

Route A05		Middleton Alston Loop	
OS Maps : 90 & 91			
83mi	A challenging ride in Teesdale and the North Pennines. On the high moorlands so few cafe stops but available in Appleby, Brough, Middleton, Garrigill & Hartside Cafe. One of the CTC Eden Valley popular rides. Depending on wind direction it might be better clockwise!		2216m ascent
MILES	INSTRUCTIONS		GAZETTEER
	0	Leave Brambles NW on NCN 7 , pass under M6	
0.45	0.45	R (mind POTHOLEs before railway bridge) SO into Thacka Lane and Robinson Street	
0.83	1.28	R, imm L cycle lane into Drovers Lane	
0.37	1.65	SO at miniO	
0.23	1.88	SO at 2 miniO (with care) into Benson Row	
0.07	1.95	L on RH bend into Folly Lane	
0.31	2.26	L at T (after passing through one way exit from Folly Lane)	
0.44	2.70	R at T with Carleton Road imm L to Cross Keys Inn and downhill to Frenchfield Sports Ground	
0.46	3.16	Through A66 underpass (muddy track)	
0.22	3.38	L, imm R no sp (cross River Eamont & pass Brougham Castle)	12
0.22	3.60	SO at X NCN 71	
1.36	4.96	L at T sp CLIBURN 3 ¼ , BOLTON 6 ¾	
6.54	11.50	R at X in Bolton sp COLBY 2 ½	
3.82	15.32	R at T (on edge of Appleby) sp Orton 9 ½ join B6260	6
0.96	16.28	L sp Ormside	
4.73	21.01	L at X sp Warcop	
0.25	21.26	keep R at sp LITTLE MUSGRAVE	
2.67	23.68	L at T sp GREAT MUSGRAVE 1	
0.43	24.11	R sp GREAT MUSGRAVE ¼ BROUGH 2	
2.12	26.23	R at T after A66 flyover sp BROUGH ¼	11
0.00	26.23	continue through Brough sp MIDDLETON IN TEESDALE	
13.67	39.90	L at T (B6277) sp MIDDLETON	
0.68	40.58	L at T sp Alston	47,65
18.09	58.67	L sp GARRIGILL (descend Steep Hill with Care !)	
0.43	59.10	L at T sp GARRIGILL (NCN 7) - then sharp R cross river bridge	
0.38	59.48	R at Triangle sp LEADGATE 3 (the George & Dragon inn may be open)	
2.67	62.15	L at T sp PENRITH 17	
1.24	63.39	L at T (A686) sp Renwick 7 NCN 7	
3.11	66.50	Hartside Summit , descend multiple hairpin bends with care ! (cafe open until 5.30pm)	31
4.97	71.47	Melmerby – care sharp bends	
3.83	75.30	LANGWATHBY (village green) sp PENRITH 4 ½ , cross River Eden bridge with care	39
0.52	75.82	R sp Great Salkeld	
0.62	76.44	L at T (sp broken) but sign for C2C NCN7	
0.63	77.07	R no sp but NCN 7 sign	
2.48	79.55	R at T sp PENRITH 1 ½	
0.62	80.17	L sp C2C NCN (Fell Lane)	
0.63	80.80	R at miniO imm SO at 2 nd miniO (with care) into Meeting House Lane	
0.00	80.80	SO miniO into Drovers Lane	
0.40	81.26	R @ MiniO at Esso Station, 2 nd L Robinson St then Thacka Lane follow NCN 7 - Mind the Potholes ! - after Railway Bridge	
1.40	82.66	Brambles Café	