Alston via Hartside returning via upper S Tyne and along the fellside

Route A03

OS Maps : 90, 91, 86

After the climb over to Alston a lot of flattish riding with one or two undulations -great views over the Northern Penines and Borders

73mi 1590m ascent

MILES		INSTRUCTIONS	GAZETTEER
	0.00	From Brambles Café go East on NCN 7 to Penrith	
0.62	0.62	R under Motorway Bridge	
0.56	1.18	SO **Mind the Potholes !** - before Railway Bridge then Thacka Lane	
0.19	1.37	Cross A6 down Drovers Lane contraflow NCN7 C2C	
0.37	1.74	SO miniO	
0.19	1.93	L double miniO up Fell Lane NCN 7	
0.46	2.39	R @ T NCN 7 C2C	
0.75	3.13	L sp ROUNDTHORNE ¼	
2.40	5.53	L @ T sp C2C NCN 7	
0.43	5.97	R sp Edenhall 1 ¼	
0.62	6.59	L @ T sp LANGWATHBY A686	39
0.45	7.04	L on R bend sp LITTLE SALKELD 1 ¾	41
3.15	10.19	2nd R at LH bend sp GAMBLESBY 2 NCN 7	
0.56	10.75	L NCN 7 C2C	
0.50	11.25	R @ X sp GAMBLESBY 1 ½	
1.37	12.61	R @ T sp MELMERBY 1 ½	
1.37	13.98	L @ T (A686) ascent of Hartside (included in 2015 Tour of GB)	46
4.78	18.77	Hartside summit	31
3.11	21.87	R sp NCN 7 GARRIGILL	
1.06	22.93	R @ T sp GARRIGILL	
2.98	25.91	In garrigill L @ Green sp Nenthead 3 (ALSTON 3 ¾)	
1.62	27.53	L @ T (B6277) sp ALSTON 2 ¼	
1.99	29.52	SO in Square in Alston	4
0.19	29.70	L @ T (A686) sp Penrith	
0.31	30.01	R sp Brampton 19 ¼ A689 – continue on A689 to Hallbankgate	30
15.04	45.05	2nd L sp TALKIN 2 ¼	
2.24	47.29	L @ T sp TALKIN ¼	
0.25	47.54	SO (AT X) in Talkin village	
0.37	47.91	L @ fork sp CASTLE CARROCK	
0.43	48.34	L @ T (B6413) sp CASTLE CARROCK ¾ - Continue on B6413	
7.95	56.30	B6413 turns sharp R sp KIRKOSWALD 3 ¾	
3.42	59.72	CARE STEEP HILL INTO KIRKOSWALD	38
1.12	60.84	TS on bridge over Eden on through Lazonby to Plumpton	40,57
4.47	65.31	SO at X (over A6)	
2.49	67.79	R @ T sp Wigton 17 on B5305	
0.62	68.42	L @ sharp right hand bend sp Blencow 2	
1.86	70.28	L sp LAITHES ½ NCN 7	
2.49	72.77	L INTO NEWTON RIGG NCN 7	