

Bike the Big Valley



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 between 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.



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



£1

wildwaterforestmountains
ennerdale



Start at Bowness Knott car park Grid Ref NY110153

Medieval Bloomery where iron was made in the 14th

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

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

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 pool sticks, have a paddle, a picnic and ride back.

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 Tam

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

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

Can you see Barnards Cairn

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

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