



Trough of Bowland

Introduction:

Going over the roof of Bowland is what Bradley Wiggins used as his Tour de France training before his first victory. A beautiful ride into and around Bowland, a challenging climb with stunning scenery and picturesque villages. The Forest of Bowland is a bird lovers treasure trove, Hen Harriers, Ring Ouzels and Whinchats are among some of the birds you could see on the hills and valleys of the fells. Arnsdale and Silverdale are two beautiful coastal towns overlooked by fells and crags, while the cycling around this section isn't as challenging the scenery is fantastic with beautiful views clear across the bay. This tour is all on quiet roads and county lanes and suitable for all bike types, there is an optional section at the end where you can either follow the Pennine Cycleway and stay on road or follow the Morecambe Bay Cycleway and follow the Lancaster Canal Tow Path to Hest Bank. The Trough of Bowland tour measures 100 miles / 160 km.

Details:

Duration: Generally between 2 and 4 days in length, but we can organise any length of tour including days off during the tour on request. We can also organise extra nights accommodation before the tour starts and when it ends.

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:

Spectacular climb and descent through the Trough of Bowland

Puddleducks Cafe, Dunsop Bridge in the Centre of the UK

Lancaster Castle, Lancaster

Kirby Lonsdale, historic market town on the River Lune

Crook o'Lune, popular beauty spot on a horse shoe bend in the River Lune

Off-route and other pit stops:

Leighton Moss RSPB Bird Sanctuary is a short distance off route near Warton Cragg and Silverdale.

Going a bit further north at Milnthorpe will allow you to get to both Sizergh Castle and Levens Hall.

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 peloton! 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 Trough of Bowland is suitable for most bikes as it is almost all on-road. Hybrid and Mountain bikes are also fine 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.

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 Trough of Bowland is not signposted, however we will provide you with maps (paper and digital) for easy navigation .

Transfer

Each tour includes a transfer from the end of the tour for you, your bike and luggage. As it is a loop tour, please enquire for any transfer that you may need.

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:

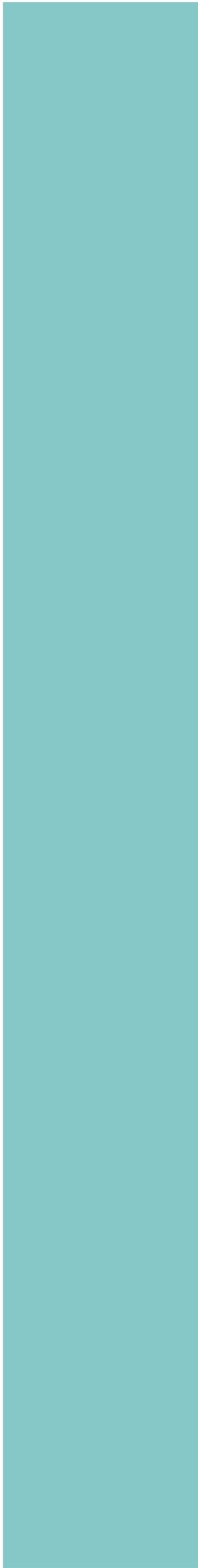
Call us at 01524840072

Email us on info@openroadopenskies.co.uk

Tweet us @oroskies

Facebook us 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!