



Trip notes:

Lake District rock and roll, 3 - 5 November 2017

Many thanks for joining us for what I'm sure will be an awesome weekend.

While we need to be flexible, the plan is to ride from our accommodation on Saturday – lowish level but awesome riding with some great techie sections. Weather permitting, we'll use the mini bus to get a day in the mountains on Sunday – maybe Nan Bield, Helvellyn or High Street, or possibly a little lower but equally as exhilarating, above Coniston.

We'll have a full briefing over dinner on Friday evening and probably again on Saturday!

Our accommodation

We're staying in Shackleton Lodge on the Brathay Estate, just outside Ambleside – details below. It's a huge place with a large lounge and plenty of rooms. The beds are mainly bunks in large rooms and we won't need to have more than 2 to a room.

Remember to bring a sleeping bag, pillow and towel.

We can get access to the lodge from 5pm on Friday evening and we aim dinner for 8pm on the first night, to give folk time to arrive. We'll have breakfast together before heading out on Saturday and Sunday and enjoy more of Jo's wonderful cooking for dinner on Saturday. Lunch arrangements will remain reasonably flexible to fit in with the day's riding.

Getting there:

Satnav postcode is LA22 0HP.

From the south, exit the M6 at junction 36 and merge onto the A590 (signposted Barrow A590 and Windermere, Kendal A591). Follow the A591 to Ambleside. From Ambleside follow the A593 signed Coniston and after a mile turn left onto the B5286 towards Hawkshead. Turn left into the main drive for Brathay Hall in about 300m.

From the north, exit the M6 at junction 40, then at a roundabout take the A66 towards Keswick. After about 12 miles turn left onto the B5322 (signposted Thirlmere), and then left again onto the A591. Follow the A591 to Ambleside and then follow the directions above.

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Drive slowly up the main drive with speed bumps until the 'T' junction, where you turn right (signposted to Shackleton Lodge), passing between a car park on the left and buildings on the right. Continue along, then take the left fork, also signposted Shackleton Lodge. Please park carefully and do not block the access to the field beyond the buildings.

Alcohol

Remember to bring something to drink (assuming you want something to drink!), although there are shops in Ambleside if you need to buy anything once you're in the Lakes.

Bike washing

There is a hose on the estate.

Riding kit

Some items can be shared between the group. If you haven't got all the kit please let us know at the briefing on Friday night.

- Hydration pack big enough to carry everything in the list below – suggested size 15L to 20L
- Water and snacks – gels, energy bars, flapjacks, jelly babies
- Lunch (this will be provided and will include a sandwich of your choice, crisps, fruit and cake)
- Dry bag to keep everything dry inside your pack
- Mini pump for your valve type
- Inner tube (even if you use tubeless)
- Tube patches (preferably self-adhesive)
- Tubeless repair kit (if you use tubeless)
- Tyre levers
- Multi-tool
- 1 set of spare brake pads
- Rear gear hanger for your bike - **essential**
- Cable ties
- Duct tape (we suggest wrapping 1m around your pump)
- Power link for your chain type and speed
- Mobile phone - in a waterproof case or plastic bag

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- Small personal first aid kit
- Any medication you need

Recommended clothing

- Helmet
- Knee and elbow pads
- Cycling shorts and/or waterproof shorts (or trousers)
- Wicking base layer or cycling jersey
- Mid layer (fleece or soft shell)
- Windproof and/or waterproof jacket (depending on the weather forecast)
- Woolly hat or buff
- Riding glasses
- Gloves (worth having a spare pair if it's wet)
- Waterproof socks
- Cycling shoes (you must be able to walk in them!)

BIKES

Your bike needs to be ready for the rigours of the mountains – steep and rocky climbs and descents. A lightweight x-country bike won't be strong enough for the descents and a downhill rig will be too heavy for the climbs. Just about everything in between will do the job.

Tyres are important. Lightweight racing tyres won't be strong enough. We recommend good trail or all-mountain tyres such as Maxxis High Rollers.

Please make sure your bike is ready for 2 days of hard riding. Anything that looks slightly suspect will almost certainly break.

There's a good bike shop in Ambleside if you need any spares.

We'll have secure storage for bikes overnight and a hose and brushes so you can clean your bike after riding

ETHICS ON THE HILL

There's no getting around it, 10 mountain bikers will be pretty conspicuous and we'll have some impact on the landscape and other trail users.

As a company, we're 100% committed to minimising our impact in every way we can. We operate a strict 'pack it out' policy for all litter (including banana skins and orange peel), and we try to leave as little trace of our passing as possible.

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While we'll enjoy some epic descents and trails, please ride in control and at a speed that reflects your line of sight and abilities.

We'll certainly meet walkers – this is the Lake District - and we want any interactions to be as positive as possible. It's important to give mountain bikers a good name. There will be opportunities for increased access for mountain bikers in the Lakes in the future and I'd hate to be involved in jeopardising that!

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