

Route C03		Great Salkeld Lazonby Kirkoswald Armathwaite		
		OS MAP : 90		
		Down the River Eden crossing to the East side after Lazonby and returning on the West side at Armathwaite quite a few lumps!		
31mi		814m ascent		
MILES		INSTRUCTIONS		GAZETTEER
	0.00	From Brambles Café go NE on NCN 7		
0.52	0.52	R after going under M6		
0.48	1.00	potholes! Then under railway to Thacka Lane		
0.35	1.35	L @ T onto A6 Scotland Road		
0.16	1.51	R sp Golf Course GT SALKELD		
0.19	1.70	L sp GT SALKELD 5		
1.30	3.00	Blind summit! SO		
1.04	4.04	R sp INGLEWOOD 1/4		
1.73	5.77	R @ T sp GT SALKELD 3/4		
0.23	6.00	L @ T no sp		
0.44	6.44	GT SALKELD Village Hall		
1.81	8.25	LAZONBY		40
0.29	8.54	R @ T no sp (Co-op on L) go under bridge		
0.56	9.10	TS @ bridge over River Eden		
0.41	9.51	KIRKOSWALD follow road through village		38
0.43	9.94	L fork sp ARMATHWAITE 5 (seems 'SO')		
4.67	14.61	L @ T sp ARMATHWAITE 1/2		7
0.28	14.89	L @ T after bridge sp High Heskett 3		
0.74	15.63	L sp Penrith 10		
0.17	15.80	L sp BARRON WOOD 1 1/2		
3.40	19.20	R fork off main road on bend (seems SO)no sp		
0.97	20.17	SO @ X sp BRACKEN BANK 1/4		
0.74	20.91	R @ X sp PLUMPTON 2 3/4		57
2.80	23.71	SO @ X sp Unthank 3 (crossing A6)		
0.80	24.51	SO over M6		
1.42	25.93	R sp Wigton 17 B5305		
0.31	26.24	Hutton in the Forest on L		
0.73	26.66	L sp Blencow 2 (or SO Upfront Gallery ¼)		68,35
1.72	28.38	L sp LAITHES 1/2 NCN7		
2.86	31.24	L sp C2C NCN 7 into campus		
0.10	31.34	Brambles Café		