

Route B05		Carlisle and Back	
		OS Map 85,86,,90	
54mi		Along the Eden valley to Carlisle and returning via the Caldew Cycleway	
		645m ascent	
Mi		INSTRUCTIONS	GAZETTEER
		From Brambles Café follow NCN 7 SW onto public road	
0.00	0.00	R onto Newton Road	
1.12	1.12	R sp CATTERLEN After Newton Reigny at bottom of hill	
0.80	1.93	R sp CATTERLEN	
0.80	2.72	R @ T sp M6 B5305	
0.17	2.89	2 nd exit @ RA	
2.55	5.44	R @ T sp PLUMPTON 1	
0.78	6.21	SO @ X (A6) sp Lazonby 3	57
2.80	9.01	L sp BRACKENBANK ¾	
0.81	9.82	SO @ X sp Baronwood 3	
0.93	10.75	L @ T no sp (top of steep hill)	
3.42	14.17	R @ T sp ARMATHWAITE 1	
0.19	14.35	R @ T sp ARMATHWAITE	
0.75	15.10	L @ fork before Duke's head Pub sp Lockhills	7
1.80	16.90	Low House level crossing	
4.35	21.25	R @ T sp WETHERALL B6263	
1.12	22.37	R after bridge over rlwy sp No through road	69
		Imm take track through gate sp Wetherall Station (Northern Rail)	
		continue on footpath past station and over viaduct(Eden river)	
0.37	22.74	L At exit from path onto road	
1.12	23.86	R @ church sp Warwick Bridge	
0.25	24.11	R @ T sp Hexham (A69)	
0.06	24.17	2 nd L @ sp LITTLE CORBY	
0.75	24.92	TL over weak bridge	
0.31	25.23	L @ T sp CROSBY ON EDEN , NCN 72 – 30	
2.11	27.34	L @ T C sp CARLISLE 4 NCN	
0.62	27.96	L just before T with A689 follow NCN 72	
0.87	28.83	L @ RA sp LINSTEAD	
1.93	30.76	cattle grid into Rickerby Park	
0.12	30.88	L follow NCN 72 around monument	16
0.31	31.19	Over Eden foot bridge	
0.12	31.32	sharp R after bridge	
		follow tarmac (L then R over flood barrier) then join pavement past school (Strand Road)	
0.43	31.75	R following NCN 72 through 2 sets bollards	
		continue round back of Sands centre under road into Bits Park	
		L at tennis courts to rejoin road	
0.68	32.44	R @ T under castle walls! Follow on to	
0.31	32.75	R @ T onto pavement NCN follow to TL cross road L and come back on opp side L again to pass Milbourne Street to Viaduct Estate Road NCN 7	
0.25	33.00	L down Viaduct Estate road (car park signs)	
		R NCN at bottom of slope follow NCN 72	
0.50	33.49	go through flood barrier – remain on W side of river (don't cross the light brown bridges)	
0.75	34.24	up short slope to the L to the beginning of the Caldew Cycleway	
		follow this until it exits onto road in DALSTON:	21
3.48	37.72	L @ T B5299 into village	
0.25	37.97	L at carpark through bollards and then over white bridge	
0.37	38.34	SO @ triangle fork no sp	
0.19	38.53	R @ T and Imm L sp Roughton 2	
3.17	41.70	R @ X sp Ivegill 2 ¼	
7.33	49.03	R @ T with B5305 no sp	
0.19	49.21	L @ Rbend sp Blencow 2	
1.68	50.89	L sp LAITHES ½	
2.92	53.81	L into College	