

Lancaster Royal Grammar School

East Road, Lancaster LA1 3EF

Switchboard 01524 580600

Claire Rushton crushton@lrgs.org.uk



Dear parents and pupils,

Lake District bike trip: Sunday 28 June – Tuesday 30 June 2026

We are organising a 3 day off road cycling expedition through the Lake District, between tarns and lakes, on gravel bridleways, flowing singletrack and quiet backroads. This will be in the summer of 2026, from Sunday 28 June – Tuesday 30 June. The trip is aimed at pupils in Year 11 and the Upper Sixth; it takes place after the GCSE and A-level external exams have finished.

The trip is being led by Kirk Wadsworth from Lakota Expeditions. Kirk is a level 3 Mountain Bike Leader and has considerable experience and accomplishments in the outdoors. More information about him and some of the expeditions his company offer can be found on the Lakota Expeditions website <https://www.lakota-expeditions.com/>

The Trip

The provisional itinerary for the expedition is:

- Day 1 (Sunday 28 June): Meet in Staveley at 10:00; cycle on bridleways and quiet lanes to Rydal Hall, Ambleside.
- Day 2 (Monday 29 June): Cycle on bridleways/quiet lanes/forest fireroads to Hoathwaite campsite, Coniston.
- Day 3 (Tuesday 30 June): Cycle on bridleways/quiet lanes to Ambleside.

Pupils will cycle as a small group (6 or 7 pupils). Kirk and LRGS staff will accompany the group(s); a Lakota Expeditions staff member will be in a support vehicle, meeting the group at pre-arranged locations throughout the trip. The support vehicle will carry our tents, equipment and food, so pupils will only need to carry a small rucksack (or equivalent) with snacks, layers etc.

If there is sufficient interest, we may be able to run two separate groups, potentially catering for up to 14 pupils.

Pupils will need to be dropped off at 10:00 in Staveley on Sunday 28 June 2025 and be collected from Ambleside late afternoon of Tuesday 30 June. Exact times will be confirmed.

Bikes

Our route will need a bike that can cope with off road riding; a hard tail mountain bike is recommended. Bike hire can be arranged but this will add to the cost of the trip for any pupils who require hire.

Kirk is happy for pupils to ride a gravel bike, rather than a hard tail mountain bike, but suggests that the thicker the tyres, the more fun pupils will have. He recommends 40mm tyres, or thicker, if possible. We will hold an information evening prior to the trip (an evening during the Lent term) where Kirk is hoping to come in to school with both a gravel bike and a hard tail mountain bike, kitted out with bikepacking kit, to talk through the pros and cons of both. Please do get in touch if you have any questions about your intended bike.

Fitness

One condition of joining the expedition will be that pupils must have had some experience of riding a bike on moderate off-road terrain. Kirk suggests that pupils will need to be able to ride the equivalent of a Blue route, with the odd Red feature, at any UK trail centre (eg Whinlatter, Grizedale, Gisburn Forests). This expedition is very much open to all, and we certainly do not expect everyone to be super-fit or a mountain biking expert, but the trip will be a lot less enjoyable for everyone if pupils have no cycling fitness whatsoever. Lacking technical ability AND fitness will make this trip a struggle for pupils. As a rough guide, Kirk suggests that we will need to be comfortable in riding Blue trail centre routes within the time suggested by the trail centre, +/- 30 minutes or so. Kirk will also make sure that our route also challenges pupils who have a high level of skill and fitness, by adding in extra technical challenges and learning opportunities for them.

Cost

The approximate cost of the trip will be £320; the exact cost will depend on numbers but it should not exceed £340 and we hope that it will be nearer £300. This cost will include all food (apart from lunch on the first day) and accommodation (camping) costs, although pupils may wish to bring extra cash for ice creams!

If you have any concerns regarding paying for the trip, there may be assistance available from our Opportunities Fund. Please visit the LRGS website <https://www.lrgs.org.uk/financial-assistance> for details regarding the fund and how to apply; or contact Lorna Lightfoot on llightfoot@lrgs.org.uk.

Signing up

To secure a place on the trip, please pay the initial deposit £100 on Wisepay by Friday 28 November 2025. The rest of the payment (hopefully in the region of £200) will be due by Friday 20 February 2026. The payments can be found under "**Lake District bike expedition 2026**".

Please **also** complete this form <https://forms.office.com/e/YdEuP7X3vE>

Please do not hesitate to contact me via email if you have any further questions.

Yours faithfully,

Mrs CL Rushton
crushton@lrgs.org.uk