

Distance/km	Interval/km	
0.0	0.0	Ride north from village hall
0.6	0.6	R @ sp Hutton Roof 2½
2.5	1.9	SO sp Newsham 2¾ Lamonby 4
7.8	5.3	R @ T sp Penrith 12
8.9	1.1	L @ T no sign for the L turn (downhill)
13.0	4.1	L at RH corner by Berkeley House in Hesketh Newmarket just past PO
17.0	4.0	L @ T sp Mealsgate 7 Keswick 14 on B5299
17.2	0.2	CONTROL 1: Name of house with gate picture
22.8	5.6	Uldale Mae's Tearoom to L
25.3	2.5	R sp Ireby 2½
25.4	0.1	L on NCR 10 at Tudor style house
28.5	3.1	R @ T sp Bothel 3¾
28.6	0.1	SO A591 at X sp Sunderland 2½ Isel 3¾ on NCR 10 CARE
32.2	3.6	L @ T sp Cockermouth NCR 10
33.9	1.7	L @ T by bridge sp Keswick Cockermouth NCR 10
34.3	0.4	R @ T sp Cockermouth 3 NCR 10
39.4	5.1	L at T by NHS Hospital - or go off route into Cockermouth for cafes
43.3	3.9	CONTROL 2: What can you buy here?
43.8	0.5	R sp Lorton 4
43.9	0.1	R then immediate L crossing A66 (CARE) sp Lorton 4 Buttermere 10
44.9	1.0	R @ T sp Lorton 3 Buttermere 9
47.2	2.3	SO sp Eaglesfield 3 Brigham 4½
49.7	2.5	L sp Brandlingill ¾ Mosser 2¼
52.2	2.5	L @ T rusty sp (M)osser
53.1	0.9	at corner follow Sosgill Loweswater
53.2	0.1	R sp Sosgill Mockerkin
56.6	3.4	L @ X in Mockerkin sp Loweswater 2½ Ennerdale 5
56.7	0.1	L @ T sp Buttermere Loweswater
58.3	1.6	L @ T (Fangs Brow) sp Loweswater Lake
62.3	4.0	L sp Thackthwaite
62.3	0.0	CONTROL 3: Road sign - What are walkers doing?
67.4	5.1	R @ T sp Cockermouth 4¾ Buttermere 6¾
67.6	0.2	R @ T sp C2C 71, then immediate L sp C2C 71 Keswick 8½
67.9	0.3	R @ X sp Hopebeck 1
69.9	2.0	L sp Keswick. Narrow gated road
72.4	2.5	R @ T finger post missing
73.1	0.7	R @ T B5292 sp Keswick
75.4	2.3	Whinlatter Café
78.9	3.5	R at Royal Oak, sp C2C
79.7	0.8	L sp Swinside 1 C2C 71
80.3	0.6	L sp Ullock ¼ C2C
81.6	1.3	L @ T sp Keswick 1¾ Portinscale ¾
82.6	1.0	Chalet Café L, refreshment option
82.6	0.0	R after café down dead end road onto cycleway/footpath to Keswick
83.2	0.6	R @ T onto main road. Sp C2C 71
83.5	0.3	L sp Hotels Crossthwaite Church THEN immediate R sp Hotels up Vicarage Hill
84.1	0.6	R @ T no sp along Crossthwaite Rd
84.3	0.2	L sp Railway Station Brundholm Latrigg Skiddaw. Leisure Pool.
85.0	0.7	1st exit at mini roundabout
85.8	0.8	L @ T sp M6 Penrith A66 Carlisle Workington Windermere
87.2	1.4	L sp M6 Penrith Carlisle Workington
87.3	0.1	R sp Castlerigg Stone Circle. Climbing Wall
88.6	1.3	CONTROL 4: When is the climbing wall open?
89.4	0.8	R @ T sp C2C 71
89.8	0.4	R @ T sp C2C 71
91.6	1.8	R @ T across A66 CARE use traffic island then onto cycleway
91.7	0.1	L into Threlkeld on cycleway
92.8	1.1	L sp C2C 71. Dead end road. Route follows old road through 2 gates then cycleway to Scales
95.3	2.5	L past White Horse pub sp C2C - gated road
100.0	4.7	R @ T
100.2	0.2	Arrive Mungrisdale village hall