The Windermere West Shore Cycle Trail



An easy ride or walk to Wray Castle on traffic-free bridleways, with view across Lakes Windermere. Easily accessible from Brockhole, The Lake District Visitor Centre by Bike Boat and Bowness-on-Windermere by ferry.

Start: Windermere Car Ferry (alternative summer start from the Bike Boat at Brockhole)

Distance: 4 miles **Time:** 1-2 hours

Terrain: Quiet road and bridleway

From the car ferry follow the blue cycleway signs past Claife Station towards Harrow Slack car park. Follow the 1km tarmac section through open fields where people often come to picnic. The road changes to a track at an open gate with a cattle grid.

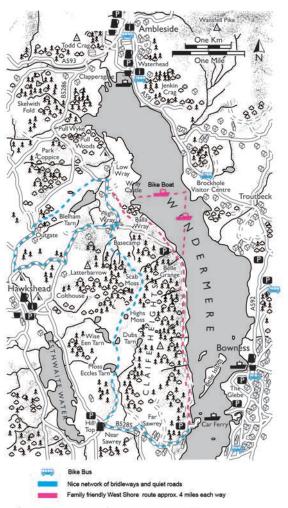
You enter the woods to ride for the next 2.2km on this wide trail. It undulates with steep short climbs and descents – they can easily be ridden with care and at sensible speeds but younger riders may need to walk short sections.

At Belle Grange, you come to a sign post where a bridleway turns off left, but you keep ahead and right, following the main track towards High Wray. The track from here is smooth and flat. Slow down as walkers are just around the corner.

After 500m you arrive at the tarmac road and Red Nab car park. Ride through the car park, signed to Wray Castle, and beware of the low wooden barrier as you set off from here. The track follows the lake shore and is very flat and smooth for 1.6km. Here the track turns away from the lake and heads up hill for 500m, signed to The Castle Gatehouse. At the road look right and you will see the Dower House Gatehouse. To get to Wray Castle continue on the Castle drive.

If you retrace your steps back down to the lake shore you can find some lovely spots to enjoy a picnic lunch. From here you can reverse the route (making it 8 miles in total) or catch the Bike Boat from Wray jetty to Brockhole, the Lake District Visitor Centre. From Brockhole the more confident cyclist can ride back to Windermere in the road or you can catch the 800 bike bus and take your bike on the bus.





Terrain: lake side roads & tracks, forest tracks, tarns and wooded fells. Maps: OS Landranger 90, OS Explorer 7, Harveys' Superwalker (1:25 000) Southern Lakeland.

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