

Route B06		To the Solway and back	
		OS Map 85,90	
61mi		A route, largely on back lanes of the Solway plane visiting Caldbeck WIGTON the Solway coast	
		840m ascent	
Mi		INSTRUCTIONS	GAZETTEER
		From Brambles Café follow NCN 7 SW onto public road	
0.00	0.00	R onto Newton Road	
		Follow road through NEWTON REIGNY sp SKELTON 3 ¾	53
1.86	1.86	L sp BLENCOW 1 ½	
0.73	2.59	T @ T BLENCOW ¾	
0.81	3.40	L @ green sp ELLONBY 2 ½	
0.01	3.41	SO @ X	
2.53	5.94	L sp LAMONBY	
1.04	6.98	L imm R sp Hutton Roof 2 ¾	
0.75	7.73	R sp CALDBECK 6	
2.14	9.87	L @ T Millhouse 1 (
0.19	10.06	R sp Hallfield 1	
2.17	12.24	L @ T sp HESKETT NEWMARKET	
0.25	12.48	R @ T opp Old Crown pub	
1.37	13.85	R @ Oddfellows Arms	15
0.06	13.91	R @ T	
1.18	15.09	SO @ X sp WIGTON 6	
4.10	19.20	R sp Rosley	
0.37	19.57	L sp WIGTON 2 ¼	
0.68	20.25	SO @ X WIGTON 1 ½ A595	
0.75	21.00	L @ T no sp	
0.25	21.25	R @ T B5304 sp WIGTON ¼	
0.56	21.80	R @ T (by monument) sp Carlisle by A 596	71
0.12	21.93	L sp Station	
0.31	22.24	R @ T (A596)	
0.06	22.30	L sp KIRKBRIDE	
5.59	27.89	L sp Anthorn 3 over bridge	
0.75	28.64	R @ T sp Bowness on Solway 3 ¼	
0.19	28.83	L sp GLASSON 2 NCN 72	
0.50	29.32	R sp GLASSON	
1.74	31.06	Highland Laddie pub in Glasson	24
0.25	31.31	R @ T sp BURGH BY SANDS 4 NCN 72	
3.60	34.92	R sp LONGBURGH	
1.68	36.59	L before main road in Thurstonfield	
0.19	36.78	SO @ X sp Gt ORTON 1 ¾	
2.24	39.02	R sp THURSBY 2 ¾ In Gt Orton at L turn	
0.50	39.51	R sp THURSBY 2 on LH bend	
0.25	39.76	R @ T THURSBY 2	
0.43	40.20	L @ green sp THURSBY 1 ¼	
1.12	41.32	2 nd exit @ RA sp THURSBY	
0.31	41.63	R after Ship before green	
0.06	41.69	R @ T	
0.06	41.75	L sp CURTHWAITE ¾	
0.75	42.50	L sp E CURTHWAITE	
0.68	43.18	L sp Carlisle	
0.43	43.62	R sp CUMDIVOCK ¼	
2.05	45.67	R @ T sp Witton 2 ½	
0.12	45.79	L sp Rose Castle NCN	
1.86	47.66	R @ T sp Lambfield 1 ¼	
1.93	49.58	L sp Sowerby Row 2 NCN 7 Penrith	
0.81	50.39	L sp Ivegill 2 ½	
4.78	55.17	SO @ X (B5305) sp Skelton 1	
1.18	56.35	SO @ Dog and Duck!	
1.74	58.09	SO @ X sp LAITHES NCN 7 Penrith	
2.92	61.02	L INTO NEWTON RIGG COLLEGE	