

Route A01			Along the Caldbeck Fells to the Solway Coast		
OS Maps : 90, 86					
A longish route to the Anthorn Peninsula enjoying the Caldbeck Fells and the Solway Plane.					
77mi			906m ascent		
MILES		INSTRUCTIONS	GAZETTEER		
		From Brambles Café follow NCN 7 SW onto public road			
	0.00	R onto Newton Road			
1.00	1.00	Follow road through NEWTON REIGNY sp SKELTON 3 ¾	53		
1.60	2.60	SO @ X sp SKELTON 2			
2.23	4.83	L @ X sp ELLONBY at Dog & Gun			
0.17	5.00	Bramble Bikes Workshop on L			
0.60	5.60	R @ T sp LAMONBY			
0.10	5.70	L sp LAMONBY			
1.10	6.80	SO @ X sp Hutton Roof 2 ¾			
0.70	7.50	SO @ X sp NEWSHAM ½			
1.40	8.90	R @ X sp Caldbeck 5			
1.40	10.30	L @ T no sp			
0.10	10.40	R sp MILLHOUSE ¾			
0.80	11.20	L @ T Caldbeck 2 ½			
1.40	12.60	HESKET NEWMARKET	33		
0.20	12.80	L between houses NCN 10 sp Fellside (Imm after post Office)			
1.30	14.10	SO sp Fellside			
0.50	14.60	SO no sp leave NCN10			
0.70	15.30	SO @ T sp MEALSGATE 7			
1.50	16.80	R sp Ireby 2 1/2 B5299			
3.80	20.60	R @ T sp MEALSGATE 1 ½ B5299			
1.60	22.20	R imm L over A 595 sp FLETCHERTOWN B5299			
0.50	22.70	SO @ X sp ABBEYTOWN 6 ½			
2.30	25.00	L @ T imm R over A596 sp BLENCOGO 1 ½			
0.80	25.80	L @ T no sp			
0.50	26.30	SO sp ABBEYTOWN 3			
0.70	27.00	L @ T sp ABBEYTOWN 2 ¼ B5302			
0.40	27.40	Wheyrigg Hall Hotel – possible cafe stop	70		
1.80	29.20	R on bend at Wheatsheaf Inn no sp CARE			
3.80	33.00	NEWTON ARLOSH Church & Joiners Arms			
2.50	35.50	L @ T sp WHITRIGG ¾			
0.50	36.00	L @ T sp LONGCROFT ¾ ANTHORN 2 ½			
9.00	45.00	R sp Kirkbride 3 ½ at King's Arms (in BOWNESS ON SOLWAY)	10		
3.00	48.00	L sp WHITRIGGLEES 1			
0.20	48.20	L @ T sp WHITRIGGLEES 1			
0.90	49.10	L @ X sp Kirkbampton 4			
0.80	49.90	In FINGLAND R sp STUDHOLME ¾ LITTLE BAMPION 1 ¾			
2.00	51.90	R at Tam o' Shanter then R @ T sp AIKTON			
1.10	53.00	L sp Wiggonby			
0.40	53.40	R sp AIKTON CHURCH ¼			
0.60	54.00	L @ T sp THORNBY ¾			
0.30	54.30	R sp THORNBY ½			
0.40	54.70	L no sp			
0.60	55.30	R @ T sp Wigton 3			
0.20	55.50	L @ T sp Carlisle 8 A596			
0.30	55.80	R sp CROFTON Cheese Farm			
1.00	56.80	R @ T sp Whitehaven A595			
0.40	57.20	L sp CURTHWAITE			
1.20	58.40	R sp EAST C'THWAITE after Royal Oak			
0.60	59.00	L sp Carlisle			
0.50	59.50	R sp CUMDIVOCK 1/4			
2.10	61.60	R @ T sp Welton 2 ½ onto B5299			
0.10	61.70	L @ bend sp Rose Castle 1 RAUGHTON HEAD 2 leave B5299			
1.80	63.50	L @ Triangle sp STOCKDALEWATH 1 ¾			
2.90	66.40	R @ T sp Ivegill ¾			
5.60	72.00	R @ T no sp			
0.20	72.20	L sp Blencow 2			
1.80	74.00	L sp LAITHES ½			
2.80	76.80	L sp C2C NCN 7			
0.10	76.90	Brambles Café			