



Biking from Keswick

All of the cycle rides in this guide start and finish around Keswick, a bustling market town in the heart of the Lake District National Park. The town nestles on the shores of Derwentwater, the *Queen of Lakes*, below the Skiddaw mountain range, making it a great base for exploring the area whilst offering a variety of shops and attractions and plenty of places to eat out.

This guide will help you to discover some of the quieter, less frequented corners of this fascinating area and should appeal to cyclists of all ages and abilities.

Route grading

Route grades are expressed by route length, plus degree of difficulty calculated as average height gain (metres) per kilometre - plus steep gradients.

Distance (miles)

Short: up to 10 miles
Medium: 10 – 25 miles
Long: over 25 miles

Height Gain (m per km)

Easy: up to 10m per km
Moderate: 10 – 15m per km
Hard: 15 – 20m per km
Challenge: over 20m per km

Keswick

The Market Place, home to the ancient Moot Hall and its peculiar one-handed clock is at the heart of Keswick town centre. It's a good place to start any visit and the twice weekly market, on Saturdays and Thursdays and the many shops attract thousands of people. It's a great place to get kitted out for an outdoor adventure; there are probably more outdoor shops in Keswick than can be found in any other market town in Britain! There's also an amazing variety of small independent shops and galleries to be found in the town, mainly in side streets running from Market Place.

Eating out won't be a disappointment, with traditional Lakeland pubs, restaurants serving international cuisine, and cafes. There's also plenty to do, from museums and attractions, to arts, theatre and cinema, and many events and festivals throughout the year.

Getting there

The nearest mainline train station is at Penrith connecting with bus service X4/X5. To check public transport information before you travel visit www.traveline.org.uk or call 0871 200 22 33.

Keswick is also close to the M6, north of Kendal and south of Carlisle, so is easily accessed by road.

Following the routes

Each route is highlighted on an Ordnance Survey map with arrows showing which way round to go and added directions to help with navigation. The 'Key to maps/route descriptions' explain the symbols on the maps and the abbreviations used. Where the route uses part of a National Cycle Network route, just follow the distinctive blue signs. The general rule is to keep to the road you're on unless otherwise directed. Please note all distances are approximate.

Accommodation and Tourist Information

www.golakes.co.uk/stay shows a range of serviced and self catering

Good Cycling Code

Obey the rules of the road

- Always follow the Highway Code
- Ride in single file to let vehicles overtake

Be courteous

- Don't assume everyone can see or hear you
- Give way to pedestrians, wheelchair users and horse riders
- Ring your bell or call out (to horse riders) to alert of your approach
- Acknowledge people who give way to you

Care for the environment

- Try to reach the start of your journey by bike or public transport
- Follow the Countryside Code: Respect, Protect, Enjoy
- Take any litter home
- Cycle on roads, byways, bridleways and cycle paths, not public footpaths

Look after yourself

- Wear a properly fitting helmet and bright, weatherproof clothing
- Be alert to potential hazards and take extra care
- Carry enough food and water, and a map
- Check tyres, brakes and gears often, and be able to deal with a puncture
- Use lights in poor visibility
- Don't use any hand-held device while cycling

Look at www.lake-district.gov.uk and www.imba.org.uk for codes specifically for enjoying off-road riding.

Thank you for cycling! The bike is the most efficient and environmentally friendly form of transport invented.

accommodation in the Keswick area. The tourist information centre is located in the Moot Hall in the Market Square (tel: 017687 72645). For full information on Keswick visit www.keswick.org



Sustrans, the UK's leading sustainable transport charity, coordinates the award-winning National Cycle Network, a comprehensive system of safe and attractive routes identified specifically for cyclists and walkers. For more information visit www.sustrans.org.uk



Keswick Bikes + The Lakeland Pedlar

Why not start or finish your bike ride at **The Lakeland Pedlar**, one of Cumbria's better known cycling friendly eateries. Ideally located right in the heart of Keswick, the Pedlar houses a very popular wholefood café as well as a branch of **Keswick Bikes Ltd.** with a huge range of bikes, clothing & accessories. Whilst enjoying a meal or a snack in the café, make sure to look at the café's decorations which include pictures and cycling memorabilia from across the world. Anyone with a keen interest in cycling is bound to enjoy browsing the bike shop above the cafe for those essential items to improve or upgrade your riding kit. The café prides itself on its high quality home cooked food, catering for all tastes, ideal for the hungry visitor. It makes the perfect starting and finishing point for day rides, walks and many other outdoor activities, and there is always expert advice on hand to help with suitable routes whatever your abilities.

The café and the bike shop are family friendly, open all year, have free wi-fi and bike racks. Keswick Bikes' staff are always ready to help with all cycling and mountain biking questions which include cycle hire & workshop facilities.



www.keswickbikes.co.uk

Cycle Shops

Keswick Mountain Bikes

Shop: Otley Road, Keswick CA12 5LE
Workshop: Southey Hill, Keswick CA12 5ND
Tel: 017687 80586 or 75202 or 75752
Email: office@keswickbikes.co.uk
www.keswickbikes.co.uk

The Lakeland Pedlar Wholefood Cafe & Bike Shop

Hendersons Yard, Bell Close, Keswick CA12 5JD
Tel: 017687 74492 or 017687 75752
Email: maggie@lakelandpedlar.co.uk
www.lakelandpedlar.co.uk

PlanetFear

Heads Road, Keswick, CA12 5EZ
Tel: 017687 72244
www.planetfear.co.uk

Whinlatter Bikes

82 Main Street, Keswick, CA12 5DX
Tel: 017687 73940

Cyclewise

Whinlatter Forest Park, Braithwaite, Keswick, CA12 5TW
Tel: 017687 78711
Email: whinlatter@cyclewise.co.uk
www.cyclewise.co.uk

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Disclaimer: Whilst every effort has been made to present routes where it is legal to cycle, individuals are responsible for their own safety and the safety of others. All information is provided in good faith by the publisher and producer, and was accurate at the time of publication.

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