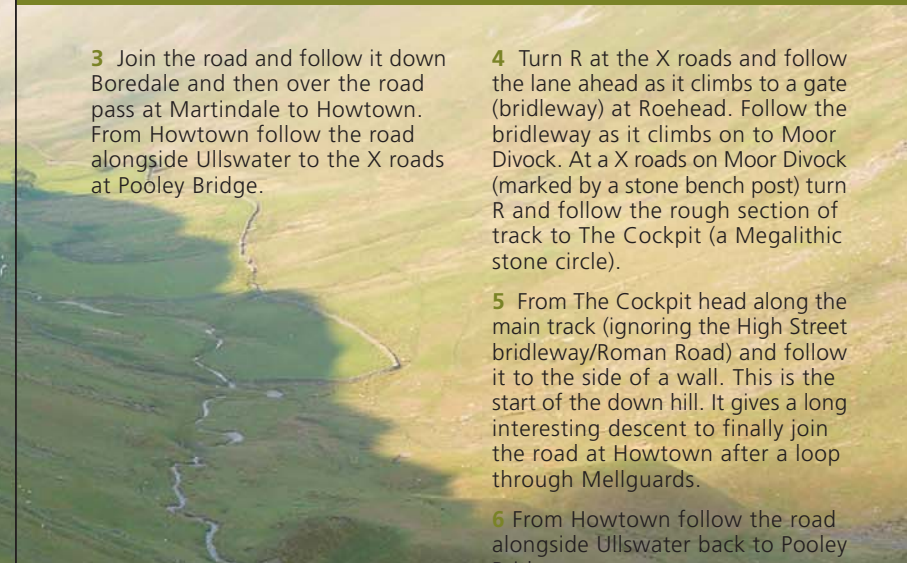


Boredale and Eastern Flanks of Ullswater (Mountain Bike Ride)

Tucked away behind Place Fell the Boredale bridleway is a well-established classic mountain bike descent. The normal way of doing it is as a brief loop around Place Fell but with judicious use of the Ullswater Steamers as a link, a neat route can be worked out from either Pooley Bridge or Glenridding that takes in the Boredale descent and for added value includes the equally classic descent from Moor Divock to Howtown. There is a steep ascent to Boredale Hause at the start of the ride and there are a couple of brief technical passages so this ride falls squarely into the experienced riders remit, but if you have ridden the rough stuff before and have bags of enthusiasm then this is the route for you.



1 From the Steamer Car Park head out to join the A592. Turn L onto it and follow it through Patterdale for 1.8km to a turning on the L to Rooking. Follow the lane for 400m to a junction with two bridleways. Take the RH bridleway and follow it a short distance uphill to join another bridleway. Follow it steeply uphill to Boredale Hause, it is rideable, but most mortals will choose to push their bike up it!

2 The bridleway heads across the hause towards Boredale into a notch. You will need to carry/push your bike through the notch but it is soon passed and it brings you to the top of the fantastic descent track into Boredale. Follow it all the way down hill to the road at Boredale Head.

Start: Glenridding steamer pier car park, GR NY389169

Finish: Pooley Bridge car park GR NY470244

Distance: 18.6 miles (30km)

Grade: Medium - Challenge

Refreshments
Cafés: Glenridding, Patterdale, Pooley Bridge
Pubs: Glenridding, Patterdale, Pooley Bridge, Howtown
Shops: Glenridding, Patterdale, Pooley Bridge

3 Join the road and follow it down Boredale and then over the road pass at Martindale to Howtown. From Howtown follow the road alongside Ullswater to the X roads at Pooley Bridge.

4 Turn R at the X roads and follow the lane ahead as it climbs to a gate (bridleway) at Roehead. Follow the bridleway as it climbs on to Moor Divock. At a X roads on Moor Divock (marked by a stone bench post) turn R and follow the rough section of track to The Cockpit (a Megalithic stone circle).

5 From The Cockpit 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 down hill. It gives a long interesting descent to finally join the road at Howtown after a loop through Mellguards.

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

