

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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adventurecapital
the lake district
Cumbria

passport 2 pedalling

Askham Fell mountain bike route

Route 1 - Askham Fell



Off road mountain biking on grassy, stony tracks and trails with some backroads to complete the loop.

Distance: 7.1 miles (11.5km)

Nearest Town: Penrith

Start Location: Askham Stores Village Shop

Directions to Start (by car):

From the M6, head east on the A66 towards Brough. At the next roundabout head south on the A6 to Shap. At the mini roundabout turn right, signed to Tirril. Turn left signed to Askham. Follow the road all the way to Askham.

The village store is at the crossroads in the centre of the village, but 50m before this on the left you will see a sign for a car park.



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the route

With your back to Askham village store and the pub next door, head out on the road signed to Helton.

After 1.5km you will pass the sign for Helton. Carry straight on for another 1.2km through the bottom of Helton village. This junction has two roads to the right – take the sharpest right turn and go gently uphill passed the stone barn. After 400m, on a corner, the road splits into a private drive and a grassy track up in front of you. Take the grass track and carry on up to the gate at the top (400m).

From this gate the navigation can be tricky. Take the grass track uphill to the right (PLEASE NOTE: the grass track in front is the wrong one but will bring you out on the same road, just further along).

Once at the road go straight across, following the wooden bridleway signpost to Roe Head. The grass track is wide, well defined and goes on for 1.4km, climbing gently then levelling out where there is a small stone pillar. Turn left off the track here, onto a trail that starts out through open moorland then turns into a good track after 100m.

The track takes you to the stone circle known as the Cockpit. From the Cockpit face towards the lake and take the well defined track to the right. It starts off as grass and then turns into a hard pack surface. You will arrive at a crossroads with a pile of stones next to it. At this junction go straight across up the steep grassy track. This is the toughest section of the ride, but only lasts a few minutes before it levels out again. Follow this track for 2km to Winder Hall.

Navigate through Winder Hall out on to the road and turn right. At the end of the road turn right again back into Askham Village.



Askham Fell mountain bike route

