Riding to TMR essence above Keswick
Whinlatter Forest- located in the north-west of Keswick in the Lake District and the best cycling route in the UK by readers of Singletrack Magazine in 2009.

The Altura Trail has been created with the more experienced biker in mind, a grade 4 red route with some steep climbs, short road gaps and technical sections. The trails are set in a beautiful forest setting, with stunning views of Whinlatter Forest and the Lake District. The trails are well maintained and offer a challenging ride for both experienced and less experienced cyclists.

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Swinside Circuit
This short 8 mile road route uses country lanes to the south west of Keswick on a circular ride around Swinside Fell. The route is on country lanes which can sometimes be busy during peak periods. The route takes in the newly built Newlands Beck Bridge, which was opened in the Centenary Festivals of 2006.

**ROUTE 5**

1. From the car park turn L onto the A5271 and proceed through Keswick, going left at a mini roundabout and on to A5271 bridge.
2. After crossing the A5271, take the minor road through Keswick, going left at a mini roundabout and on to minor road.
3. Keep left at the roundabout and follow the road through the village.
4. Turn left onto the A5271 and proceed through Keswick, going left at a mini roundabout and on to A5271 bridge.
5. After crossing the A5271, take the minor road through Keswick, going left at a mini roundabout and on to minor road.
6. Turn left onto the A5271 and proceed through Keswick, going left at a mini roundabout and on to A5271 bridge.
7. After crossing the A5271, take the minor road through Keswick, going left at a mini roundabout and on to minor road.
8. Turn left onto the A5271 and proceed through Keswick, going left at a mini roundabout and on to A5271 bridge.
9. After crossing the A5271, take the minor road through Keswick, going left at a mini roundabout and on to minor road.

**Refreshments:**
Keswick

**Parking:**
Car parking available in Keswick at Otley Road and Bell Close car parks.