

Route C01		Beacon Edge, Langwathby, Culgaith, Morland, Brougham Castle	
		OS MAPS : 90, 91	
30 mi		Moderately hilly ride into the Eden and Lyvenett valleys to Acorn Bank (NT property) and on to the charming village of Morland	
MILES		INSTRUCTIONS	
		GAZETTEER	
	0.00	From Brambles Café go East on NCN 7 to Penrith	
0.51	0.51	Under Motorway Bridge then R	
0.49	1.00	SO Mind the Potholes ! - before the Railway Bridge then on thru Thacka Lane	
0.34	1.34	SO @T over A6 down Drovers Lane (contraflow)	
0.31	1.65	SO @ MiniO	
0.21	1.86	L @ miniOs up Fell Lane C2C NCN 7	
0.48	2.34	R @ T onto Beacon Edge	
0.74	3.08	L sp Roundthorn C2C	
2.40	5.48	L @ T Sp C2C	
0.41	5.89	R on bend sp Edenhall 1 ¼	
0.60	6.49	L @ T Sp LANGWATHBY A686	
0.21	6.70	SO over river on footbridge and up hill	
0.28	6.98	Follow road on R bend then under railway. Leave C2C	39
0.56	7.54	R Sp SKIRWITH 2 ¾	
2.62	10.16	R Sp CULGAITH 2	
0.44	10.60	Fork R Sp CULGAITH 1 ¾	
1.71	12.31	L @ T Sp Penrith 7 B6412	19
0.48	12.79	After Level Xing Mrs Millers Tea Rooms on R	
0.68	13.47	L after bend & bridge Sp Newbiggin 1 ½	
0.27	13.74	Entrance to Acorn Bank Gardens	2
0.19	13.93	R Sp TEMPLE SOWERBY	
0.57	14.50	L @ T Sp Brough (A66) Appleby 7	
0.42	14.92	R Sp MORLAND 3	
1.80	16.72	L @ T Sp MORLAND 1 ¾	
0.30	17.02	R Sp MORLAND 1 ¼	
0.31	17.33	R sp MORLAND 1	
1.21	18.54	Mill Yard Café	49
0.07	18.61	R sp Cliburn 1 ½ NCN 71	
0.06	18.67	imm L sp GREAT STRICKLAND 2 ¾	
		follow NCN 71 into Penrith	
21.42	21.42	R Sp Melkinthorpe	45
1.44	22.86	R @ T (Abbott Lodge Jersey Ices and Tea on L)	1
0.13	22.99	L no Sp NCN 71	
0.66	23.65	R no Sp NCN 71	
0.98	24.63	L @ T at CLIFTON DYKES sp PENRITH 3 ½	
0.65	25.28	R Sp BROUGHAM	
1.27	26.55	SO @ X sp Brougham Castle	12
0.33	26.88	L before Dual carriageway thru underpass	
0.55	27.43	SO Pelican Xing across A686	
0.63	28.06	R sp NCN 71 Town Centre Old London Road (next R after No Entry sign)	
0.14	28.20	R @ T no Sp	
0.10	28.30	Leave NCN 71 Continue up Friargate follow road L at Benson Row/Folly Lane	
0.15	28.45	SO @ miniOs	
0.21	28.66	SO @ miniO	
0.29	28.95	R @ miniO imm L Robinson St & Thacka Lane Follow NCN 7	
1.39	30.34	NCN 7 to Brambles Café	