

Lonscale Fell and the Glenderaterra Valley

ROUTE 2

This is an ideal mountain bike route if you have limited time. It begins by following the Old Railway Line but then climbs out of Threlkeld into the Glenderaterra Valley for beautiful views over St Johns in the Vale. Old mine workings can be seen below as the ride heads up into the valley, then crosses a beck before contouring high above on Lonscale Fell. The scenery is very dramatic, with only a few sheep for company, and the descent from Latrigg to Keswick will leave you wanting more.

Start/Finish: Keswick Leisure Pool (GR NY270237)

Distance: 11 miles (18km)

Grade: Medium - Challenge.
Suitable for mountain bikes only

Refreshments: Keswick, Threlkeld

Parking: Car parking available at the Old Railway Station.

1 Start from Keswick Leisure Pool (GR NY270237) and follow the Railway Path all the way into the village of Threlkeld (see Route 5).

2 Avoid the first turning to Wescoe and continue for another 0.5km (0.3m) to the next L: Blease Road (GR NY319253).

3 A stiff climb along a narrow road levels out and after 1km (0.6m) passes the entrance to the Blencathra Field Centre (GR NY303256).

4 The road finishes but the route continues across a metal cattle grid and follows a rough track into the Glenderaterra Valley. Now primarily a sheep pasture, the steep valley sides once saw considerable mining activity during the 19th Century (*find out more at Keswick Mining Museum*).

5 There are various streams to cross using stone and wooden bridges or taking a chance with rocky fording points.

6 A steeper climb on a well surfaced track follows a dry stone wall for 0.5km (0.3m), then onto a stonier track for another 250m.

7 Look out for a track sharp L (GR NY 292279) heading S.

8 Now begins one of the Lake District's most memorable mountain biking sections, climbing and contouring high up the valley side of Lonscale Fell. This is one of the highlights of the route, negotiating natural rock steps following the Cumbria Way. Big drop offs present a real danger and this section should be ridden/walked with caution.

9 Eventually the narrow sides of the valley open to give spectacular views in every direction and a fast descent turns into a very rocky track leading to a rock step and a river crossing which climbs back up to the Latrigg car park (GR NY282253).

10 From here a good track descends to Spooney Green overlooking Keswick. Please note this bridleway has some steeper sections and potential hazards such as water channels crossing the track. The track is used by walkers and horse riders so should be ridden with great care and consideration.

11 Cross the A66 over a bridge and arrive back in Keswick on the Brundholme Road. Turn L and follow this road back for 0.5km (0.3m) to the Leisure Pool.

