



## **Lakes and Dales Loop**

### **Introduction:**

A challenging and stunning cycling tour around the Lake District, the western Yorkshire Dales and the Eden Valley. A Fantastic ride with gorgeous views everyday, full of lakes, mountains, valleys and coastline. The tour normally begins in Penrith but can also start in Grange-over-Sands, both connected by rail but Penrith has more direct connections (if driving from south of the Lake District than Grange-over-Sands would be closer). The route is a relatively new route and was designed by local and national cycling clubs, intent on showing off the best the region has to offer. It is all on road so is perfect for road bikes and suitable for almost all other bikes. Lakes and Dales Loop measures 196 mile (315 km).

As this is a loop tour, there is no transfer back to the start. Please enquire about any transfers we can help you with.

### **Details:**

Duration: Generally between 2 and 6 days in length, but we can organise any length of tour including days of during the tour on request. We can also organise extra nights accommodation before the tour starts and when it ends.

Lakes and Dales Loop Distance: 196 miles / 315 km

Total Ascent: 16,968 ft / 5,172 m

Included in tour:

- Bed and Breakfast in cycling friendly accommodation
- Daily luggage transfers
- Return transfer
- Extensive maps (paper and digital)

- Emergency contacts
- Meet and greet at the beginning of the tour including tour introduction with the chance to take a few photos before you leave.
- Supported tours are also available (please enquire)

Extras:

- Bike rental
- Electric bike
- Extra night(s) accommodation (before, during or after)
- Single room supplement

Date: Tours are available from March to October. Please let us know when you would like to travel.

Tour Highlights:

Amazing views of Skiddaw and Blencathra amongst other fells..

Cockermouth, the home of Wordsworth

Sizergh Castle

Sticky Toffee pudding in Cartmel, the home of sticky toffee pudding.

Views of the sands and Morecambe Bay around Grange-over-Sands

Cycling up through the Lune Valley around Tebay

### Off-route and other pit stops:

There is a short diversion taking you to Ravenglass, it's famous train station, Roman Bath and coast.

Arnside and Silverdale AONB is just a short ride south of Levens on the Morecambe Bay Cycleway.

Bassenthwaite Lake is a short ride south of Uldale.

### Sample 3 Day Self-guided Itinerary (Lakes and Dales Loop):

*Day 1: Penrith to Gosforth: 65 miles / 105 km*

If you would like us to organise your accommodation in Penrith or Grange-over-Sands, please ask for details. Meet in Penrith either at your hotel or a pre-determined start point. Our rep will take your luggage, handover your bikes, if rented from us, maps and will give you a brief intro into the tour. They will be available to answer any of your questions and take a few 'before' photos for you before you west and into the Lake District. A gorgeous and challenging day cycling ahead, in the shadow of Skiddaw.

*Day 2: Gosforth to Kirby Lonsdale: 60 miles / 97 km*

From Gosforth you climb up into the South Lakes Fells, towards the picturesque village of Broughton-in-furness. From here you pass east along the southern end of the Lake District towards Lakeside and Lake Windermere. This is followed by climbing Cartmel Fell descending in Grange before continuing on a less challenging route to the Yorkshire Dales and Kirby Lonsdale.

*Day 3: Kirby Lonsdale - Penrith : 64 miles / 90 km*

Final, another challenging day, back north through the dales, riding through the Lune Valley, around the Orton Fells and into the Eden Valley, amazing views every step of the way. The final part riding through the Eden Valley, passing by the old market town of Appleby-in-Westmorland and back to Penrith.

## Clothing

The UK boasts some of the most spectacular scenery in the world and its diverse history is one of the main pulls for tourists. We can guarantee that you will experience this whilst on your cycling adventure. What we are unfortunately unable to guarantee is the weather, so we would advise to be prepared for all eventualities!

We have found that the best way to do this, is through layers and with a lightweight waterproof on top. It might be a chilly day, but when climbing a hill for 30+ minutes, you will soon create your very own central heating system and will regret having to lug around a thick jumper!

In the colder weather, it is also advisable to wear warm footwear. Our bikes aren't fitted with pedal cleats, but a pair of good-grip shoes will do you well (if you are hiring bikes from and want to bring your own pedals, you are more than welcome but please let us know beforehand).

For update advice on the weather please consult the met office's forecast here <https://www.metoffice.gov.uk/public/weather>.

## Bikes

Our bikes are hybrid bikes with at least 24 gears. They are perfectly suited for cycling on country lanes, cycle paths, roads and trails. They're neither mountain bikes nor road bikes so we would advise against going off-piste at any point, or expecting to keep up with the pelaton! All our bikes include a pannier, spare tube and repair equipment, a mini u-lock, a mini pump and lights. We can also supply electric bikes, please enquire. If you want to bring your own saddle or pedals you are more than welcome, please advise us beforehand.

The Lakes and Dales Loop is suitable for most bikes, especially road bikes. Hybrid bikes are also perfect for this tour. The route itself has many climbs, some very steep so if you are unsure of the challenge you would like you can always add on another day and make the daily distances shorter.

## Accommodation

We take pride in the b&b accommodation we work with on our cycling tours, they are chosen for being cycling friendly, welcoming and comfortable, include a hearty breakfast and we get great feedback from our tourers on our choice of accommodation. The accommodation will also provide secure bike storage and some can provide a packed lunch if booked in advance.

## Fitness

Even our most leisurely tours will have some element of climbing so you will benefit from having done a sufficient amount of training prior to the departure. You will know yourself how far and how long you are able to cycle, so we hope that you have chosen a tour accordingly. You can allow yourself extra time by having an early start if needed, but please be mindful of daylight hours. All our bikes will be fitted with lights, but we would advise to try and finish the day's cycling before it gets dark.

And if a hill is too steep, walk the bike up! Having scaled the Rocky Mountains without ever being beaten by a 'hill', I have had to push a bike up a 200 metre long climb in Shropshire, and there's no shame in it!

## Food

A cyclist's best friend. We would suggest stocking up on snacks whenever you get a chance. There is nothing worse than peddling on empty, so bananas, cereal bars, biscuits (etc.) could provide that much needed extra bit of energy. Most of the towns and villages will have at least one cafe or pub for lunch/tea/coffee breaks; on the maps we supply each town or village with a pub or cafe is clearly marked with a glass or cup.

## Roads and Route

Parts of our tours will take place on roads and you will be sharing that road with cars. We ask you to be mindful in this case. For example: Signal when you're changing lanes or turning corners and don't cycle more than two abreast. If you're unsure of the laws of the land in regards to cycling, you can brush up on your knowledge here: . <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

The Lakes and Dales route itself is signposted, this along with the maps both paper and digital we provide you with allow for a very comfortable orientation on this loop ride..

### Transfer

Each tour includes a transfer from the end of the tour for you, your bike and luggage, back to the start of the tour. However as this is a loop tour, the transfer at the end isn't required, but we can however organise transfers to and from the start – depending on the distance from the start (i.e. a door to door transfer) please enquire if needed

### Further Questions

Please don't hesitate to contact us if you have any other questions on the route or the tour. You can contact us on the following:

Call us at 01524840072

Email us on [info@openroadopenskies.co.uk](mailto:info@openroadopenskies.co.uk)

Tweet us @oroskies

Facebook us [www.facebook.com/oroskies/](http://www.facebook.com/oroskies/)

We also have an FAQ page for you to look through <http://www.openroadopenskies.co.uk/info/faqs>

### Enjoyment

We want you to enjoy this adventure. It is, after all, a holiday. Relax, enjoy the ride, take in the country, stop off at areas of interest, chat to the locals and, most importantly, go at your own pace!

May the wind be at your back!