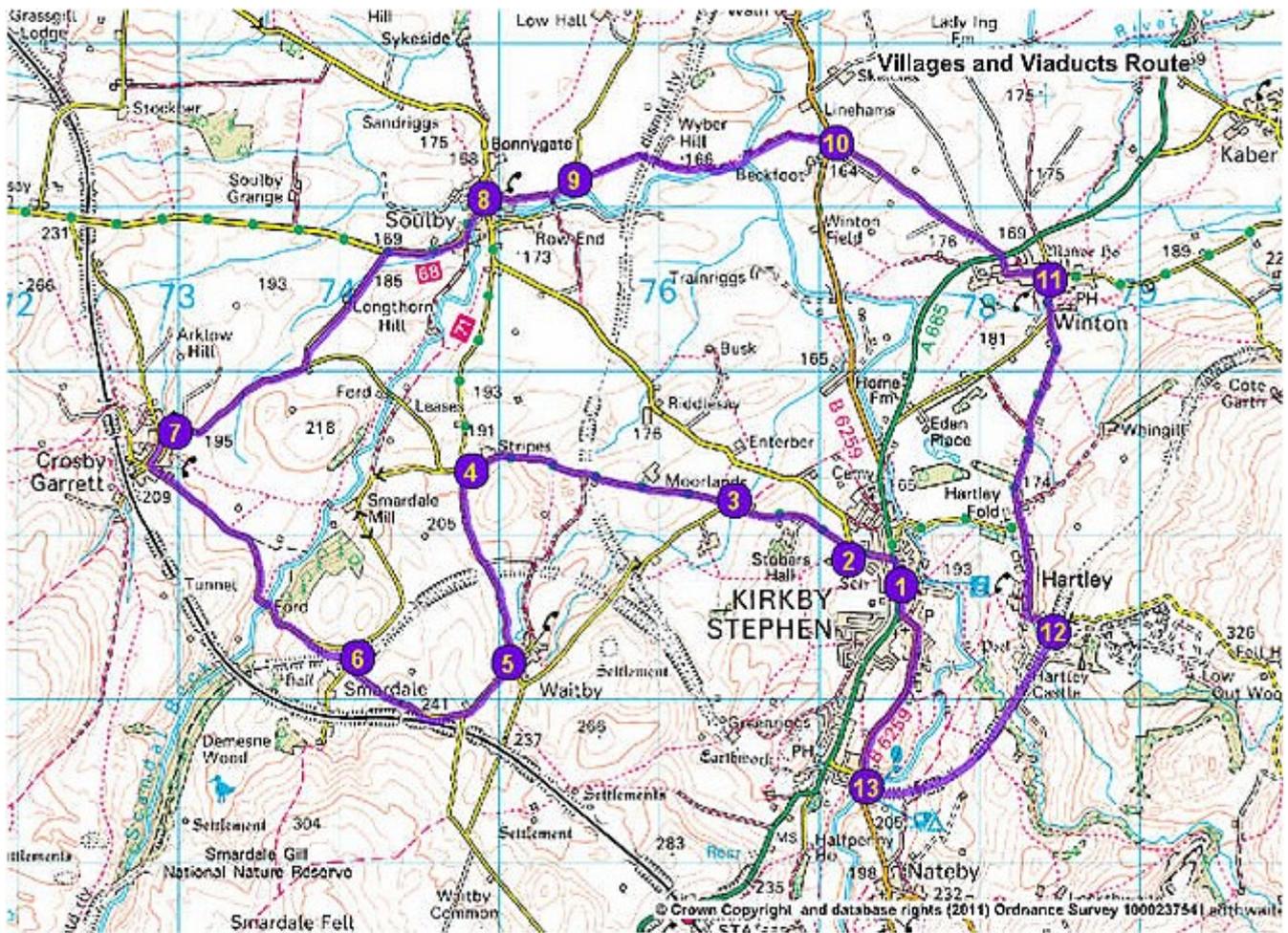


Cycle Route from Kirkby Stephen: Villages and Viaducts



The only ride in this section with some traffic-free sections, including the shared use dismantled railway route over two viaducts, once part of the coke carrying Stainmore Railway (more details from www.nvt.org.uk). You've also the option of a short walk to the dramatic disused Smardale Gill Viaduct through a national nature reserve.

The route, climbing steadily over to Smardale at first, links five village, crosses a ford (footbridge alternative) and runs on a grassy track to where Scandal Beck and the River Eden meet. Partly on National Route 71 and the Walney to Wear and Whitby Cycle Route (20).

- Start/finish: The Upper Eden Visitor Centre, Market Square, Kirkby Stephen in the town centre (free car parking is signed)
 - Distance: 12.4 miles (20km)
 - Grade: Medium - Hard (on and off road)
 - Refreshments: Pub in Winton
 - Go prepared for a waterside picnic
 - 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 72 signs.
4. Turn L at X roads to Waitby.
5. Turn R at X roads (steep at first) to Smardale.
6. Cross over the old railway and bear L to Crosby Garrett. Smardale Gill National Nature Reserve is down on your left. The 14 arch viaduct is 1.5 miles further on; secure your bike and walk to it as cycling is not currently permitted (the Smardale viaduct visible from the road carries the Settle-Carlisle railway).
7. Keep R through the village, taking the road under the church all the way into Soulby
8. Go SA at X roads
9. Bear R onto public byroad to Winton leading to the grassy track by Scandal Beck and then the footbridge over the River Eden - a good picnic place.
10. Go SA to Winton along narrow lane.
11. Take extra care crossing into Winton. Bear L then turn R at village green to Hartley.
12. Keep L through village, go uphill and turn R onto the old railway, first crossing Merygill, then Podgill viaducts. Look for the large inscribed stones which are part of the Poetry Path.
13. Cross the gorge on the bridge, go through gate and turn R onto road back into Kirkby Stephen. Turn R before traffic lights (Melbecks), then bear L up and along Stoneshot Lane.

This map is 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

Appleby Tourist Information Centre, Moot Hall, Boroughgate
Telephone: 017683 51177
Email: tic@applebytown.org.uk