uk

For a full listings visit: www.lakesdalesloop.co.uk/map

Whilst cycling gives us great freedom and independence it is important to follow a few simple rules as below:

- ✓ **Respect the Highway Code which is compulsory for cyclists to follow.**
- ✓ **Always remain vigilant on roads, particularly at junctions and on bridges**
- ✓ **At night, use effective lights and wear bright clothing/ reflective gear if available**
- ✓ **If wearing a helmet, make sure it is correctly fitted**
- ✓ **Please don't drop litter – it is hazardous for wildlife and gives cyclists a bad reputation**
- ✓ **Please be respectful when cycling through communities**
- ✓ **On off-road paths, shared with other users:**
 - Always signal
 - Give priority to pedestrians and horse-riders
- ✓ **Be considerate and friendly to other route users – ideally have a bell that you can use to warn others of your approach. Otherwise a polite call works well too.**

