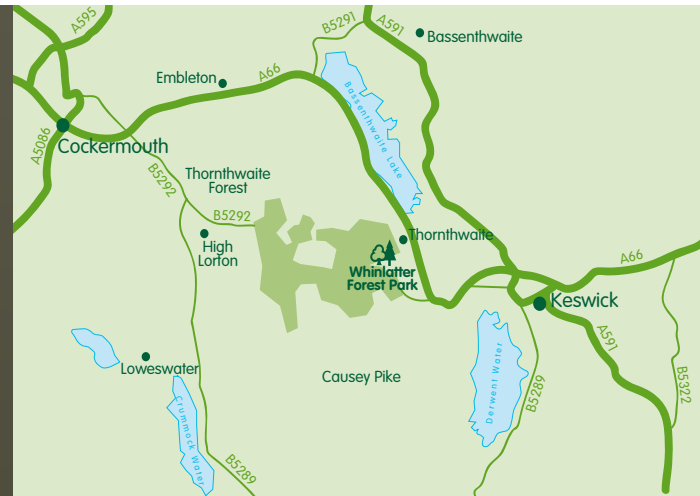




Whinlatter Forest Park

ALTURA MTB TRAIL



Location

Whinlatter Forest Park is situated on the B5292 in between Cockermouth (9 miles west) and Keswick (3.5 miles east).

Opening times

The Visitor Centre, Shop and Siskins Tearoom are open 10am – 5:00pm (summer) 4pm (winter).

Whinlatter Forest Park

Whinlatter Pass,
Braithwaite,
Keswick
CA12 5TW
T 01768 778469

www.forestry.gov.uk/whinlatter

Bike Hire

'Cyclewise Whinlatter' is a new bike hire and shop at the start of the Altura Trail. Many courses are available from here as well as a wide range of Altura clothing and full workshop facilities.
T 017687-78711

email: whinlatter@cyclewisetraining.co.uk



» www.forestry.gov.uk



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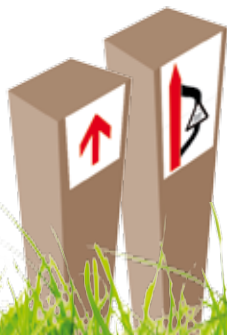
PUTTING THE MOUNTAIN BACK INTO BIKING...

» Finding your way

Be prepared for long challenging climbs with over 400 metres total height gain, twisty turns, rock obstacles and steep drops. The descents consist of fast singletrack with jumps, berms, tabletops, natural obstacles and the best views of the North Lakes.

Follow the red arrow on timber posts. Look out for any warning markers.

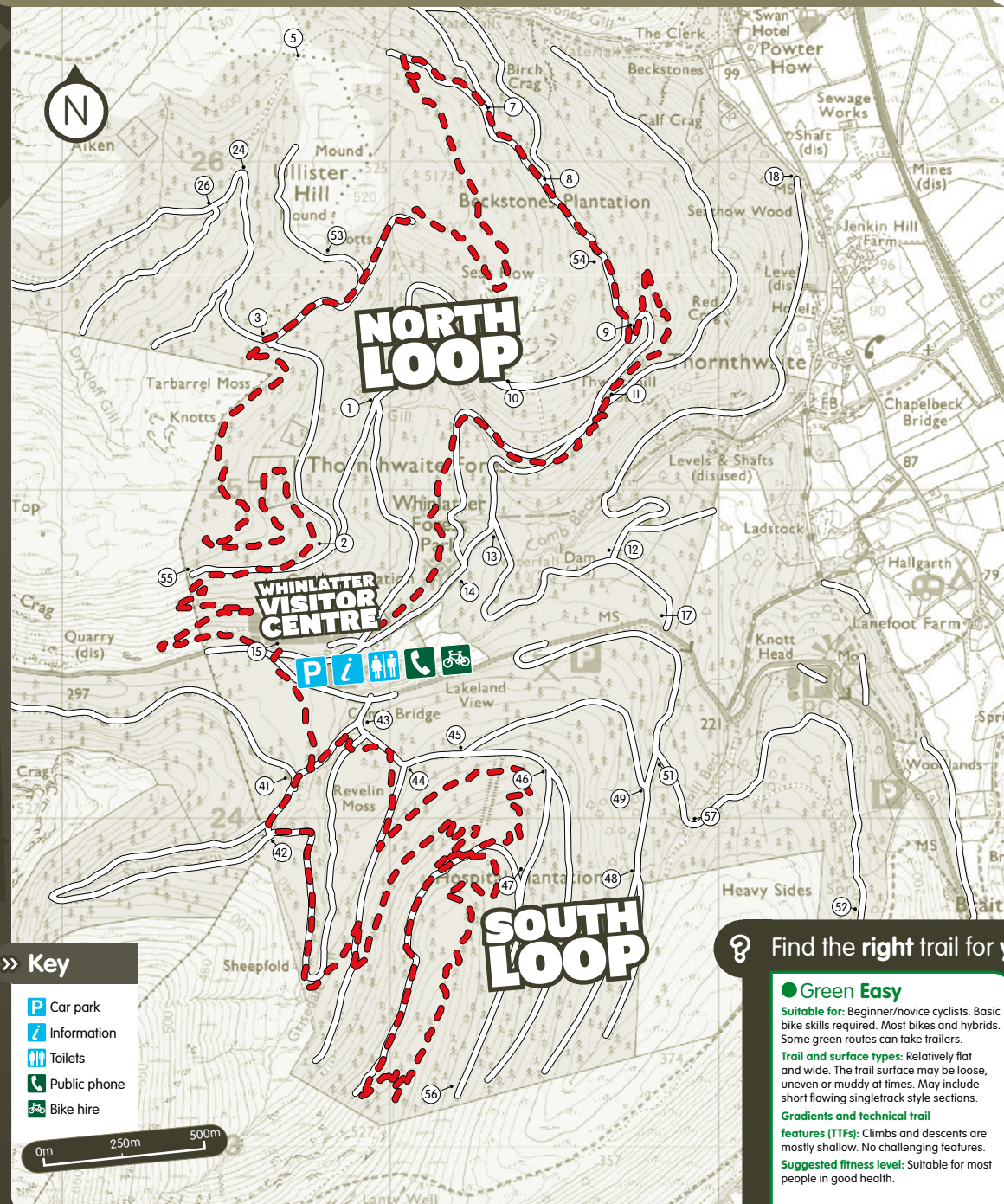
Black grade trail features are marked with a skull & crossbones symbol.



THIS TRAIL IS THE LONGEST PURPOSE BUILT MTB TRAIL IN THE LAKE DISTRICT...

ALTURA TRAIL MAP

» Trail map



» Key

- Car park
- Information
- Toilets
- Public phone
- Bike hire



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» Trail information

The Altura Trail North Loop

▲ Red (Difficult)

◆ Black (Severe) features (optional)

10 km (6 miles)

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.

- » 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.

The Altura Trail South Loop

▲ Red (Difficult)

9 km (5.5 miles)

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.

- » 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.

? Find the right trail for you...

● Green Easy

Suitable for: Beginner/novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.

Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.

Gradients and technical trail features (TTFs): Climbs and descents are mostly shallow. No challenging features.

Suggested fitness level: Suitable for most people in good health.

■ Blue Moderate

Suitable for: Intermediate cyclists/ mountain bikers with basic off road riding skills. Mountain bikes or hybrids.

Trail and surface types: As 'Green' plus and specially constructed single track. Trail surface may include small obstacles of roots and rock.

Gradients and technical trail features (TTFs): Most gradients are moderate but may include short steep sections. Includes small TTFs.

Suggested fitness level: A good standard of fitness can help.

▲ Red Difficult

Suitable for: Proficient mountain bikers with good off road riding skills. Suitable for better quality off-road mountain bikes.

Trail and surface types: Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.

Gradients and technical trail features (TTFs): A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings.

Suggested fitness level: Higher level of fitness and stamina.

◆ Black Severe

Suitable for: Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

Trail and surface types: As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.

Gradients and technical trail features (TTFs): Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have 'downhill' style sections.

Suggested fitness level: Suitable for very active people used to prolonged effort.

■ Orange Bike park

Suitable for: Riders aspiring to an elite level of technical ability, incorporates everything from full on downhill riding to big-air jumps.

Trail and surface types: Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and or risk. Jumping ability obligatory.

Gradients and technical trail features (TTFs): Will include a range of small medium and large TTFs, including downhill trails, freeride sections and mandatory jumps.

Suggested fitness level: A good standard of fitness, but technical skills more important.

Forest road & similar

Suitable for: A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.

Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including horse riders and dog walkers.

Gradients and technical trail features (TTFs): Gradients can be variable and may include short steep sections. Occasional potholes may be present.

Suggested fitness level: A good standard of fitness can help.

» Follow the 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 and 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!**



PUTTING THE MOUNTAIN BACK INTO BIKING...

Not every forest contains a bike park or full range of cycle trails. Visit www.forestry.gov.uk to find more trails suitable for you.