

Bike the Big Valley



50p

Biking a forest road in Ennerdale

Welcome. Ennerdale offers more than 10 miles of forest roads which provide an almost traffic free environment for biking. Exploring the valley by bike allows you to see the whole of the valley in one day. From views over Ennerdale water to the majesty of Pillar and Great Gable, from the crystal clear waters of the River Liza to the history of ancient settlements.

Where to Park. To access the valley by bike please use Bowness Knott car park.

Suitability. There are no purpose built mountain bike trails in Ennerdale. However the forest roads in the valley bottom have few steep gradients and are generally wide enough to ride side by side. The steepest section is the first 350m between the car park and lakeshore. Please be aware that the forest roads can be potholed and lose gravel surfaces increase braking time and reduce control. Mountain bikes with good tread are recommended.

Traffic levels are low but please keep a look out for agricultural and forestry traffic and service vehicles especially between Bowness Knott car park and the YHA and Field Centre at Gillerthwaite.

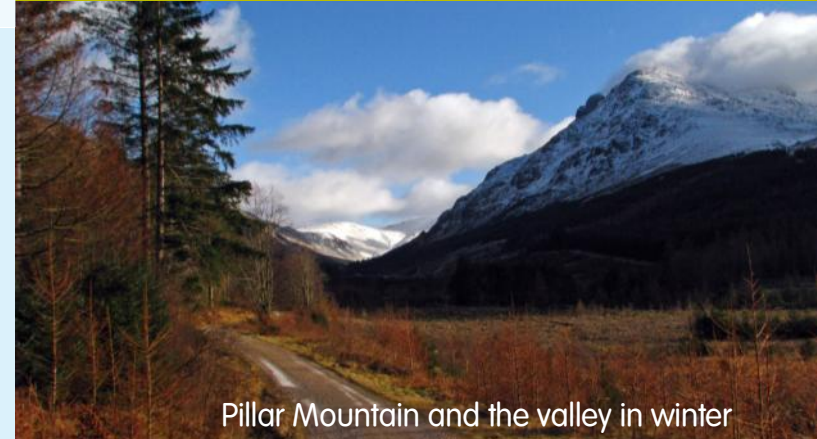
Wild Ennerdale is a partnership of people and organisations led by The Forestry Commission, National Trust, United Utilities and Natural England. Our vision is "to allow the evolution of Ennerdale as a wild valley for the benefit of people, relying more on natural processes to shape its landscape & ecology."

For more information visit www.wildennerdale.co.uk or phone Gareth Browning on 07712751060.



Family biking in Ennerdale

Please Protect Our Wild Valley
Don't start fires
Protect and respect wildlife, trees and plants
Keep dogs under control
Take your litter home
Make no unnecessary noise
Take only memories away



Pillar Mountain and the valley in winter

wildwaterforestmountains
ennerdale



Start at
Bowness Knott car park
Lat:54.5261624
Lng:-3.3776521
or Postcode CA23 3AU

Medieval
Bloomery where
iron was made
in the 14th
Century

At the Irish
bridge enjoy the
crystal clear
waters of the
Liza which
means "shining
" in old Norse
language

Medieval twin
walled long
houses below
the road.

Emergency!
A&E Hospital
Whitehaven. 01946 693181
Nearest Public Phones
Gillerthwaite YHA common
room. Low Gillerthwaite Field
Centre. Ennerdale Bridge
outside the school.
Rescue Phone 999 ask for
Mountain Rescue.
Mobile Phones. Poor
(west) to no reception (east).

Remember!

- Carry a first aid kit and bike repair kit
- Always wear the right safety clothing, at least a cycle helmet and gloves.
- Only cycle within your abilities.
- Watch out for other visitors.
- If a vehicle is loading timber stop and wait for the driver to let you pass safely.

Beware steep
section of forest
road between car
park and lake.

Shattered
tree from
2005 storm

Look across
to awesome
Pillar Rock
first climbed
in 1826

Lake and River. Enjoy a short 5km (3 mile ride up to the Irish Bridge across the River Liza, play pooh sticks, have a paddle, a picnic and ride back.

Short Loop. Feeling more adventurous pedal the 13km (7½ miles) short loop.

Whole Valley. Bike the 20km (11½ miles) to the very top of the valley climbing 140m (460ft) & marvel at Pillar Rock, Great Gable and Steeple.

New bridge allows
fish to spawn
up stream, natural
gravel movement
down stream and
increases the sense
of wildness by
reducing vehicle
access up the valley.

See
dragonflies
on Moss
Dub Tarn

Look out for our jet
black Galloway
cattle that freely
roam the valley
bottom. Take care
when biking past

Can you see
Barnard's
Cairn

This ford may be
impassable during
and after periods of
high rainfall.