

Front cover

Whinlatter

Putting the
mountain
back into
biking!

Welcome to
Whinlatter, England's
only mountain forest

You'll find rewarding rides
here at Whinlatter,
whether you're a
seasoned pro or here
for a family day out.
Try the challenging red
graded Altura trail, not
for the fainthearted, or
the steadier Quercus trail
with great views across
the Helvellyn and
Skiddaw ranges.

Cyclewise bike shop



Cyclewise, the onsite bike shop, offers bike
hire as well as bike training courses, full
workshop facilities and bike clothing,

equipment and bikes. Open from
10am-5pm daily. Call **01768 778 711**
or visit cyclewise.co.uk

Your safety

- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines on this panel must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
- Routes may change owing to tree felling and other forest operations.
- **No motorbikes, quadbikes, dogs or horses** are allowed on the MTB trails.



Forest Cycle Code



Don't rely on others

- Can you get home safely?
- Carry the right equipment and know how to use it.

For your safety

- Wear the right safety clothing; a cycle helmet and gloves.
- Cycle within your abilities.
- Look first! Only tackle jumps and other challenges if you are sure you can do them.
- Train properly, especially for difficult and technical routes.



On and off road

- Expect the unexpected. Watch out for other visitors.
- Stay safe: always follow warning signs and any advice you are given.
- If a vehicle is loading timber, wait for the driver to let you pass.



Cycle carefully & come back soon!

Forestry Commission
England

discovery PASS

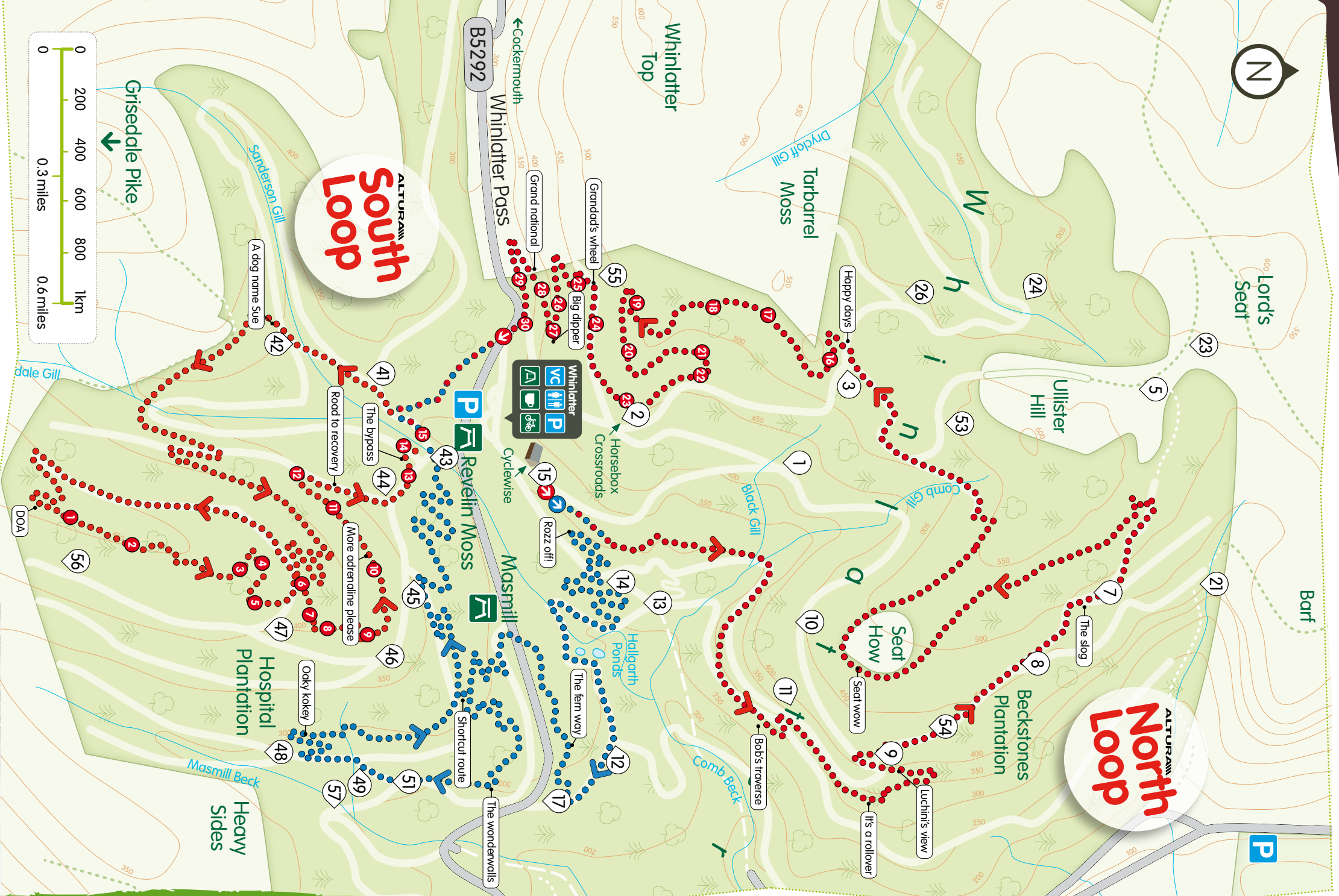
Discover the
freedom of the
Forests with a
Discovery Pass

Get free parking at Whinlatter plus
savings, discounts and lots more.
Buy online at forestry.gov.uk/pass

Back cover

MTB trails

There's mountains of singletrack here for you to challenge your skills on at any time of year



Trail information

Quercus Trail • • •
Blue moderate: 7.5km (4.6miles)
 Shorter option: 3.5km (2miles)
 Start at Cyclewise.

This trail is a gem waiting to be discovered. Expect flowing singletrack with gentle berms, rolling jumps and wide gradual climbs with technical features for the adventurous riders. Suitable for intermediate mountain bikers with basic off-road skills and reasonable fitness.

Finding your way: Follow the blue arrows on timber posts. Look out for any warning markers.

The Altura Trail North Loop • • •
Red difficult: 10km (6miles)
Black Severe (optional features)
 Start at Cyclewise.

Waymarked, with 200 metres height gain of climbing. This is a singletrack trail with steep climbs, twisting turns and exhilarating descents involving berms, jumps and some technical black graded sections as an option.

Finding your way: Follow the red arrows on timber posts. Look out for any warning markers. Also on this route are **black grade** trail features. These are marked with a skull and crossbones symbol.

The Altura Trail South Loop • • •
Red difficult: 9km (5.5miles)
 Start opposite main entrance.

Waymarked with a long, ambitious climb to the top of Hospital Fell Ridge. The descent now awaits you. Expect fast flowing singletrack with berms, jumps and natural features to challenge you.

ALTURA

For your safety...

- » Give way to other users at junctions and on shared sections
- » Do not build or alter the trail in any way.

Emergency info

Name of key location: Whinlatter Forest, Whinlatter Pass, Brithwaite CA12 5TW, T: 017687 78469
OS Grid ref: NY 209245
Nearest access road: Whinlatter Pass B5292, between Keswick and Lorton.
Nearest A&E hospital facilities: Whitehaven. T: 01946 693 181
Nearest Minor Injury Unit: Keswick (minor injuries only) T: 01768 245678
Defibrillator located at the visitor centre.
Nearest phone: In Whinlatter Visitor Centre during open hours. Emergency use only.
If mountain rescue required call 999. Ask for Cumbria Police, then ask for Keswick Mountain Rescue. Use our location markers 1 and junction markers 1 to pinpoint your location. Inform the Forestry Commission. T: 017687 78469

Forest roads

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

How our cycle trails are graded

Green Easy •
 Sorry, not at this forest
Blue Moderate ■
Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some single-track sections & small obstacles of root & rock.
Red Difficult ▲
Suitable for: Proficient mountain bikers with good off-road skills & fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents such as drop-offs & large rocks.
Black Severe ◆
Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Large & unavoidable features.
Orange Extreme ■
 Sorry, not at this forest

Waymarkers

- 1 Junction marker
- 1 Location markers
- 1 Start points
- Trail sections
- Walking trail
- Biking trail

Key to map

- P Car park
- VC Visitor Centre
- Cyclewise
- Play area
- Picnic area
- Cafe
- Forest road
- Bridleway
- Footpath