

# 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). 3.5km (2miles) shorter option.  
**Start** at Cyclewise.

This 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.

**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, 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 ●●●

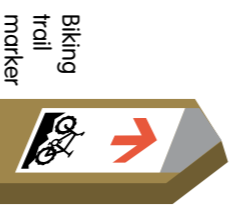
**Red difficult:** 9km (5.5miles). **Start** opposite main entrance.

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.

## ALTURAI

### For your safety...

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



## ? Trail grading information

<p><b>Green: Easy</b> ●</p> <p><b>Suitable for:</b> Beginners in good health with basic bike skills. Most types of bike.</p> <p><b>Trail:</b> Relatively flat and wide.</p>	<p><b>Blue: Moderate</b> ■</p> <p><b>Suitable for:</b> Riders in good health with basic off-road riding skills. Basic mountain bikes.</p> <p><b>Trail:</b> Some 'singletrack' sections and small obstacles of root and rock.</p>
<p><b>Red: Difficult</b> ▲</p> <p><b>Suitable for:</b> Proficient mountain bikers with good off-road riding skills &amp; fitness. Good mountain bikes.</p> <p><b>Trail:</b> Challenging climbs, tricky descents &amp; technical features such as drop-offs &amp; large rocks.</p>	<p><b>Black: Severe</b> ◆</p> <p><b>Suitable for:</b> Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.</p> <p><b>Trail:</b> Greater challenge &amp; difficulty. Expect large &amp; unavoidable features.</p>

Not every forest contains a bike park or full range of cycle trails. Visit: [www.forestry.gov.uk](http://www.forestry.gov.uk) to find more trails suitable for you.

## ? Forest roads & bike parks

<p><b>Suitable for:</b> Cyclists in good health. Map reading useful (routes not always marked). Most bikes.</p> <p><b>Trail:</b> Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles &amp; other users.</p>	<p><b>Suitable for:</b> Extreme level riders with expert technical skills &amp; good fitness. Technical bike skills important. Jumping ability obligatory.</p> <p><b>Trail:</b> Extreme levels of exposure &amp; risk. Large features.</p>
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## ! Emergency info

- Name & Grid ref. for this location:** Whinlatter Forest Park NY 209246. **Nearest access road:** Whinlatter Pass B5292, between Keswick and Lorton.
- Nearest A&E Hospital facilities:** Whitehaven. **T:** 01946 693181. Keswick (minor injuries only) **T:** 017687 67000.
- Nearest phone:** Whinlatter Visitor Centre during opening 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.

## Waymarkers

## Key

- Forest road  
 Bridleway  
 Footpath
- Car park  
 Visitor centre  
 Cyclewise  
 Play area  
 Picnic area  
 Viewpoint  
 Refreshments
- Junction marker  
 Location markers  
 Start points  
 Trail sections
- Scale: 0 200 400 600 800 1km / 0 0.3 miles 0.6 miles