

# Whinlatter



## Mountain biking in Whinlatter Forest putting the *mountain* into mountain biking!

Rising to 790 metres above sea level Whinlatter Forest boasts stunning views of the Lake District and the biking makes the most of the mountainous terrain. The purpose built mountain bike trails were voted second best trail centre in the UK by readers of Singletrack Magazine in 2009.

**The Altura Trail** has been created with experienced bikers in mind. A 19km red grade route, it features berms, jumps, skinnies, cork screws and table tops, with challenging single track sections. And when it's time to get your breath back, take in the views of Derwent Water, Bassenthwaite, Helvellyn and Skiddaw at an altitude of 500m (1600ft) above Keswick. Arranged as a north and south loop, it can be tackled in two sessions or go for the full 19km at once.

For less experienced bikers looking to improve skills and confidence, the blue graded **Quercus Trail** encompasses a range of challenges, like gentle berms and rolling jumps. The trail is 7.5km long, with the option to follow a shorter 3.5km route if legs begin to burn!

**Cyclewise** is the onsite bike shop and offers cycle hire, parts, clothing, maintenance and new bike sales. They also offer a huge variety of courses with a focus on developing riding skills through the use of modern coaching techniques. [www.cyclewise.co.uk](http://www.cyclewise.co.uk)

Whinlatter Forest is managed by the **Forestry Commission**. The trails start at the main visitor centre car park, which also has an information centre and forest shop, Siskins Café, Whinlatter WildPlay children's trail and walking trails. The Visitor Centre is situated on the Whinlatter Pass and is signed from the A66 just west of Keswick

**Whinlatter Visitor Centre**, Whinlatter Pass, Braithwaite, North West of Keswick, CA12 5TW.

Telephone: 017687 78469

