

B01	A circular, scenic route, with some hills.		OS 90, 91
60 miles	Out along the Fellside then by way of the Lyvennet and Lowther valleys and back via Pooley Bridge		1143m ascent
Miles	Instructions		Gazetteer
0.00	0.00	Follow NCN 7 NE pass under M6 Then R	
0.55	0.55	( <b>mind the potholes</b> before the railway bridge) SO Thaka Lane and Robinson Street	
0.19	1.37	R imm L. Still on NCN 7 into Drovers Lane	
0.11	1.48	Straight through No Entry sign (for cars) along Drovers Lane	
0.22	1.70	SO @ mini RA	
0.13	1.83	L @ double mini RA into Fell Lane. NCN 7	
0.49	2.32	R @ T Beacon Edge. NCN 7	
0.73	3.05	L sp ROUNDTHORN NCN 7	
2.40	5.45	L @ T sp NCN 7 C2C	
0.42	5.87	R sp Edenhall C2C 7	
0.59	6.46	L @ T A686 sp LANGWATHBY	39
0.46	6.92	continue on A 686 sp Melmerby	
0.59	7.51	R sp SKIRWITH	
2.63	10.14	SO @ FORK (not to Culgaith, Blencarn, Appleby)	
0.02	10.16	SO @ X sp KIRKLAND	
1.92	12.08	R @ T sp BLENCARN. NCN 68 30 then in Blencarn	
0.99	13.07	R @ T sp Culgaith imm L at T sp MILBURN NCN 68 30.	
1.69	14.76	Keep L into MILBURN village	
0.33	15.09	SO sp Long Marton	
1.02	16.11	L sp KNOCK NCN 68 30 then in Knock	22
		Continue through Knock and into Dufton	
3.24	19.35	Dufton. Follow road through village. Sign post HILTON APPLEBY	
0.36	19.71	L sp KIESLEY NCN 68 30.	
3.75	23.46	NCN 68 Not L to Hilton. Straight on. sp APPLEBY	
2.59	26.05	Road turns L under dual carriageway	
0.26	26.31	2 <sup>nd</sup> R down Drawbriggs Lane.	
0.27	26.58	L @ mini RA, under bridge.	
0.18	26.76	R @ T Bongate.	
0.21	26.97	L sp Tebay over bridge( <i>There are various cafes in Appleby in Bridge Street immediately after the bridge, and one in Low Wiend to the L of the Church Cloisters.</i> )	6
0.15	27.12	R down High Wiend, immediately after the PO. Sign post Toilets.	
0.06	27.18	L into Doomgate.	
0.15	27.33	R @ T with B6260 sp Orton then <b>imm</b> R sp COLBY	
1.41	28.74	L sp Kings Meaburn. NCN 71 (In Colby)	
2.35	31.09	R @ T sp Kings Meaburn	
0.79	31.88	L (sharp) sp LITTLEBECK	
2.20	34.08	L @ T sp MAULDS MEABURN CROSBY RAVENSWORTH	18
1.70	35.78	R after red phone box sp SHAP <i>Engage low gear!</i>	
3.98	39.76	R @ T on A6. ( <i>There is a Fish and Chip shop and a café in Shap for which you would first go L.</i> )	62
0.06	39.82	L sp BAMPTON Shap Abbey.	
3.66	43.48	Bampton Grange. Proceed over bridge.	
0.04	43.52	R sp HELTON	
0.38	43.90	Keep R sp ASKHAM	8
3.95	47.85	Follow main road through Butterwick, Helton, Askham	
0.00	47.85	L. sp CELLERON after Askham	
1.45	49.30	Keep straight, Sign post Pooley Bridge Ullswater.	
0.85	50.15	L @ T B5320	
0.65	50.80	Follow sign Pooley Bridge Glenridding.	
0.17	50.97	keep R @ mini RA	58
0.19	51.16	SO @ TL In Pooley Bridge ( <i>cafe Granny Doubekins</i> )	
0.46	51.62	R sp PENRITH A592	
0.21	51.83	L into Waterfoot Park	
0.32	52.15	Go through 'Private No Through Road' ( it is only a few metres) then R on road.	
0.85	53.00	L @ T Sign post DACRE Keswick.	
1.50	54.50	R @ T (A66) Cross dual carriageway with care.	
0.36	54.86	L sp Flusco Recycling Centre.	
0.74	55.60	Follow main road round to <b>R</b> . Brown sign to Flusco Wood.	
0.85	56.45	L @ T	
0.69	57.14	R @ X (Clickham Inn) sp Penrith B5288.	
2.42	59.56	L sp Newton Rigg College	

0.97	60.53	And so back to College.	