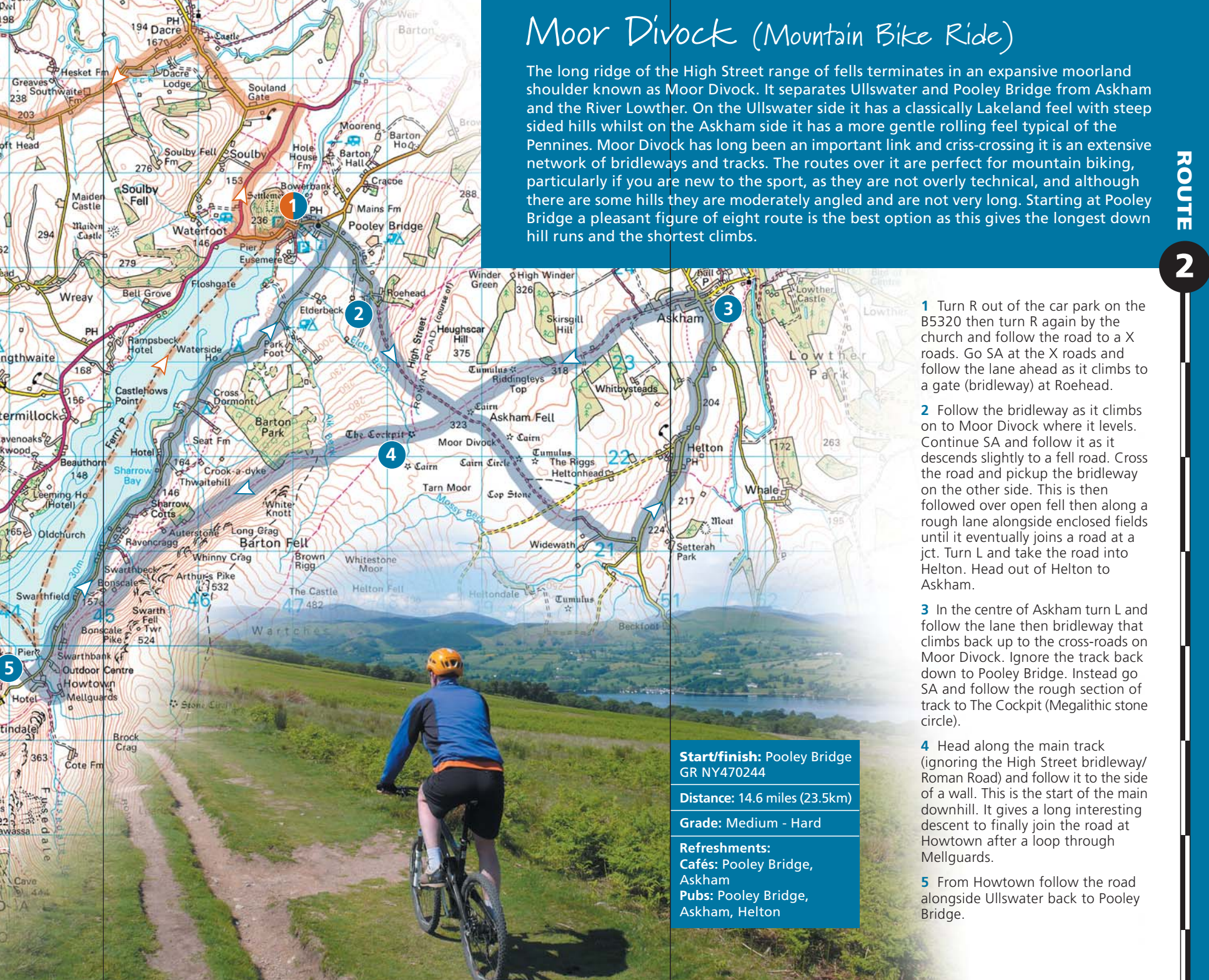


Moor Divock (Mountain Bike Ride)

The long ridge of the High Street range of fells terminates in an expansive moorland shoulder known as Moor Divock. It separates Ullswater and Pooley Bridge from Askham and the River Lowther. On the Ullswater side it has a classically Lakeland feel with steep sided hills whilst on the Askham side it has a more gentle rolling feel typical of the Pennines. Moor Divock has long been an important link and criss-crossing it is an extensive network of bridleways and tracks. The routes over it are perfect for mountain biking, particularly if you are new to the sport, as they are not overly technical, and although there are some hills they are moderately angled and are not very long. Starting at Pooley Bridge a pleasant figure of eight route is the best option as this gives the longest down hill runs and the shortest climbs.

ROUTE

2



1 Turn R out of the car park on the B5320 then turn R again by the church and follow the road to a X roads. Go SA at the X roads and follow the lane ahead as it climbs to a gate (bridleway) at Roehead.

2 Follow the bridleway as it climbs on to Moor Divock where it levels. Continue SA and follow it as it descends slightly to a fell road. Cross the road and pickup the bridleway on the other side. This is then followed over open fell then along a rough lane alongside enclosed fields until it eventually joins a road at a jct. Turn L and take the road into Helton. Head out of Helton to Askham.

3 In the centre of Askham turn L and follow the lane then bridleway that climbs back up to the cross-roads on Moor Divock. Ignore the track back down to Pooley Bridge. Instead go SA and follow the rough section of track to The Cockpit (Megalithic stone circle).

4 Head along the main track (ignoring the High Street bridleway/ Roman Road) and follow it to the side of a wall. This is the start of the main downhill. It gives a long interesting descent to finally join the road at Howtown after a loop through Mellguards.

5 From Howtown follow the road alongside Ullswater back to Pooley Bridge.

Start/finish: Pooley Bridge
GR NY470244

Distance: 14.6 miles (23.5km)

Grade: Medium - Hard

Refreshments:

Cafés: Pooley Bridge,
Askham
Pubs: Pooley Bridge,
Askham, Helton