

Mountain Biking Adrenaline Gateway

Nail Biting
...Heart Throbbing
...Rock Grinding

Test your grit on at Rossendale's Adrenaline Gateway. Adrenaline Gateway Lee Quarry. A unique network of purpose built mountain trails are being developed based upon old quarries in the moors above valley. Ride through a weird rocky lunar landscape with stunning views to the valley down below. The area trails is home to annual championship events.

Lee Quarry (above Bacup)

The area includes 6km red (difficult) trail and 1km black (expert) trail. You will find a variety of obstacles to test and develop your skills ranging from lung busting technical climbs, huge bermed descents, low timber sections, table top jumps and rollers and of course lots of rocks! We recommend that a helmet is worn at all times and you may wish to consider body armour for some of these trails.

To test your skills, a purpose built development area has been installed, where you can practise on a variety of obstacles and rocks to, as well as short climbs and descents. You will also find a special area in the quarry for cycle trial riders.

For the quarry, park at the Futures Park off the main A681 west of Bacup. You can also cycle from Rochdale on route 93.

Mountain Bike Trail Grading

At the Adrenaline Gateway you find the following colour trails. There are no green or blue trails which are graded easier.

RED: Difficult

Suitable for proficient mountain bikers: Gradients are steeper and tougher than blue. Surface may be challenging.

BLACK: Severe

Suitable for experts: Gradients can be anything that is rideable. The route can include large rock steps and drop offs.

Mountain bike training

Companies offering skills courses at the Adrenaline Gateway include
Great Rock Tel: 07545 228209 Email: ed@great-rock.co.uk
Website: www.great-rock.co.uk/blog

Rossendale Pennine Adventure

Based on the Pennine Bridleway at Waterfoot, Rossendale Pennine Adventure offers bike hire, route guidance, skills training and bunkhouse accommodation.
Ye Olde Boot and Shoe, Millar Barn Lane, Waterfoot, Rossendale, Lancashire BB4 7AU
Tel: 07715366196
www.rossendalepennineadventure.co.uk

Cragg Quarry (above Waterfoot)

Follow the 4.5km red (difficult) trail up through Cragg Quarry above Waterfoot. Enjoy the outstanding views over the Rossendale Valley. This is a fast flowing trail with a combination of short climbs and bermed descents. It can be tackled gently or attacked head on to give a demanding but rewarding ride.

For an updated map of the mountain biking area
www.pmba.org.uk

Muddy good fun!



Find out more?

Leaflets and maps about cycling in Lancashire are available from information offices.

For information about cycling in Lancashire:
www.cyclelancashire.com

Tourist information for Rossendale:
www.visitrossendale.com.uk

Cycle shop

Ride-On 213-215 Bacup Rd, Rawtenstall, Rossendale, Lancashire BB4 7PA
Tel: 01706 831101 Email: shop@rideon.co.uk
Website: www.rideon.co.uk

Pennine Mountain Bike Association

Pennine Mountain Bike Association is a volunteer group that aims to support the development of mountain biking in the area. They run workdays where you can help build and maintain mountain bike trails. Their website has up to date maps of mountain biking areas.
Website: www.pmba.org.uk

