

# Mountains of bike trails...

Be prepared to ride two of the best mountain bike trails in England...

The Quercus trail offers flowing singletrack with gentle berms in breathtaking woodlands whilst the Altura Trail consists of fast adrenaline fuelled descents with lung bursting climbs and the best views of the North Lakes. Start here and follow the waymarkers. Enjoy...

## Quercus trail



Oakey Kokey on the Quercus Trail.

## Altura trail



Grandad Wheel on the North Loop of the Altura Trail.

The Altura Trail is the longest purpose built MTB trail in the Lake District...

## Grizedale

Enjoyed the trails here at Whinlatter? Try Grizedale...

Visit **Grizedale Forest**, in the heart of the southern Lake District and take on the North Face Trail. Visit [forestry.gov.uk/grizedale](http://forestry.gov.uk/grizedale) for more information.

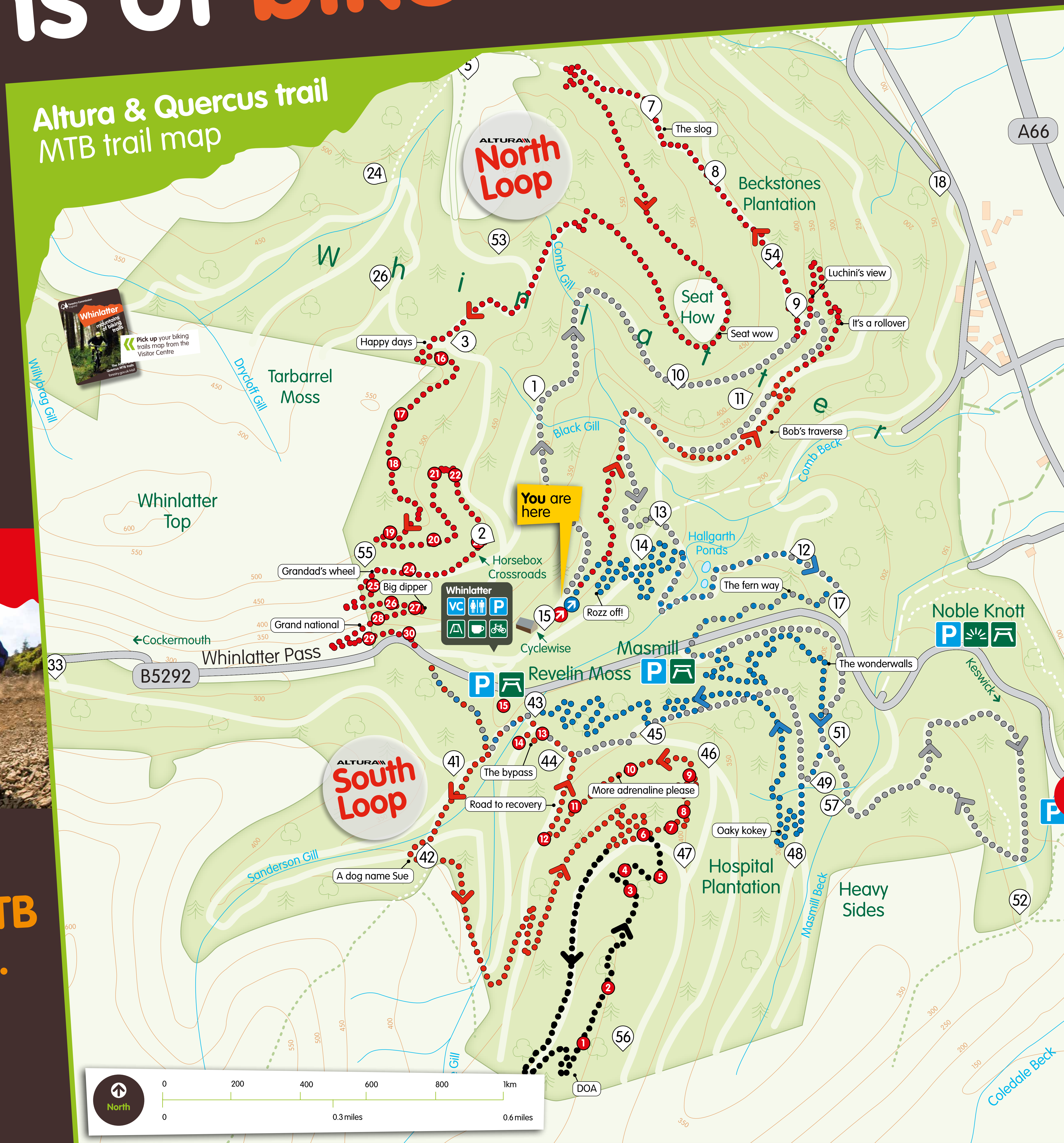
Contact us  
Tel: 01768778469  
Email: [whinlatter@forestryengland.uk](mailto:whinlatter@forestryengland.uk)  
[forestry.gov.uk/whinlatter](http://forestry.gov.uk/whinlatter)  
[forestry.gov.uk/visit](http://forestry.gov.uk/visit)



## Discover more forest biking...

To discover more forests across England with bike trails visit: [forestry.gov.uk/visit](http://forestry.gov.uk/visit)

## Altura & Quercus trail MTB trail map



## Trail information

### Starting from Cyclewise Shop

#### Quercus Trail • • •

Blue Moderate. Starts near Cyclewise  
7.5km (4.6miles). 3.5km (2miles) shorter route option.

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

#### The Altura Trail North Loop • • •

Red Difficult. Starts near Cyclewise  
10km (6miles).

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

#### The Altura Trail South Loop • • •

Red Difficult. Starts near main entrance

**Black Severe. 9km (5.5miles)**  
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.

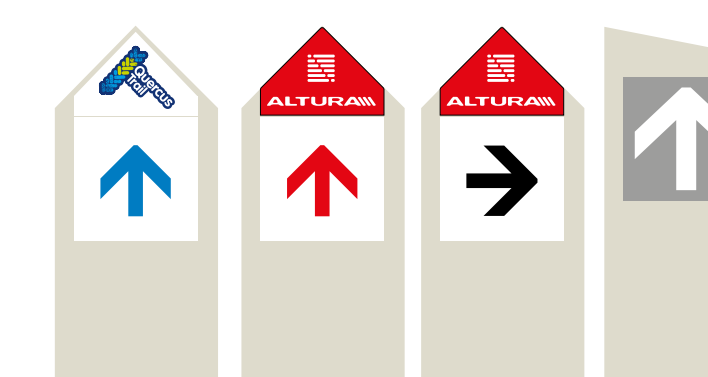
#### Gorse Cycle Trail • • •

Forest road. Starts near Cyclewise  
10km (6.2miles)

This trail is largely on well surfaced forest roads and is aimed at those with gravel bikes, hybrid bikes, electric MTB bikes and MTB bikes. There are many long gradual climbs and descents where a good standard of fitness and low gear ratios is beneficial. The route goes through the best parts of Whinlatter with stunning vista across the Lake District and exploring the quieter corners of Whinlatter at Noble Knott.

### Finding your way

Please use the following way markers to find your way around the forest. Look out for any warning signs. The Altura trail has an optional **Black graded** trail feature.



### Emergency Info

**Name of key location:**  
Whinlatter Forest, Whinlatter Pass, Braithwaite 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.**

**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 to pinpoint your location.  
Inform the Forestry Commission.  
**T: 017687 78469.**

### 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

→ Give way to other users at junctions and on shared sections

→ Pedestrians and horses are asked not to use this trail

→ Do not build or alter the trail in any way.

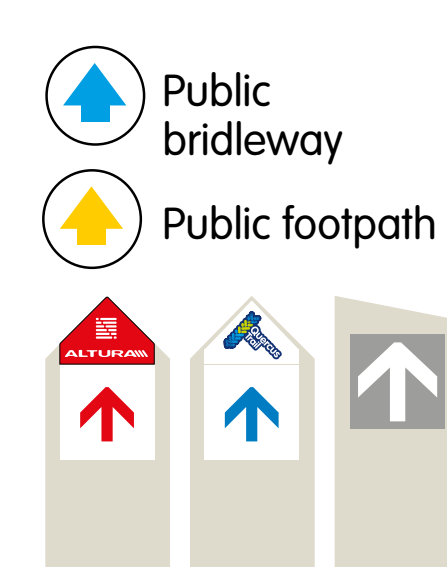
→ **No motorbikes, quadbikes, dogs, horses or walkers** are allowed on the MTB trails.



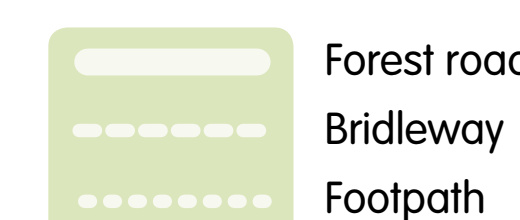
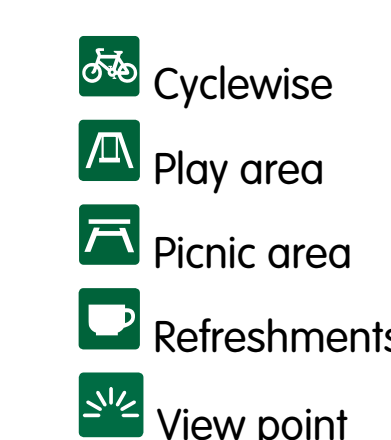
### How our cycling trails are graded

- Green Easy**  
Not available in 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 & technical features 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**  
Not available in this forest  
Forest road & similar
- 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.

### Waymarkers



### Key to map



### Forest Cycle Code

#### 1. Don't rely on others:

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

#### 2. For your own safety:

- Always wear the right safety clothing, at least a cycle helmet and gloves.
- Only cycle within your abilities.
- Only tackle jumps and other challenges if you are sure you can do them, have a look first!
- Train properly especially for difficult & technical routes.

#### 3. On and off road:

- Expect the unexpected - watch out for other visitors
- For your own and others' safety always follow warning signs and any advice you are given.
- If a vehicle is loading timber stop and wait for the driver to let you pass safely.

#### 4. Cycle carefully and come back soon!

Trail sponsor:

Supported by:

Trail construction:

ALTURA

adventure capital  
the lake district

LOTTERY FUNDED

SPORT ENGLAND

Clixbys  
FOREST & ENVIRONMENT CONTRACTORS



