

Route A04

Quite a hilly! route taking in several classic climbs
in the lakes

OS Maps : 90

Dunmail Raise, Red bank, Blea Tarn, The Struggle (to Kirkstone pass)

69 mi

1952m ascent

MILES	INSTRUCTIONS	GAZETTEER
	From Brambles Café follow NCN 7 SW onto public road	
0.00	R onto Newton Road	
	Follow road through NEWTON REIGNY sp SKELTON 3 ¾	53
2.88	L @ X sp BLENCOW	
2.06	R @ X sp BERRIER 3 NCN 71 C2C	
2.77	L @ T sp TROUTBECK 1 ¼ NCN 71	
0.68	R @ T sp KESWICK 10	
0.06	R @ sp KESWICK 10 NCN 71 (<i>old A66</i>)	
0.87	pot holes! Beware!	
0.06	R join pavement cycle track NCN	
0.12	Keep R onto old road NCN C2C	
0.87	R pavement cycle track NCN	
0.43	L Cross A66 with care before Mungrisdale turn	
0.00	R join minor road parallel to and S of A66 NCN sp Walthwaite 2	
0.99	SO at Walthwaite turn (do not turn L)	
0.62	SO across A66 to join cycleway going W through Scales	
	continue on C2C into Threlkeld	
1.68	R @ T through Threlkeld	
0.25	L @ Station Road (No Thro Rd) after sign to Coffee Shop	
0.12	SO @ A66 (CARE) to join B5322 sp THIRLMERE 6	
3.60	R @ sp Grasmere Permissive route	
0.25	SO @ X over A591	
0.68	L @ T sp Grasmere	
4.66	R @ T sp Grasmere A 591	
2.05	R @ sign Townhead Farm (watch out for this R turn on descent)	
0.62	R before bridge no sp	
0.68	L @ T	
0.43	R @ T in Grasmere village	27
0.06	R (SO) @ LH bend sp RED BANK (Broadgate)	
0.12	R @ T onto Red Bank Road	
1.55	R sp Langdale YH (in Wall ! At top of hill)	
0.75	SO Dungeonghill	
0.81	R @ T sp Dungeonghill on B5343	
2.73	Sharp L turn ! Not straight on	
2.42	SO over cattle grid sp LITTLE LANGDALE	
1.99	R @ T sp AMBLESIDE	
0.37	L @ T sp AMBLESIDE	
3.04	L @ T after bridge (join one way ring road)	5
0.12	L @ T join main ring road through Ambleside and keep L	
	lane for Keswick and Grasmere A591	
0.43	R @ TS onto keswick Rd	
0.12	R @ miniO up Smithy brow leading to 'Struggle'	
2.86	L @ T sp PATERDALE	
	pass thro Patterdale and Glenridding	25
12.80	L just before Brakenridge Hotel sp BENNETHEAD	
0.68	R @ sp PENRUDDOCK 3	
1.24	SO @ X	
1.37	SO @ X on A66 CARE sp GREYSTOKE 2 NCN 71 C2C	
1.80	R @ T with B 5288 sp GREYSTOKE ½	
0.62	IN GREYSTOKE continue R on main road sp PENRITH	28
3.73	L @ sp NEWTON RIGG COLLEGE	
1.55	R into College	