

Route A02		The Fair mile and Mallerstang via Garsdale Head	
OS Maps : 90,91,97,98			
This route visits the edge of the Yorkshire Dales via Sedbergh and Kirkby Stephen – fantastic riding and views		1277m ascent	
80 mi			
MILES		INSTRUCTIONS	GAZETTEER
	0.51	From Brambles Café go East on NCN 7 to Penrith	
		R under Motorway Bridge	56
0.61	1.12	SO <b>Mind the Potholes</b> ! - before Railway Bridge then Thacka Lane	
0.25	1.37	Cross A6 down Drovers Lane contraflow NCN7 C2C	
0.31	1.68	SO miniO	
0.19	1.86	SO @ double miniOs NCN 7	
0.06	1.93	L (SO) @ RH bend NCN 7 along Folly Lane	
0.37	2.30	L at T onto Carleton Road	
0.50	2.80	R @ T Imm L by Cross Keys Pub to Frenchfield Sports Ground (Carleton Brow)	
0.43	3.23	R under dual carriageway (cattle arch) NCN 71 then L	
0.12	3.36	R @ T NCN 71	12
0.31	3.67	SO @ X NCN71	
1.24	4.91	L @ T sp CLIBURN 3 ¼ Then in Cliburn	
3.17	8.08	R sp MORLAND 2 then in Morland	49
1.93	10.00	L @ T no sp still NCN71	
0.06	10.07	R by Mill Yard Cafe along Water Street NCN 71	
4.66	14.73	Through Maulds Meaburn	
1.06	15.78	and Crosby Ravensworth	18
3.17	18.95	R @ T sp ORTON 1 sp B2650	54
3.73	22.68	SO @ RAB sp TEBAY ¼ A685	
2.42	25.10	L and under M6 motorway and railway no sp	
0.31	25.42	L before Farm House NCN 68(70)	
1.06	26.47	Short sect of rough road between c grids( ¼ mi) then 'Fair Mile'	
4.60	31.07	keep L sp SEDBERGH ½	
1.43	32.50	L @ T join A683	61
0.06	32.56	SO @ miniO along Main Street (one way)	
0.19	32.75	L @ T join A683 again	
0.19	32.93	R sp GARSDALE A 684	
7.52	40.45	(Alternate route: L sp Grisedale keep R rejoin A 684 near Garsdale head)	
2.30	42.75	L sp KIRKBY STEPHEN 11 B6259 down valley called Mallerstang	
10.94	53.69	R @ T (TS) sp Brough sp A685	37
0.25	53.94	L @ miniO sp Kirkby Stephen Business Park	
0.19	54.12	R @ fork sp SOULBY	
8.64	62.76	R @ T sp APPLEBY 1 ¼ B6260	6
1.24	64.00	L sp COLBY NCN7	
3.73	67.73	L @ X sp CLIBURN 3	
6.21	73.95	R sp Brougham NCN71	
1.62	75.56	SO @ X sp Brougham Castle NCN71	
		retrace NCN 71 under carriageway and	
3.98	79.54	Back to Newton Rigg college	