

100mi Challenge 8th July 2018

Total Distance 160 km(100mi)

Total ascent 3274 m (10741')

Distance/km	Interval/km	Directions	
0.00	0.00	R out of village hall (NCN route 10)	
5.00	5.00	L No sign	
9.30	4.30	L sp Heskett Nemkt ½ Caldbeck 2	
12.10	2.80	keep L at Oddfellows arms	
15.10		Information control 1	
26.50	14.40	R on A591 and imm L on B5291	
28.30	1.80	L after bridge sp Bassenthwaite lake	
29.40	1.10	R sp Embleton 2	
30.00	0.60	L @ T to re join main road	
33.00	3.00	L at postbox to cross A66	
33.20	0.20	R onto A66 then imm...- CARE	
33.30	0.10	L sp Lorton 4	
34.10	0.80	R @ T sp Lorton 3	
36.40	2.30	SO sp Eaglesfield 3	
38.90	2.50	L @ T sp Brandlingill ¾	
41.30	2.40	L @ T sp Mosser (rusty)	
41.80	0.50	R no sign (W towards Pardshaw)	
44.40	2.60	L sp Mockerkin 1	
44.40		Information control 2	
46.20	1.80	L @ T sp Buttermere and Loweswater	
47.70	1.50	L @ T sp Loweswater lake (Fangs Brow)	
53.80	6.10	R down minor lane (or pick up B'mere road B 5289)	
54.20	0.40	R @ T end of lane onto B 5289	
60.70	6.50	SO after Buttermere sp Keswick via HONISTER 12 ¼	Cafes in Buttermere
67.30		Information control 3	
		Take care down Honister particularly after the cattle grid	
74.70	14.00	L over bridge sp Grange Newlands	Cafe in Grange
82.20	7.50	R in Portinscale NCN 71 over footbridge	Chalet Cafe on L in Portinscale
82.70	0.50	R @ T NCN 71 towards Keswick B5289	
83.10	0.40	L up Vicarage Hill to A 5721	
83.80	0.70	R @ T A 5721 then	Cafe on L before next turn
83.90	0.10	L sp Brundholme round back of old station and Leisure pool	
84.60	0.70	first exit at mini O	
85.60	1.00	L @ T sp Penrith (A66)	
86.80	1.20	L and imm	
86.90	0.10	R sp NCN71 to Stone Circle	
89.00	2.10	R @ T NCN 71	
89.40	0.40	R @ T NCN 71	
89.60	0.20	R @ T NCN 71 St John's in the Vale Church	
91.40	1.80	R @ T sp Thirlmere onto B5322	
96.00	4.60	L @ T onto A591 (busy road CARE) on along Thirlmere and up over Dunmail Raise past Grasmere Rydal and Ambleside	Cafes in Gr Ry and Amb
117.00	21.00	L up Holbeck Lane sp Toutbeck 2 ½	
118.00		Information control 4	
122.00	5.00	L onto A592 sp Kirkstone	
141.00	19.00	L sp Dockray A5091 (before Aira Force)	Cafe at turn on R
143.00	2.00	L sp High Row 1	
147.00	4.00	L sp ? Troutbeck ?	
150.00	3.00	R @ T A66 cycleway NCN 71 CARE then follow onto minor road	
152.00	2.00	L @ T onto follow NCN 71	
152.10	0.10	L @ sp Hutton Roof 5 opp Sportsman pub	
158.00	5.90	L sp Mungrisdale 1 ¼	
160.00	2.00	L @ T sp Threlkeld 3	
		follow outwards route back to Village Hall	