

\*NB The road bridge across the River Eamont, which provides a cycle-friendly exit south-east from Penrith, was badly damaged in the December 2015 floods. It is currently closed to all traffic, including cyclists and walkers, but there are plans to repair and reopen it during 2016. Until that bridge is reopened this route is not recommended for inexperienced cyclists, as the alternative exit from Penrith necessitates use of the A6 via Eamont Bridge.

**Distance:** 42 miles (68 kilometres)

## **A circular loop from Penrith to Appleby, making use of the L&DL**

[The first half of this route, between Penrith and Appleby, follows part of NCN 71. In the absence of road signs, which are thin on the ground in places, look out for the small blue and white cycle route signs that demark this route.]

From the Cross Keys pub in Carleton, on the south-eastern outskirts of Penrith (GR NY531297), head south-east on the minor 'no-through' road that is the access to Frenchfield Sports Centre. At the end of the tarmacked road, continue SO past a large metal gate with a sign stating 'Bridleway No motorised vehicles'. Follow this track under the A66, then L at a minor T-jct (unsigned) to pass through some more metal motor vehicle restriction barriers. R at the next T-jct, after a short distance, to join a minor road that crosses the River Eamont via an historic bridge (**currently closed to all traffic\***), then passes Brougham Castle. SO at the X-roads, unsigned except for a weight restriction and small NCN 71 sticker. Follow this road for around 2 km, to a T-jct where L, signed 'Cliburn'. Descend gently for a little over 1 km then first R, signed 'Clifton'. Follow this minor road for just under 3 km, bearing left to avoid crossing the West Coast Main Railway Line. At the next T-jct turn R (unsigned) then L after a short distance, signed 'Great Strickland'. Turn L at the X-roads in the centre of Great Strickland, signed 'Morland'. Follow this undulating road for approximately 4 km, until it descends into the attractive village of Morland, where R at the T-jct opposite the church (unsigned). L at the next T-jct after a short distance (unsigned) and, after descending a short hill, R just before the Crown Inn (again unsigned). Follow this road for about 1.5 km south from Morland village, then L at the minor X-roads (unsigned in the direction of travel). After a further 1.5 km this road descends to cross the River Lyvennet via a wide ford. Use of the adjacent footbridge is recommended, as the road surface through the ford can be very slippery. A short, stiff climb on the far side brings you to another unsigned T-jct, in Kings Meaburn, where R. Turn L around 2 km south of the village, signed 'Colby'. Follow this undulating road, which offers stunning views across to the Pennines ahead, for around 4 km, to the hamlet of Colby, where R at the T-jct, signed 'Appleby'. This road climbs away from Colby to bring you to the south-western outskirts of Appleby. Turn L at the T-jct with the B6260, again signed 'Appleby'.

Follow this road through the centre of Appleby town, descending the wide and impressive main street, Boroughgate, described as 'one of the finest in England'. Bear R at the bottom, into Bridge Street, to cross the River Eden, then L at the T-jct with the B6542, signed Penrith. This road, which starts as 'The Sands' but soon becomes 'Battlebarrow', climbs for around a kilometre, before forking just beyond Appleby Grammar School. Bear R here, signed 'Brampton', to pass under a railway (the scenic Settle – Carlisle Line) then the A66 soon after. Follow this road, which quickly becomes a quiet country lane, as it climbs steadily to the village of Dufton. Continue through this well-appointed village, following signs for 'Milburn'. Just after passing through the hamlet of 'Knock', turn R (effectively SA) at a minor T-jct, signed 'Milburn'. Follow the road as it twists through several right-angled bends, before turning R at the next T-jct, signed 'Milburn'. Keep R where the road forks on the outskirts of Milburn, to take in the village green with its impressive 20m maypole topped by a heavy metal weathercock. Continue in a northerly direction, following signs to 'Blencarn'. After a couple of kilometres, turn R where the road bends L in the hamlet of Blencarn, signed 'Kirkland', then almost immediately L, again signed 'Kirkland'. Leaving Blencarn a grand view of Cross Fell soon opens up ahead. Turn L in Kirkland, signed 'Skirwith', then SA at the crossroads in Skirwith after 3 km, signed Langwathby. Turn L at a T-jct in a further 4 km, onto the A686, signed 'Langwathby', to descend steeply into that village. Continue on the A686 as it crosses back over the River Eden, following signs to 'Penrith', then first R at a X-roads, signed 'Great Salkeld'. Take the next L, after a kilometre, onto the B6412, then first R after 750m, just

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before the B-road crosses a stream. Continue SA for 4km to Roundthorn, where R at the T-jct, signed 'Penrith'. After a further kilometre, by Caroline Cottage, turn L into Fell Lane, to descend towards Penrith town centre. At the mini roundabout at the foot of Fell Lane turn L into 'Benson Row'. Follow the narrow residential street until it bears R, where L (effectively SA) into 'Folly Lane'. Continue along Folly Lane, until it meets 'Carleton Road' at a T-jct, where L. At the far (eastern) end of Carlton Road cross SO the A686 to return to the Cross Keys Inn opposite.