

Description	Comments	Signs	Distance
From Frenchfield Sports centre turn R onto lane			0km
Turn R at top by Cross Keys pub		NCN 7	0.7km
Turn R after traffic lights onto B686	Care		0.7km
Take 1 st L uphill to T junc turn L			1.0km
Take 1 st R		Roundthorn	2.5km
T junc turn L		C2C 7	6.3km
Rd swings L	50/100k route splits	Great Salkend	7.0km
Straight on past Nunwick Hall, take 1 st L at Great Salkend			9.9km
Turn L again uphill to X rds		Plumpton/Penrith	9.9km
Straight on to X rds, straight on		Plumpton/Carlisle	11.0km
T junc turn L		Plumpton/Penrith	12.8km
X rds at A6, straight on	Care, busy rd	Unthank	15.6km
Under railway bridge, over M6		Unthank	16.5km
T junc turn R onto B5305	Care, busy rd	Wigton/Unthank	19.1km
Turn L		Blencow/Greystoke	20.3km
X rds straight on		Blencow/Greystoke NCN 71	23.0km
Thru Blencow, bear R at Crown Inn		NCN 71	24.0km
Turn R to CP at Greystoke Cycle Cafe	Checkpoint – Food/Drink		25.9km
Turn R out of CP, rd swings L into Greystoke			
Straight on past The Boot & Shoe on R		NCN 71/The Old Coach Road	26.3km
Take 1 st L		Greystoke Gill/C2C 71	27.5km
Straight to X rds at A66, straight on	Care, busy rd, dual carriageway	Hutton/C2C 71	29.9km
Straight on, avoid any turns		Bennethead	
T junc turn L		Pooley Bridge	33.8km
T junc turn L at Brackenrigg Inn	Care A592	Pooley Bridge	34.9km
Straight on B5320		Pooley Bridge	36.9km
Traffic lights at bridge	Care, narrow rd		37.5km
Thru Pooley Bridge, turn L at mini roundabout		Penrith A6	37.7km
Past Barton Hall, turn R	Care, narrow rd	Celleron	39.2km
T junc turn R		Askham	42.7km
Past Queens Head turn L at Askham Stores		Lowther	43.1km
Over river, over cattle grids x 3	Care, tight L bend		43.7km

Straight on, bear L at junction		Penrith M6	46.8km
T junction turn L onto A6	Care busy rd	Penrith A6/M6N	47.4km
Cross M6 take 1 st R	Care busy rd	Melkinthorpe/Cliburn	47.8km
Under railway bridge, take 1 st L after Abbots Lodge farm			49.1km
Rd swings R, then turn R		Cliburn	50.1km
T junc turn L	Care	Penrith	51.8km
Turn R		Brougham/NCN 71	53.0km
X rds straight on		Brougham castle	55.3km
Over bridge, turn L, BEFORE A66		No Through Road/NCN 71	55.4km
Thru gates, turn R thru underpass to enter Frenchfield site and finish	Care, muddy path	NCN 71	56.1km

Emergency Contact Numbers: 07786237822/07968836549