



An off-road cycling warm-up for the C2C



CYCLING PARADISE AND AN IDYLIC TRAIN JOURNEY

The Eskdale TRail

Whitehaven is not only the start of the Sea to Sea cycle ride but is also a perfect gateway to the Western Lake District

Many of our C2C cycling guests enjoy the opportunity to explore the best of the Lake District the day before setting off on the famous long distance sea to sea cycle ride.

We suggest an itinerary that provides a fabulous “warm-up” with a short journey from Corkickle to Ravenglass—either by car or by train on the picturesque Cumbrian West Coast line (although this does not operate on Sundays and bikes are limited to two per journey). Having booked your bikes on La'al Ratty by phone on 01229 717171 (giving 24 hours notice) load your bikes onto the specially converted carriages. Travel the seven mile journey from the coast to

the foothills of England's highest mountain on what we believe to be England's most beautiful rail journey: to Dalegarth station near the village of Boot.

Here you can take time out for a choice of walks ranging from the sylvan, exotic feel of Stanley Ghyll Force (about 40 minutes) or even to Scafell, the second highest mountain in England, along one of the quietest and most exquisitely beautiful routes—forget Wasdale Head routes, this is the best! There are walks, here, for all ages and abilities and we, at Glenfield, will be delighted to provide local guide books and maps.

There are excellent facilities for lunch or refreshments at Dalegarth using your complimentary vouchers from Glenfield at the superb new visitor

centre or excellent Lake-land pubs at Boot.

Then cycle the Eskdale trail, a perfect off-road track back to Ravenglass that follows the River Esk through stunning Lake District scenery that very few visitors to the “honeypot” areas can even dream about.

Then, if you have time, visit the haunted castle, the enchanting Sino – Himalayan gardens and the world owl centre at Muncaster.

Finish the day off enjoying the evening's facilities of Whitehaven and the luxury at Glenfield ready for tomorrow's great adventure.



Travel by rail to the hills—cycle back!

Corkickle station is five minutes walk from Glenfield and Ravenglass is a fifteen minute train journey from Corkickle which is an unmanned request-stop station where you buy your combined ticket from the guard on the train.

Alternatively Ravenglass

is a twenty minute drive from Glenfield.

The steam train journey is forty minutes of bliss.

You can spend as long as you like at Dalegarth – just long enough to photograph your engine on the turntable and visit the

excellent visitor centre or many hours exploring the magnificent and uncrowded countryside.

The off-road cycle ride can be completed in two hours but if you don't stop regularly and breath in the Lake District atmosphere you will miss out.



Special points of interest:

- *Luxury accommodation at Glenfield*
- *Picturesque journey along the West Cumbrian coast*
- *A fantastic narrow-gauge train into the lovely Eskdale valley*
- *Glenfield's discount vouchers for hot drinks at Dalegarth*
- *A brilliant off-road warm-up cycle ride*
- *Easy access to Muncaster castle*
- *Eskdale TRail guide map with bicycle discount vouchers available from Ravenglass and Dalegarth stations*