

<b>B02</b>		<b>A scenic undulating route with some hills.</b>	<b>OS 90, 91</b>
55 Miles		Out through Lowther Park over Shap and down to Orton and Newbiggin on Lune then returning via Gt Asby and Morland. Scenic views over the Lyvennet Valley	1010m ascent
<b>Miles</b>		<b>Instructions</b>	<b>Gazetteer</b>
0.00	0.00	Follow NCN 7 NE pass under M6 Then R	
0.55	0.55	( <b>mind the potholes</b> before railway bridge) SO Thaka Lane and Robinson St	
0.19	1.37	R imm L. Still on NCN 7 into Drovers Lane	
0.11	1.48	SO through No Entry sign (for cars) along Drovers Lane.	56
0.22	1.70	SO at mini RA	
0.21	1.91	SO at double mini RA	
0.12	2.03	L(SO) as road turns R	
0.30	2.33	L @ T NCN71	
0.51	2.84	R imm L (Cross A686) still NCN71	
0.36	3.20	Pass Frenchfield Sports ground and under cattle arch	
0.16	3.36	L then R on to road	12
0.39	3.75	R @ X sp BROUGHAM HALL	13
0.27	4.82	R @ T on A6.	
0.08	4.90	L into Lowther Holiday Park. Follow road. Pass under M6 and Railway viaduct. Keep R through Caravan Park on the road between the chalets and caravans, taking care of holiday makers and road bumps.	
1.29	6.19	SO through gate and on to path through wood.	
0.72	6.91	Cross the wooden bridge on L of hump back bridge. Pass through gate and follow on up the track	
0.25	7.16	Merge R and carry on between the avenue of trees.	
0.21	7.37	L onto metalled road at bollards	
0.23	7.60	R after cattle grid. sp LOWTHER	44
1.00	8.60	R at T.	
0.10	8.70	L at fork continuing through to main road	
0.20	8.90	R on A6.	
0.66	9.56	L follow sign to Great Strickland and Morland.	
0.74	10.30	R in Great Strickland. Sign to Little Strickland.	
2.09	12.39	Little Strickland.	
0.37	12.76	SO @ X	
1.16	13.92	SO @ X	
1.63	15.55	L sp CROSBY RAVENSWORTH	
2.23	17.78	R @ T in CROSBY R sp ORTON	18
3.14	20.92	R @ T B6260 sp ORTON	
1.28	22.20	Orton. Follow road through.(cafes)	54
0.23	22.43	L onto B6261 sp RAISBECK NCN 70	
0.42	22.85	L off B261 STILL NCN 70 (SO at bend R)	
1.45	23.88	R @ fork sp Kelleth LEAVE NCN 70	
1.58	25.46	L @ T	
2.95	28.41	L @ T sp GREAT ASBY	
2.86	31.27	R @ T sp	
1.65	32.92	L @ X sp GREAT ASBY	
2.07	34.99	R @ T sp Appleby	
0.25	35.24	SO @ X sp DRYBECK	
1.56	36.80	In Drybeck keep L sign post Maulds Meaburn Orton.	
0.33	37.13	R @ T sp Orton Kendal	
1.03	38.16	R @ T B6260 sp Appleby	
0.17	38.33	L @ sp KINGS MEABURN	
1.80	43.29	L(sharp) sp Morland Shap.	
1.28	44.57	After Mill café straight up the hill. R and R again. Sign post CLIBURN	49
1.91	46.48	L @ X sp PENRITH	
3.18	49.66	R sp Brougham, NCN71 (shortly after Clifton Dykes Farm)	
1.26	50.92	SO @ X Brown sign post Brougham Castle (Now retracing route to College).	
0.37	51.29	L just before A66 dual carriageway. Cycle route 71, through chicane, under tunnel. Follow track/road past playing fields on R.	
0.52	51.81	R @ T Cross Keys imm L across A686 NCN 71 along Carlton Road	
0.48	52.29	SO past No Entry sign.	
0.13	52.42	R @ fork into Old London Road	
0.14	52.56	R @ T into Friargate.	
0.30	52.86	SO @ double mini RA follow NCN 7	
0.29	53.15	SO @ mini RA	
0.29	53.44	Cross A6 at mini roundabout. Go R, then L down Thacker Lane, cycle route 7. Under railway bridge and under M6.	
1.37	54.81	And so on back to college.	