

## Cycling break

Two-night, three-day break in The Lake District cycling with a local, professional cycling guide, Jon Redding, from Ultimate Cycling Adventures.

This cycling escape is designed for riders seeking to experience the stunning landscapes and rewarding climbs of the Northern Lake District, as well as those preparing for events where rolling terrain and sustained elevation are part of the challenge.



### WHAT TO EXPECT

Each ride will be tailored to the needs and ability of the group and can range from scenic spins to more challenging rides which include some of the most iconic and tough climbs in the UK.

### DAY ONE

#### **Guest arrival**

Arrive early and spend time in the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in.

1.30pm

#### **Meet Jon Redding**

*A chance to meet your instructor Jon and other guests, familiarise yourself with the programme and ask any questions. Quick bike check and route briefing.  
The Library*

2pm

#### **Half day ride: Ullswater shoreline - 3 hours**

*A relaxed spin to stretch the legs along the lakeside to Glenridding and Martindale. Afternoon coffee and cake stop - cost not included in break.  
40km / 400m climb*

3pm

#### **Guest check in**

6-8pm

**Dinner** - (to be arranged by guest)

## DAY TWO

- 7.45am **Breakfast**  
*Rampsbeck Restaurant*
- 8.45am **Meet and greet**  
Meet your guide and cycling group. Route briefing.  
*The Library*
- 9am **Full day ride: The King of the Passes - 6 hours**  
Take on the legendary Kirkstone Pass with jaw-dropping scenery and well-earned café stops. Mid-morning coffee stop and lunch at cafe en route - cost not included in break.  
65-80km/1200-1800m climb
- 4pm **Free time** - (to be arranged by guest)  
Recover in Swim Club or with a lake swim, sauna or treatment.
- 6-8pm **Dinner** - (to be arranged by guest)
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## DAY THREE

- 7.30am **Breakfast**  
*Rampsbeck Restaurant*
- 8.45am **Meet and greet**  
Meet your guide and cycling group. Route briefing.  
*The Library*
- 8.30am **Half day ride: Northern fells loop - 3 hours**  
Country lanes, undulating hills and jaw-dropping views around Skiddaw. Mid-morning coffee stop - cost not included in break.  
50km/600-800m climb
- 11am **Check out**  
We'll look after luggage so you can spend all day with us. Guests can book a treatment, join a lake sports session, explore the local area or spend time in Swim Club.