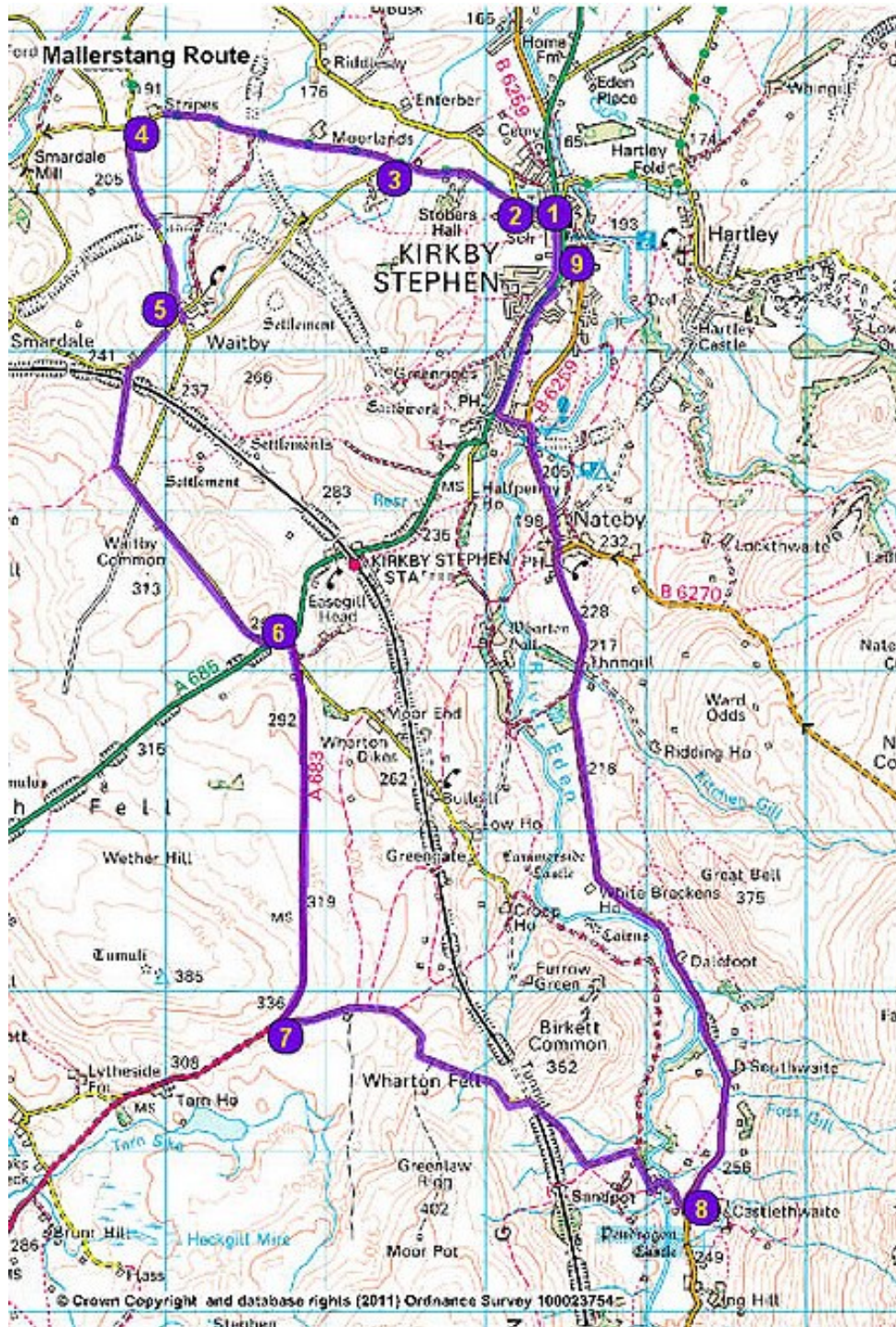


## Cycle Route from Kirkby Stephen: Mallerstang and Pendragon Castle Ride



The narrow dale of Mallerstang is the uppermost and remotest part of the Eden Valley (leading to the source of the River Eden on Black Fell Moss). You'll get marvellous views into it as you descend from your highest point across the open fell along a narrow ribbon of tarmac. At the bottom you'll find the remains of Pendragon Castle built according to legend by Uther Pendragon, father of King Arthur. There's no public access beyond the gate but you get a good look at it. If you like, carry on cycling up the dale for a while before heading back to Kirkby Stephen. At the start of the ride you're on a short section of National Route 71 (Penrith - Thirsk) and the Walney to Wear and Whitby Cycle Route (20).

- Start/finish: Find The Upper Eden Visitor Centre in Kirkby Stephen - in the town centre (free car parking is signed)
  - Distance: 12.4 miles (20km)
  - Grade: Medium - Hard (all on road)
  - Refreshments: Pub in Nateby
  - Public loos: Kirkby Stephen
1. Find The Upper Eden Visitor Centre in Market Square, head north to the first mini-roundabout and turn L.
  2. Bear L by grammar school for Waitby and Smardale (also following blue 20 and 72 signs).
  3. Bear R uphill, again following blue 20 and 71 signs.
  4. Turn L at xroads to Waitby.
  5. Turn R at X roads (steep at first) to Smardale, then first L just past old Waitby School.
  6. Turn L at T junction using grass verge, then, taking extra care, go across onto the Sedbergh road. Mention taking first L turn to Wharton and following byway track to Mallerstang for alternative part of-road option?
  7. Turn L into Mallerstang.
  8. To return directly to Kirkby Stephen, turn L at the castle and follow the road through Nateby.
  9. Turn R before traffic lights (Mellbecks), then bear L up and along Stoneshot Lane.

To extend this ride as you re-enter Kirkby Stephen: Turn R through the gate (opposite the brown Welcome to Kirkby Stephen sign), cross the gorge on the bridge and follow the old railway across Podgill and Merrygill viaducts. Turn L into Hartley and keep L back to the town centre following blue 20 and 71 signs.

These maps are provided for guidance only. You are strongly advised to take appropriate maps with you on all cycle rides and walks. The OS map covering this area is OL19.

## Further information

The Upper Eden Visitor Centre, Market Square, Kirkby Stephen  
 Telephone: 017683 71199  
 Email: [visit@uecp.org.uk](mailto:visit@uecp.org.uk)

Appleby Tourist Information Centre, Moot Hall, Boroughgate  
 Telephone: 017683 51177  
 Email: [tic@applebytown.org.uk](mailto:tic@applebytown.org.uk)