

Route C05		Hesket Newmarket, Caldbeck, Greystoke, Newbiggin	
		OS MAP : 90	
A route to the NW of Penrith with some hills giving extensive views of the Fells			
34mi			660m ascent
MILES		INSTRUCTIONS	GAZETTEER
		Leave Brambles Café going South West	
0.00	0.00	Turn R onto road and ride NW on NCN 7	
1.00	1.00	At Newton Reigny R Sp Skelton 3 ¾ B5305	53
0.20	1.20	Continue through Village	
0.64	1.84	L sp BLENCOW 1 ½ (leave NCN7)	
0.77	2.61	R @ T sp BLENCOW ¾	
0.81	3.42	SO @ BLENCOW sp Ellonby 2 ½	
0.90	4.32	L sp JOHNBY	
0.63	4.95	R @ T sp NEWSHAM 3	
2.66	7.61	L @ X sp NEWSHAM ½	
1.36	8.97	R @ X sp CALDBECK 5	
1.43	10.40	L @ T sp missing	
0.07	10.47	imm R sp MILLHOUSE ¾	
0.85	11.32	L @ T sp CALDBECK 2 ½	
1.60	12.92	L @ HESKET NEWMARKET sp Fellside 3 NCN 10 (ahead between houses)	33
1.26	14.18	R sp UPTON (leave NCN 10)	
0.47	14.65	R @ T no sp B5299 downhill into CALDBECK	
0.22	14.87	Old Smithy Café on L, PT on R continue NE passing church	15
1.38	16.25	Through HESKET NEWMARKET again	
0.42	16.67	R sp Mungrisedale 6	
0.93	17.60	L sp Mungrisedale 4, follow bends to HIGH ROW	
1.55	19.15	L imm after bridge sp GREYSTOKE 7	
1.17	20.32	R @ T sp GREYSTOKE 6	
		SO following signs for BERRIER & GREYSTOKE	
24.62	24.62	L sp GREYSTOKE 3	
2.78	27.40	R in GREYSTOKE sp Keswick 13 ½ PT near 'phone box	28
0.45	27.85	L sp GREYSTOKE GILL ½	
0.28	28.13	L sp GREYSTOKE GILL (leave NCN 71)	
0.74	28.87	R sp NEWBIGGIN 1 ½	
0.53	29.40	L @ T uphill sp broken	
0.89	30.29	R @ T through NEWBIGGIN	52
0.56	30.85	information boards on L after village hall	
0.32	31.17	L sp HOGHOUSE HILL	
1.20	32.37	L no sp	
0.22	32.59	R @ T sp Penrith 1 ½ B5288	
0.08	32.67	Pass Greystoke pillar on R	29
0.61	33.28	L sp NEWTON RIGG COLLEGE 1	
0.87	34.15	R C2C NCN 7	
0.11	34.26	Brambles Café	