

mtb#

Grizedale Forest (North Face)



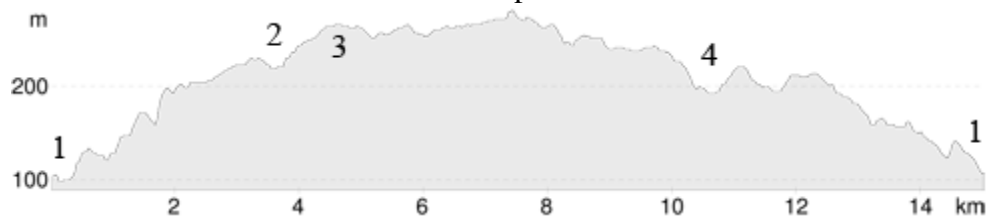
Fun: 5



Difficulty: Difficult



elevation profile:



Distance: 15km

Ascent: 375m

Allow: ~ 2 Hrs

Maps: OS Explorer OL7, Landranger 96/97

mtb#

There are loads of options for cycling in Grizedale Forest and it's a great place to explore from the saddle. As well as the many bridelways there are 6 way-marked trails, 5 of which are forest road based, of varying length and starting from a few locations around the forest, while the 6th is the new North Face Trail which I will concentrate on here. Leaflets / maps for both the North Face and other trails are available from the visitor centre.

Brief summary of other way-marked trails (taken from the official leaflet):

Colour	Start Point	Distance (approximate time)
Blue	Moor Top car park	3.5km (~ ½ Hr)
Black	Bogle Crag car park	10km (~ 1 ½ Hrs)
Purple	Visitor Centre or Moor Top	11.5km (~ 1 ½ Hrs)
Green	Visitor Centre	17km (~ 2 ½ Hrs)
Orange	Visitor Centre	23.5km (~ 3 ½ Hrs)

Start point for the North Face is also the visitor center at Grizedale, but another good access route is the newly upgraded bridleway from Hawkshead.

- 1) The route is well way-marked and it's not long until you're on the first section of single track which gives you a taste of things to come - it's pretty rocky and has the occasional (quite scary) off-camber boardwalk sections over boggy bits.
- 2) The only section that might need directions is the 'additional loop', which is on the map but not way-marked. To access this go straight on here up the green lane instead of right as signed. Go right then left when you meet another forest road, then straight across a cross roads before taking the bridleway immediately to the right. This bridleway gets very wet (I doubt it ever dries out!) and takes you out of the forest where it can be very exposed - for these reasons the additional loop is definitely a nice weather only option. You get spectacular views over Coniston Water as a reward for doing it though. Turn right onto another green lane, then right again onto a bridleway down to and past an abandoned house. Climb on grass becoming good solid single track then descend back into the forest.
- 3) If you didn't take the additional loop, carry straight on here. If you did, turn right and you're back on the way-marked trail. The next sections of single track have some quite mental boardwalk bits.
- 4) This is where you'd join if you came in from Hawkshead - turning left onto the forest road should get you going. Otherwise, keep following those signs! The final piece of single track is the best in my opinion, as it is mostly down hill and flows well. You're now back at the visitor center where there's a nice convenient cafe.