

# Family Ride Route Card

Description	Comments	Signs	Distance
From Frenchfield Sports centre turn L onto lane			0km
Thru underpass and gates	Care, muddy path		0.26km
T junc turn R			0.26km
Brougham Castle on R to X rds			0.86km
Straight on		Wetheriggs Pottery	
Rd swings R			2.0km
T junc turn R	Care	Penrith	2.85km
BEFORE A6 turn sharp R, stone wall on L	Care	Brougham/BB Keepers Cottage	4.31km
Rd swings L			4.99km
T junc turn L		Pooley Bridge/Ullswater	5.32km
Dismount to enter Brougham Hall on L			5.69km
Leaving Brougham Hall turn R			
Straight on		Brougham Castle	6.0km
X rds turn L		Brougham Castle	6.81km
Brougham Castle on L over bridge			7.09km
Turn L BEFORE A66		No Through Road/NCN 71	7.31km
Thru gates, underpass	Care, muddy path		7.46km
Turn R into Frenchfield Leisure centre	Finish		7.7km

**Emergency Contact Numbers: 07786237822/07968836549**