

## Route C04

Created : 06/06/2015

Rev : 5

Rev date : 26/06/2015

Route C04		Following C2C NCN 7 for the first 14 miles going NE OS Map : 90, 86	
Visiting Long Meg, fellside hamlets, and the River Eden at Armathwaite Return via Calthwaite and Fair Hill (No purchasable refreshments between miles 8.53 and 25.23)			
41mi		827m ascent	
MILES		INSTRUCTIONS	GAZETTEER
	0	From Brambles Café go East on NCN 7 to Penrith	
0.51	0.51	Under Motorway Bridge then R	
0.49	1.00	SO <b>Mind the Potholes !</b> - before Railway Bridge then on thru Thacka Lane	
0.33	1.33	SO @ T over A6 down Drovers Lane ( contraflow ) follow NCN	
0.31	1.64	SO @ miniO	
0.21	1.85	L @ miniO's Fell Lane sp C2C East	
0.48	2.33	R @ T Beacon Edge C2C	
0.74	3.07	L sp Roundthorn ¼ C2C <b>CARE Steep bend on descent of Strawberry Hill</b>	
2.41	5.48	L @ T sp C2C	
0.42	5.90	R on bend sp Edenhall 1 ¼	
0.59	6.49	L @ X sp LANGWATHBY A686	
0.46	6.95	L sp LITTLE SALKELD 1 ¼ at Langwathby Village Green	39
1.58	8.53	Little Salkeld Mill & Tea Room after bridge on RHS	41
2.19	9.14	L sp LONG MEG ½	
0.37	9.51	Stone Circle, reverse route back to main road	43
0.37	9.88	L @ X sp Glassonby 1 ½	
0.95	10.83	2nd R sp Gamelsby 2 C2C NCN7 (Straight Ahead)	
0.64	11.47	L sp C2C NCN 7	
0.49	11.96	SO @ X sp RENWICK 3 C2C NCN 7	
1.78	13.74	SO @ X sp RENWICK 1 ¼	
1.02	14.76	R @ T sp RENWICK ¼	
0.07	14.83	SO thru' village ( <b>leave</b> C2C NCN7) sp RENWICK ¼ CROGLIN 3	
2.13	16.96	R @ T sp CROGLIN 1 B6413	
1.31	18.27	L sp Ainstable 3	
0.63	18.90	R @ T sp Ainstable 2 ¾	
0.56	19.46	L sp Ainstable	
2.2	21.66	R @ X sp ARMATHWAITE 2	
0.32	21.98	R sp Hornsbygate	
1.05	23.03	L sp Holmwrangle ½ (Easily missed)	
0.44	23.47	L @ T sp ARMATHWAITE 1 ¼	
1.4	24.87	R @ T sp ARMATHWAITE ½	
0.36	25.23	L @ T sp High Hesket 3 at Dukes Head	7
1	26.23	L sp NUNCLOSE ¼	
1.55	27.78	R @ T no sp (cross A6) then Imm	
0.08	27.86	L sp Southwaite	
0.3	28.16	L fork follow road sp Southwaite 1 ¼	
0.39	28.55	L sp SEWELL HOUSES ½	
1.67	30.22	SO <b>mind cobbles</b> at Petteril Bank Farm	
0.89	31.11	L @ T sp CALTHWAITE 1 ½ after bridge under M6	
3.81	34.92	L @ T no sp (over M6) then imm	
0.06	34.98	R sp Penrith 5	
1.79	36.77	L sp Penrith 3 (over railway)	
0.59	37.36	R @ RAB 3rd exit sp FAIR HILL 1 ½	
1.75	39.11	SO @ X then imm onto A6 sp Town Centre	56
0.21	39.32	R just before Esso Filling Station into Robinson St and Thacka Lane follow NCN 7 - <b>Mind the Potholes !</b> - after Railway Bridge	

1.37	40.69	Brambles Café	
------	-------	---------------	--