

Passport 2 Pedalling

Great cycling activities for all the family in the Lake District and Cumbria.

With mountains and valleys, miles of mature forest, endless lake and coastal shores, the landscape of Cumbria makes an amazing place to go cycling.

Complete novice or seasoned cyclist, family and friends, individuals and groups, there are great routes across the county for everyone to discover and enjoy.

Inspired by the London games, Passport 2 Pedalling aims to make it easy to get involved in cycling in the Lake District and Cumbria and for everyone to have great fun on two wheels!

for more information visit www.golakes.co.uk/p2p

take up the 2012 challenge!



Can you ride 2012 Cumbrian miles before the London games?

A few miles here and there or a weekend 'epic', join in at www.golakes.co.uk/p2p, record your rides and you could win new bikes worth up to £1,000!*

It's **FREE** to take part and open to everyone!

*Terms and Conditions apply. For full details of the 2012 Challenge, entry details and prizes, visit www.golakes.co.uk/p2p



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Cumbria

passport 2 pedalling

Askham Fell mountain bike route

Route 4 - Askham Fell



An easy mountain bike ride around Askham Fell with views across Lake Ullswater.

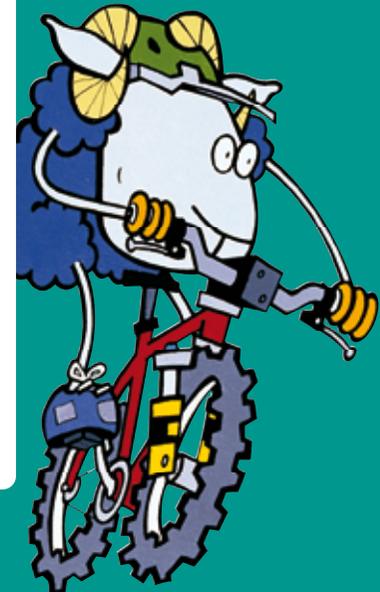
Distance: 4.4 miles (7.1km)

Nearest Town: Penrith

Start Location: Above Helton Village on the edge of Askham Fell

Directions to Start (by car):

From Penrith head south on the A6 to Shap. After 0.5 miles turn right at a mini roundabout, signed to Tirril. After crossing the motorway and then the railway turn left signed to Askham. Follow the road through Askham village until you see a Helton sign as you enter that village. Take the first right turn after the Helton sign. Take the next right turn up the steep hill then over the cattle grid. The start location is 2.4 miles from the cattle grid. A small wooded sign on the right hand side of the road is the start. Park opposite on the grass.



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Askham Fell mountain bike route

the route

Set off up the wide grassy track, following the sign marked "Roe Head 2 miles". After 200m you pass the Cop Stone (a standing stone, on the right), carry on up the grass track for another 200m to the sink hole on your right - it's a great place to ride your bike in, like a natural BMX bowl!

From the sink hole the wide track descends then climbs then bends to the left. After 360m you will find a smaller track which turns off to the right, heading towards a patch of woodlands.

This track becomes more defined after 170m where you pass a few boulders sticking up on your left. Stay on this track for a total of 1.2km. It goes up and down all the time and has lots of tracks leading off, but stay on the well defined track, always heading towards the woodland in front where you'll come to a wide wooden gate.

Don't go through the gate, but do have a look at the mountains in the distance over the top of the gate and dry stone wall - these are The Pennines.

Turn sharply left and, with the gate to your back, climb the long grassy slope to the next band of woods at the top of the hill. Duck under the over hanging trees and keep the woodland to your right. You'll come into open space with amazing views across Ullswater to the left, and the pile of stones that marks the summit about 60m to your right.

Ride to the stones - this is the top of Heughscar Hill at 375m high. From here navigation can be tricky so make sure you head due north across flat ground that starts to go downhill gently. You should be able to see the town of Penrith ahead of you in the distance.

After 800m you will reach a wide, hard pack dirt track. Turn left and follow this round the hill - this can be bumpy and muddy in places. The track starts to climb on grass then goes downhill. This is the steepest descent of the day so take it at a safe speed.

The track comes out at a cross roads where you head straight across onto a good trail that drops then climbs for 500m to a stone circle. Turn left here onto another good track which turns into a short muddy section after about 500m, then rejoins the main wide trail across the middle of Askham Fell. Turn right and follow this all the way back to your car.



Askham Fell mountain bike route

