

# Discover the Forest of Bowland by bike...

*Two or three day tours with a warm welcome at the end of each day.*

*Our comfy bikes and easy to follow routes will show you the very best of this Area of Outstanding Natural Beauty.*



## Off the Rails

The Cycling Centre  
Station Yard | Settle | North Yorkshire

# 01729 824419



[cyclebowland.com](http://cyclebowland.com)

**We think the Forest of Bowland is well worth visiting for more than a day, so we've put together a few package tours to tempt you to stay longer.**

Each tour is carefully planned to allow for plenty of stops along the way and alternative routes are also indicated for the more adventurous. We believe cycling should be fun and don't worry, a modern bicycle with multi gears is very easy to use. You have the whole day to reach your overnight stop and your luggage will be waiting there for you, all you need to carry with you is a picnic.

Choose from:

- **The B&B Beano**  
2 days cycling, 1 night accommodation in a comfortable B&B.  
Inc. price per person: £95.
- **The Pub Pedlar**  
3 days, 2 nights with accommodation in a bike-friendly inn including breakfast.  
Inc. price per person: £175.
- **The Gourmet Grand Tour**  
3 days, 2 nights with first class accommodation at two of the best known hotels in the area, justifiably famous for their fine food and wine. Included is breakfast, a 3 course dinner each night and use of all hotel facilities.  
Inc. price per person: £295.

All our tour prices include accommodation, bike hire, helmet and bike lock, a clear, informative route map and luggage transport to your overnight stop.



**Something for the more adventurous?**

Ever fancied trying some off road riding - climbing a steep rocky path to enjoy the long bridleway descent on the other side, or a rollercoaster ride through wooded singletrack? Learn the techniques and skills needed to ride your mountain bike safely off road and have lots of fun into the bargain by spending a day or two with a CTC qualified Mountain Bike Instructor.



Our courses are held in Gisburn Forest, in the heart of Bowland, with plenty of good training areas, well marked trails and challenging rides to try out your new skills.

- **Mountain Bike Starter Pack**  
A full day's tuition to give you the basic skills.  
Price per person: £45.
- **Learn to Mountain Bike Weekend**  
Two days tuition with Friday and Saturday evening accommodation, inc. breakfast.  
Price per person: £165.



Most people prefer to learn these new skills on their own bike but if you want to give it a try before you buy we can hire you one of our Trek® 3700 front suspension mountain bikes for £20 per day, inc. helmet.

These easy-going weekends are also meant to be fun and the social aspect is just as important, meeting other people and enjoying the banter... its really good craic, so come and join us.

So whether you want a leisurely tour with fine food and accommodation each evening, or you fancy a taste of riding on the rough stuff, you'll find it all here...

**Come and discover Bowland with Off the Rails**

Book your ride now on  
**01729 824419**

