www.**lakesdalesloop**.co.uk

WELCOME

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

Although the route is in the Lakes and Dales, there is very little climbing with a total ascent of just 5,066 metres. Not bad when you consider you are surrounded by spectacular views of mountains!

This circular route offers an accessible, long distance challenge ride or tour for all cycling interests and abilities. Rides could be a single day event for cyclists who are looking for the next challenge or a less strenuous ride over six days.

LAKES & DALES LOOP

CYCLE ROUTE

/clubs/lakesdalesloop

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We are keen to hear about your experiences – your feedback is really important, not only to help us raise the profile of the route, but also to ensure that we can improve the quality of users' cycling experience.

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**

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.

ITINERARY

The Lakes and Dale Loop would make an ideal week-long cycle tour, with six days riding and a rest day to enjoy time out of the saddle. Here the route is described in six 'bite-sized' sections, comprising day rides of between 25 and 37 miles, enabling plenty of time for chatty coffee breaks, leisurely lunches, stops to drink in the views and generally explore the hidden corners of Cumbria that the Lakes & Dales Loop will introduce you to.

Don't have a week, or fancy doing it quicker? There are, of course, a number of alternative ways of carving up the Lakes & Dales Loop other than six day-ride sections. Don't have a week? Fancy yourself as a racing snake? We have tour and challenge options for 5, 4 and 3 day tours and also 2 and 1 day challenge rides.

6 TOUR OPTIONS

2 NATIONAL PARKS

THE **LAKE DISTRICT & YORKSHIRE DALES** NATIONAL PARKS

PLAN YOUR RIDE

Use our interactive map www.lakesdalesloop.co.uk/map to help choose and book accommodation from a broad range of places to stay including hotels, bunk houses, campsites, B&B's 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 breads, and an extensive range of 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/

DAY LOOPS

TEXT ABOUT DAY LOOPS
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196 MILE **CIRCULAR CYCLE ROUTE**

ALL ON-ROAD USING **QUIET** COUNTRY LANES

LAKES & DALES LOOP CYCLE ROUTE

COCKERMOUTH

PENRITH

ORTON

ESKDALE GREEN

CARTMEL

KIRKBY LONSDALE

Key

- Lakes and Dales Loop
- Railway Line
- Railway Station
- 6 Day Accommodation Point
- Motorway Junction

Tourist Information Centres

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

Bike Hire / Shops

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

Responsible Cycling

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.