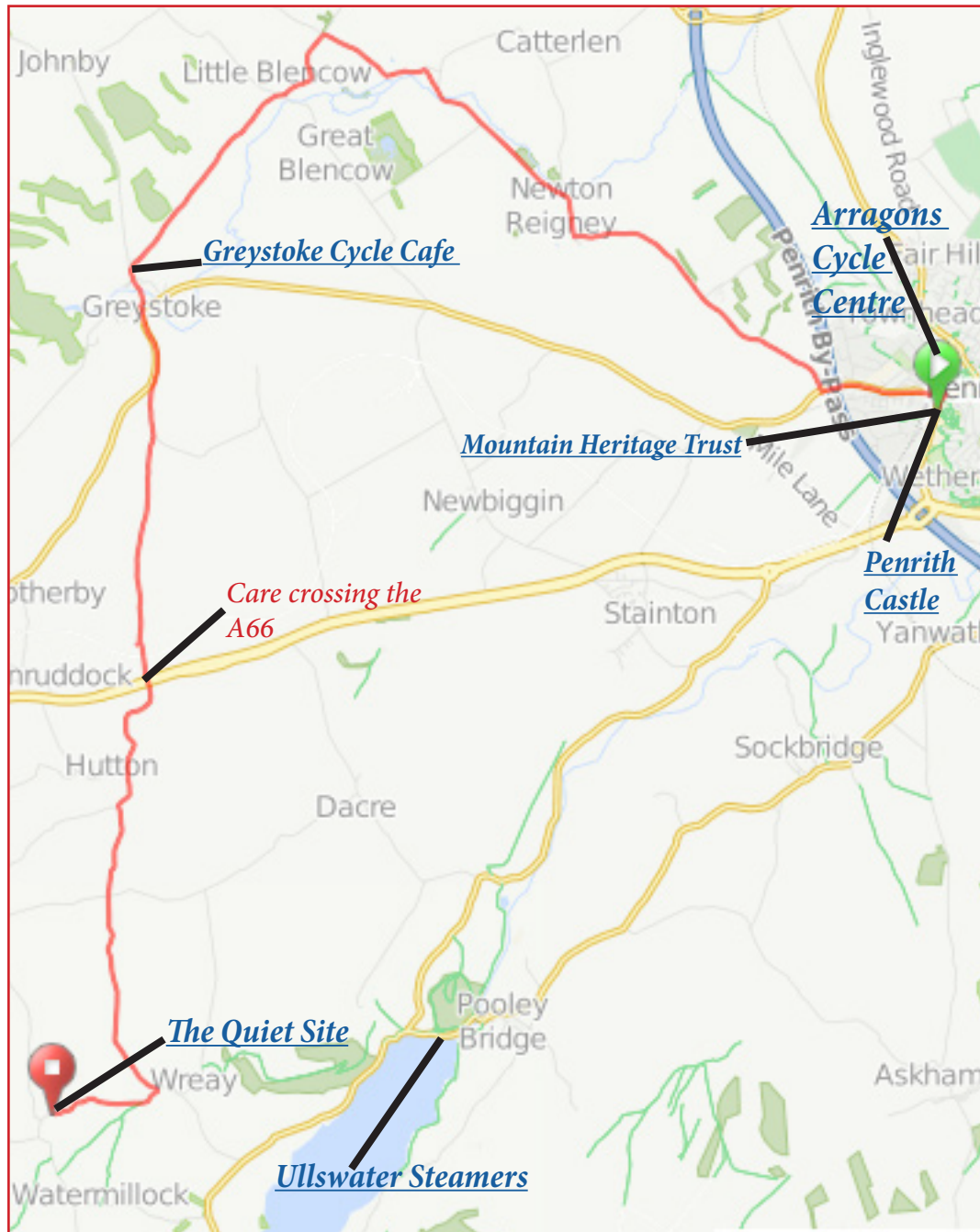


# Day 1 - Pod 'n' Pedal

A gentle 12mile pedal starts this classic Lake District Tour, enabling plenty of time to arrive at your first luxury pod at [The Quiet Site](#) and explore the surrounding Eden Valley as you choose.

After disembarking the train at Penrith Station you will see the ruins of [Penrith Castle](#) before you.

Penrith Station is home to the [Mountain Heritage Trust](#), with its archive on Everest of particular interest.



## Directions

Turn left out of the station.

Turn left at mini roundabouts and over railway bridge.

Follow road for Greystoke.

Turn R to Skelton after crossing the bridge over the M6 motorway.

Briefly join the C2C cycle route (71) at college campus and follow the (71) signs on to Greystoke.

Follow road past the Cycle Café and keep left past the village pub and post office.

Leave village taking first turning left on the C2C 71

CAREFULLY cross over the A66 and continue straight  
\*GREAT VIEW\*

Ignore 2 right turns and go straight over the crossroads.

At T junction turn right  
TQS on right after 0.5 miles  
....Book in at shop :)

## Local info:

[Penrith TIC](#)

[Arragons Cycle Centre](#) (Turn R at the 2nd roundabout from Penrith Station)

[Ask Cycle DR](#) (Bike Hire & Support)

[Greystoke Cycle Cafe](#)

[Ullswater Info](#)

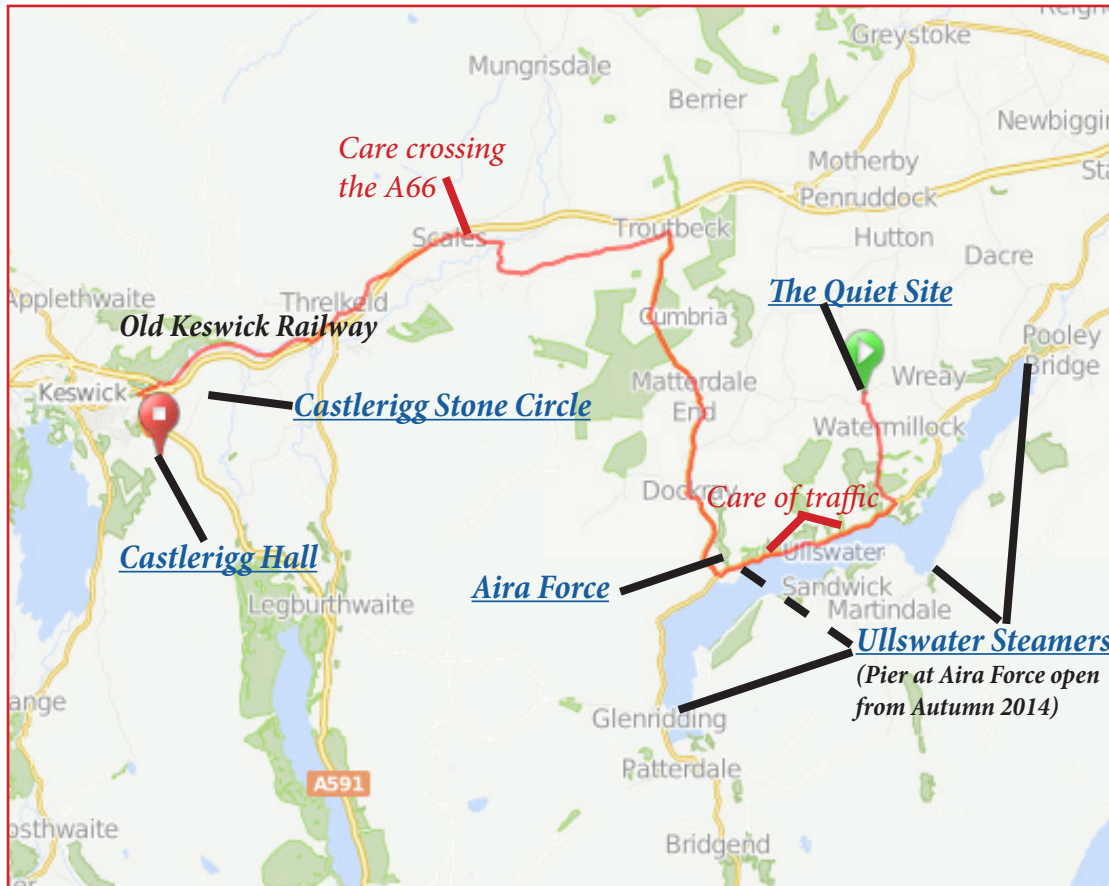
[Ullswater Steamers](#)

# Day 2 - Pod 'n' Pedal

A 19 mile pedal from [The Quiet Site](#) towards the outdoor hub that is Keswick and on to [Castlerigg Hall](#) and your second idyllic pod.

Upon leaving the shores of the beautiful [Ullswater](#), passing where Wordsworth's infamous daffodils still grow. You'll have ample time to visit the stunning waterfalls at [Aira Force](#) (just a 20min walk, but will live with you a long time after!) before heading north towards Scales then Threlkeld at the foot of Blencathra.

From here you can enjoy the seclusion offered by the old railway's cycle route into Keswick (last train ran in just 1973)



## Directions

Turn R out of TQS.  
After 100m turn L at T junct  
Turn R at church to Patterdale  
\*the fell behind the church is called Priests Cragg\*  
Turn R at the lakeside T junct.  
Follow the A592 for 2.5 miles until you reach Aira Force (20min walk to waterfalls)  
Turn R up the hill for Dockray.  
Royal Hotel in Dockray  
\*interesting garden sculptures\*  
Continue along A5091 passing Rookin House activity centre after two miles.  
\*lovely view of Blencathra\*  
Turn L for Gillhead holiday park after 1.5 miles  
Past gillside farm, over bridge  
After 2.3 miles pass through farm and through gate.  
L at T junct & cross bridge  
Cross A66 carefully  
L onto the cycle path C2C 71  
Through Scales past White Horse pub  
Follow C2C 71 alongside A66 to Threlkeld  
Turn R just before A66 onto C2C cycleway 71  
Follow signs R down onto the old railway line for 2.5miles under A66 towards Keswick.  
Under new bridge with 'TWA Dogs Inn' sign on top.  
After 25 m take very sharp L turn back on yourself  
Through kissing gate  
Turn R and then follow road uphill past floral Keswick sign.  
Using pavement if traffic busy.  
Past road for Castlerigg Manor  
After 0.6 miles turn R for Castlerigg Hall (ahead on R)  
Book in at reception.

## Local Info:

[Ullswater Steamers](#)

[Aira Force](#)

[Keswick TIC](#)

[Lakeland Pedlar Cycle Cafe](#)

[Keswick Mountain Bikes](#)

[Castlerigg Stone Circle](#)

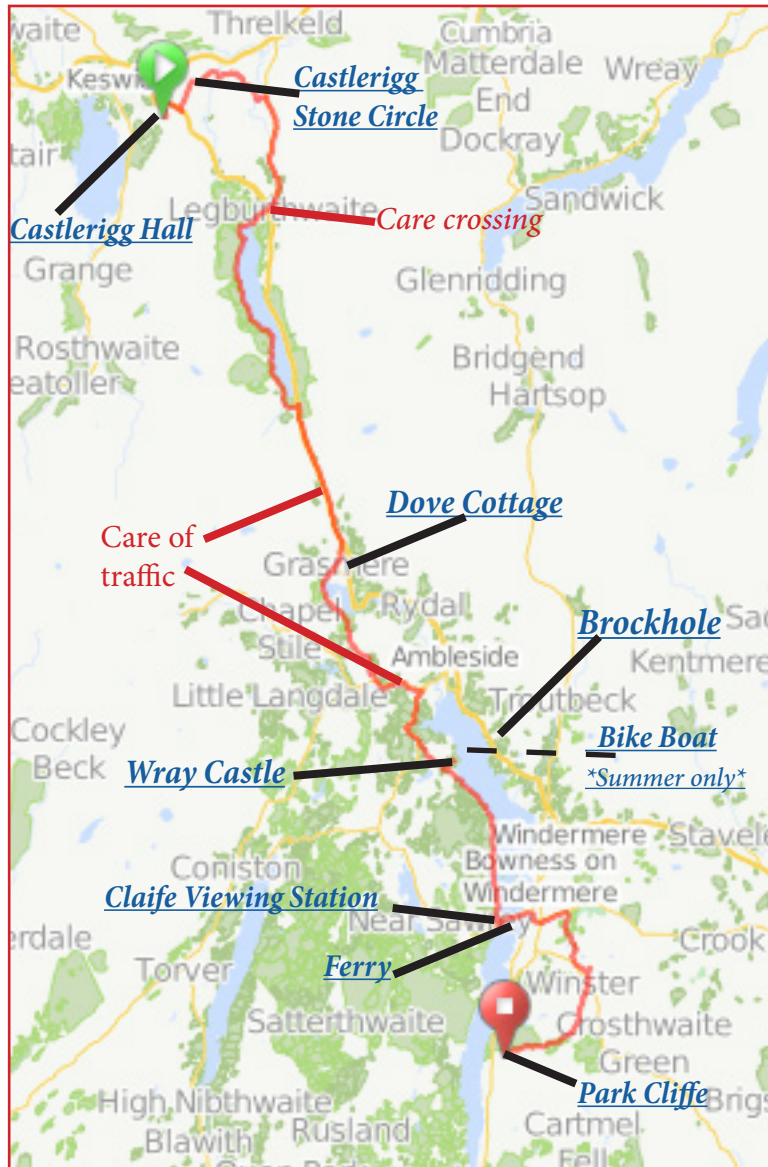
# Day 3 - Pod 'n' Pedal

A 32 mile pedal from [Castlerigg Hall](#) through the heart of the [Lake District](#) towards [Park Cliffe](#) and your third and final luxury camping pod sleep.

This is the longest day on the bike, but also the most rewarding, taking in all that the Lake District has to offer...

From the fast free-wheeling descents to twisty lakeside trails, picturesque villages to grand [castles](#), all with the high drama of the fells and lakes thrown in for good measure!

Why not take some time to visit Wordsworth's home [Dove Cottage](#)? take an extra ferry across to [Brockhole](#) the National Park Visitor Centre? or take a trip back in time at [Claife Viewing Station](#)?



## Directions

Turn L out of site.

Turn R at T junction on A591

Take 1st L to Castlerigg Stone Circle

(Allowing time to \*experience\* the stone circle)

Take next 3 R turns

Then L to the road for Thirlmire (turn R here)

After 2.5 miles turn R on the cycleway to Thirlmire

\*Care needed when crossing A591\*

Cross dam & follow lakeside road to the L signposted

Grasmere \*no phone signal here\*

After 4.5 miles rejoin A591 for Grasmere

Climb for 0.7 miles. Road now drops 2 miles down to

Grasmere \*Take care on descent with traffic\*

Turn R down Pye lane into Grasmere

Turn R at T junction

Turn R for Red Bank along Langdale road

Turn R at T junction along Red Bank road round the back of

Grasmere lake and Rydal water.

After short if v. steep (25%!) climb of Red Bank

(can walk up footpath parallel to the road from 1st R turn)

Bare L for Ambleside and Skelwith

Keep L for Ambleside T junction turn L on A593 for Ambleside

Cross road onto cycle bridge (opposite start of painted

cyclane) then turn L along lane to Bowness Ferry

Turn R on the T junction onto the new cycleway parallel to road

Follow new cycle path where directed.

Past low wray campsite

Just past castle gate house turn left on cycle path no 6 for ferry

Follow cycleway round to ferry (L at Claife Viewing Station)

(Cyclists £1 each on ferry, must walk on last as directed)

Follow road when ferry docks to T junction.

Turn R then 1st L off the busy main road

Continue straight over up hill

A quick L then R over the A5074 and up the hill

Turn R down Lindeth Lane at the top of the hill

Bear slight L before rejoining main road after a mile (A5071)

Take 1st L off the quieter road of Stile Brow

Turn R at top and descend to again cross the A5071.

Keep straight on over bridge then bear R (at Masons Arms)

Climb the final hill up to Birks road

Go straight over the junction

Pass scout camp on R \*poss groups of scouts on road\*

Descend to Park Cliffe (on L)

## Local Info:

[Dove Cottage](#)

[Grasmere Info](#)

[Bike Treks & Ghyllside Cycles](#)

[Windermere Info](#)

[Bike Boat](#)

[Brockhole \(National Park Visitor Centre\)](#)

[Wray Castle](#)

[Claife Viewing Station](#)

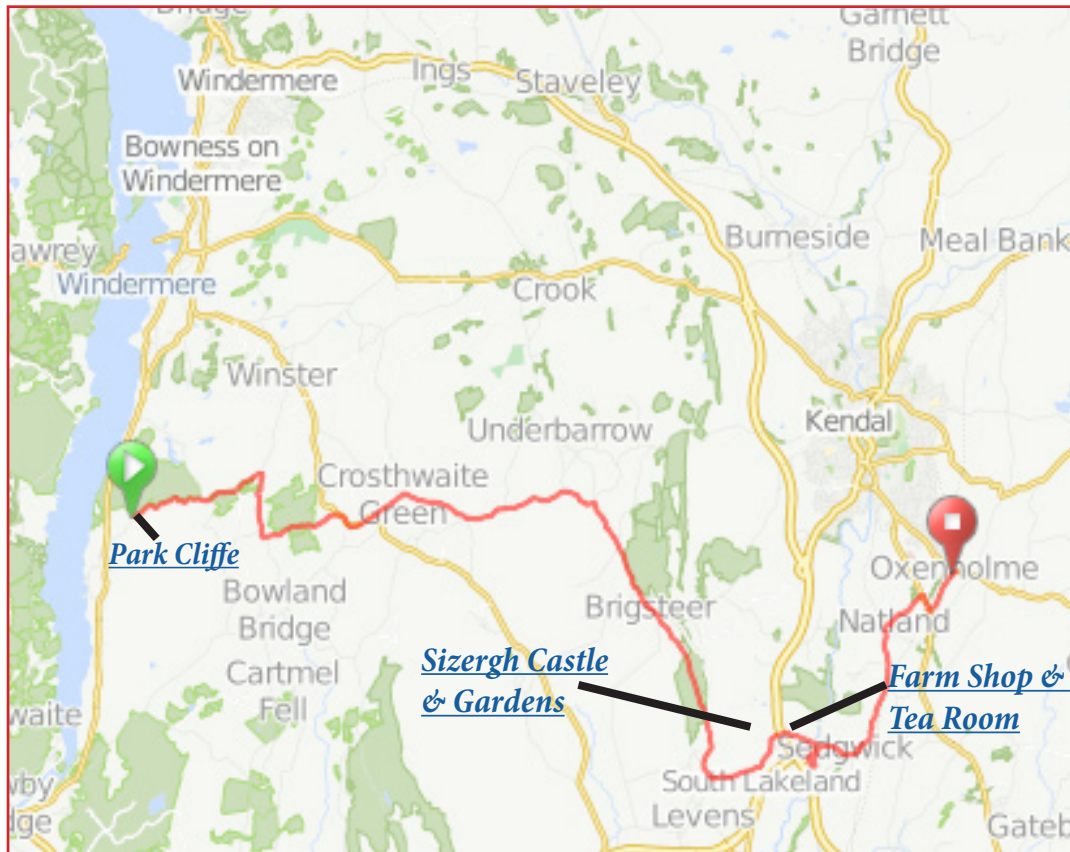
[Windermere Ferry Timetable](#) & [Webcam](#)

# Day 4 - Pod 'n' Pedal

A relaxing (mostly downhill!) 15mile pedal from Park Cliffe to Oxenholme Station finishes your tour.

This finale to the Pod 'n' Pedal tour takes you slowly out of the [National Park](#) along quiet lanes and on to the grounds of [Sizergh Castle & Gardens](#). [Low Sizergh Barn](#) has the daily opportunity of watching the farm's cows get milked between 3.30- 5pm from the comfort of the [tearoom gallery](#), perfect for the young at heart!

You're then all but at Oxenholme, and your train journey home....with a host of wondering memories from your saddle!



## Directions

Turn R up hill out of Park Cliffe  
Straight at crossroads to Winster.  
Downhill for 500m to ford, cross  
by stone bridge on R, then turn R  
L then keep L at junct  
Turn R onto A5074 (care)  
1st L towards Totter Bank  
Continue straight keeping R  
Turn R onto Low Ln keep R  
Turn L onto Parkend Ln  
Keep L onto Brigsteer Rd  
L onto Nannypie Ln  
(Sizergh Castle straight ahead)  
R under the dual carriageway  
(\*Tea\* L towards Growing Well)  
Turn R at river  
Then L over bridge & 1st L again  
R into Sedgwick under railway  
L out of village towards Natland  
Follow signs straight through  
village for Oxenholme  
Turn R onto Burton road  
Take 1st L to Oxenholme

## Local Info:

[Sizergh Castle & Gardens](#)

[Growing Well & Low Sizergh Barn](#)

## General Info:

[The Quiet Site](#)

[Castlerigg Hall](#)

[Park Cliffe](#)

[Ask Cycle DR](#)

[Lake District National Park](#)

[Weatherline](#) (Lake District Weather Forecast)

[Webcams](#)

## \*Extra Info\*

[Detailed online mapping](#)

[Smartphone GPS map](#)

[Film of the ride!](#)

## Pod n Pedal Cycle Route

### Park Cliffe – Windermere Station

#### Description

This is a direct, quiet, scenic route of about 11km (6.9 miles) from Park Cliffe to Windermere Station. It is hilly in places, but involves less climbing than going via Bowness on the busier roads.

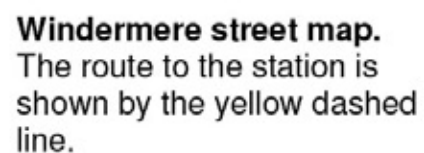
#### Directions

From Park Cliffe ride uphill to a crossroads in 1.5km, where straight on signed 'Winster', then downhill for 500m to a ford, crossing by the stone footbridge on the right. Turn L, to reach Winster in 1.7km, where L by the Brown Horse pub, signed 'Bowness'.

In 750m, where the main road goes L, take the R, signed 'single track road'. After 2km cross the B5284 (care), signed 'Heathwaite' and continue for 2.8km, eventually descending a steep hill into Windermere at a crossroads, where turn R into a wide road (Park Road, no sign).

Continue on Park Road, past the Park on your R and into Holly Road, at the end of which, turn R onto Ellerthwaite Road (no sign) to reach a crossroads at Ellerthwaite Square. Turn R here (care) and follow the one-way system along Main Road to then turn R into High Street. At the end of High Street, just before the T-junction with the A591, turn R to Windermere Station (care, busy junction).





**Windermere street map.**  
The route to the station is shown by the yellow dashed line.