

Route D07

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Route D07		Langwathby, Little Salkeld Water Mill & Tea Rooms, Long Meg Druids Circle, Kirkoswald & Lazonby OS Map : 90	
An anti-clockwise route to the NE of Penrith. Initial climb to Beacon Edge then down Strawberry Hill & a modest climb out of Little Salkeld Direct undulating return with view of the Pennines			
MILES		INSTRUCTIONS	GAZETTEER
	0.00	From Brambles Café follow NCN 7 to Penrith	
0.52	0.52	R after under M6	
0.48	1.00	potholes! Before Railway Bridge then on to Thacka Lane	
0.33	1.33	L @ T onto A6	
0.17	1.50	R sp Golf Course $\frac{3}{4}$	
		continue sp Alston onto Beacon Edge	
0.43	1.93	Viewpoint with guide to Fells set in wall opposite 2nd (main) entrance to Cemetery	
1.06	2.99	L sp Roundthorn C2C NCN 7	
2.40	5.39	L sp C2C NCN 7	
0.41	5.80	R on bend sp Edenhall 1 $\frac{1}{4}$ C2C NCN 7	
0.60	6.40	L @ X sp LANGWATHBY A686	39
0.10	6.50	TS @ bridge, use footbridge	
0.37	6.87	L @ village green sp LITTLE SALKELD 1 $\frac{1}{4}$	41
1.58	8.45	Water Mill and Tea Room on R	
0.60	9.05	L sp LONG MEG $\frac{1}{2}$	43
0.37	9.42	LONG MEG and her Daughters - Reverse route to main road	
0.37	9.79	L @ X sp GLASSONBY 1 $\frac{1}{2}$	
0.95	10.74	L on bend follow road sp GLASSONBY $\frac{3}{4}$	
0.70	11.44	SO follow road sp KIRKOSWALD 2	38
2.00	13.44	L @ T sp Lazonby 1 $\frac{1}{4}$	40
0.50	13.94	TS @ bridge over River Eden	
0.69	14.63	L after railway bridge sp Great Salkeld 1 $\frac{1}{2}$ B6412	
1.04	15.67	R sp SALKELD DYKES	
0.71	16.38	R @ T sp PENRITH 5	
		Keep on main road to PENRITH	
4.34	20.72	R @ T	
0.17	20.89	L onto A6 sp Town Centre	55
0.16	21.05	R imm before Esso Filling Station Robinson Street then Thacka Lane, follow NCN7 back to Newton Rigg	
1.41	22.46	Brambles Café	