

Route D03		Visit to some local cafes and places of interest south of Penrith	
		OS Map : 90	
To the Countess Pillar, Jersey Ice Cream Farm, Lowther Park (Castle & Gardens), Bird of Prey Centre			
MILES		INSTRUCTIONS	GAZETTEER
	0.00	From Brambles Café go East on NCN 7 to Penrith	
0.51	0.51	Under M6 then R	
0.49	1.00	potholes! Then under railway onto Thacka Lane	
0.33	1.33	SO @ T over A6 down Drovers Lane (contraflow)	
0.31	1.64	SO @ miniO	
0.20	1.84	SO @ miniO's NCN 71	
0.11	1.95	L @ bend Folly Lane NCN 71	
0.32	2.27	L @ T NCN 71	
0.45	2.72	cycle path on left	
0.04	2.76	SO using Pelican Xing over A 686 pass Cross Keys downhill NCN 71	
0.35	3.11	SO to Bridleway, R through underpass (used by cows!)	
0.17	3.28	L out of underpass	
0.04	3.32	R @ T onto road	
0.33	3.65	L @ X	
0.17	3.82	R onto old road/lay-by	
0.05	3.87	R through gate Permissive Path	
0.21	4.08	Countess Pillar (push down slope for Llama Karma Café)	42,17
		Retrace to X	
0.43	4.51	L NCN 71 (SE on C 3047)	
1.26	5.77	L @ T sp Cliburn 3 1/4	
0.64	6.41	R sp Clifton 1 1/2	
0.97	7.38	L @ T no sp	
0.07	7.45	Follow road L over bridge	
0.61	8.06	R @ T no sp	
0.31	8.37	Abbott Lodge Jersey Ice Cream Farm (note Melkinthorpe nearby)	1, 45
0.44	8.81	L @ T sp A6 Shap 6	
0.17	8.98	R sp Lowther	
0.40	9.38	L sp Lowther ¼	
0.03	9.41	Lowther Castle & Gardens entrance (Bird of Prey Centre ¼)	44
		Retrace after visit. L at exit then in 200m	
0.59	10.00	L on bend sp Askham 1	
0.10	10.10	L @ T sp Askham 1 over cattlegrid	
0.23	10.33	R half-way down hill onto estate road through bollards down avenue of trees	
0.21	10.54	L fork down hill	
0.22	10.76	through gate on right, over wooden boarded bridge	
0.74	11.50	Care through Holiday Park speed ramps	
1.42	12.92	L @ T no sp	
0.14	13.06	SO @ miniO	
0.20	13.26	TS @ Eamont Bridge (or footbridge on right)	23
0.16	13.42	Join cyclepath on right before RAB	
0.09	13.51	Pass Fire Station then imm R down road	
0.16	13.67	L @ T under A66	
0.05	13.72	R @ T sp Alston 20 over A 686 onto shared path	
0.42	14.14	L @ Cross Keys Carleton Road, Winters Park NCN 71	
0.60	14.74	R sp Town centre, Penrith North ,Old London Road	
0.15	14.89	R @ T sp Town Centre NCN 71	
0.10	14.99	Leave NCN 71 continue up Friargate	
		Follow road left Folly Lane, Benson Row	
0.14	15.13	SO @ miniOs sp Penrith North	
0.21	15.34	SO @ miniO	
0.28	15.62	R @ miniO at Esso Station, 2nd L Robinson St. then Thacka Lane follow NCN 7 potholes after Railway Bridge	
1.40	17.02	Brambles Café	