

Route C02

Created : 25/04/2015
 Rev : 5
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Take 1 km = 0.6214

Route C02		Fells Rivers and Castles	
OS MAP : 90			
40 mi		An anti-clockwise route through Mosedale, Mungrisedale, Aira Force, Pooley Bridge and Lowther Park	
		877m ascent	
MILES		INSTRUCTIONS	GAZETTEER
		From Brambles Café leave campus SW on NCN 7 then NW	
0.00	0.10	R @ T onto public road	
0.90	1.00	Follow road R through NEWTON REIGNY sp SKELTON 3 ¼	53
1.96	2.96	SO @ X sp SKELTON 2	
1.86	4.82	L @ PH (Dog & Gun) sp ELLONBY 1 ¼	
0.15	4.97	Bramble Bikes Bicycle Workshop on L	
0.60	5.57	R @ T sp LAMONBY	
0.21	5.78	L sp LAMONBY	
0.97	6.75	L @ T follow sp Hutton Roof 2 ¾	
0.74	7.49	SO @ X sp Hutton Roof 2 ¼ NEWSHAM ½	
1.37	8.86	L @ X sp MUNGRISEDAL 3	
1.83	10.69	R @ X sp Hutton Roof 1 1/2	
0.58	11.27	L sp LOW MILL MUNGRISEDAL - gated road (3 or 4 gates) into MOSEDALE	
1.07	12.34	L @ T no sp	
0.23	12.57	Information Board and seat near old bridge	
1.42	13.99	Mill Inn on R Mungrisedale Recreation Rooms & old lime kiln L	50
1.90	15.89	L @ T on NCN 71 alongside A66	
0.46	16.35	Continue on NCN 71 C2C uphill veering L	
0.87	17.22	Cross A66 from cycle path using traffic island sp TROUTBECK DOCKRAY 4	
2.68	19.90	At MATTERDALE END continue on A5091 sp ULLSWATER 2 ¾	
1.26	21.16	Through DOCKRAY sp ULLSWATER 1 ¼	
1.39	22.55	L @ T sp POOLEY BRIDGE 6 Aira Force Tea Room	
0.08	22.63	At Aira Force (NT), Toilets in Car Park (Sheffield Stands for cycles)	3
5.65	28.28	TS before bridge over River Eamont, into POOLEY BRIDGE	58
0.23	28.51	L @ miniO sp Penrith M6	
0.82	29.33	R sp CELLERON	
2.31	31.64	R @ T sp ASKHAM	
0.20	31.84	L @ Askham Stores sp Lowther ½	8
0.89	32.73	L on estate road between bollards down broad avenue of trees	
0.22	32.95	L fork downhill	
0.23	33.18	R through gate and over wooden boarded bridge	
0.75	33.93	Through Caravan Park slowly with care, speed humps	
1.42	35.35	R @ T then soon L sp BROUGHAM HALL &CASTLE	12,13
1.11	36.46	L sp BROUGHAM CASTLE	
0.33	36.79	L before Dual Carriageway through underpass on NCN 71	
0.60	37.39	SO over A686 Pelican Xing onto Carleton Rd, Winters Park	
0.58	37.97	R Fork sp NCN 71(First R after No Entry sign) onto Old London Road	
0.22	38.19	R @ T up Friargate (leave NCN71) follow road L Benson Row/Folly Lane	
0.17	38.36	SO @ miniO's sp Penrith North (NCN7)	
0.20	38.56	SO @ miniO sp Penrith North (NCN7) continue up to Drovers Lane	
0.28	38.84	R @ miniO	
0.06	38.90	then L sp C2C NCN 7 into Robinson Street then Thacka Lane	
1.35	40.25	Brambles Café	

53.32 L fork downhill
53.64 R through gate and over wooden boarded bridge
54.85 Through Caravan Park slowly with care, speed humps
57.14 R @ T then soon L sp BROUGHAM HALL &CASTLE
58.94 L sp BROUGHAM CASTLE
59.47 L before Dual Carriageway through underpass on NCN 71
60.39 Over A 686 using Pelican Crossing
61.38 R Fork sp NCN 71
follow road uphill leaving NCN 71
road bends to L at Folly Lane, Benson Row
62 SO @ mini o's sp Penrith North (NCN7)
62.34 SO @ mini o's sp Penrith North (NCN7)
up Drovers Lane
62.87 R @ mini o
then L sp C2C NCN 7 Robinson St then Thacka Lane
65.09 Brambles Café