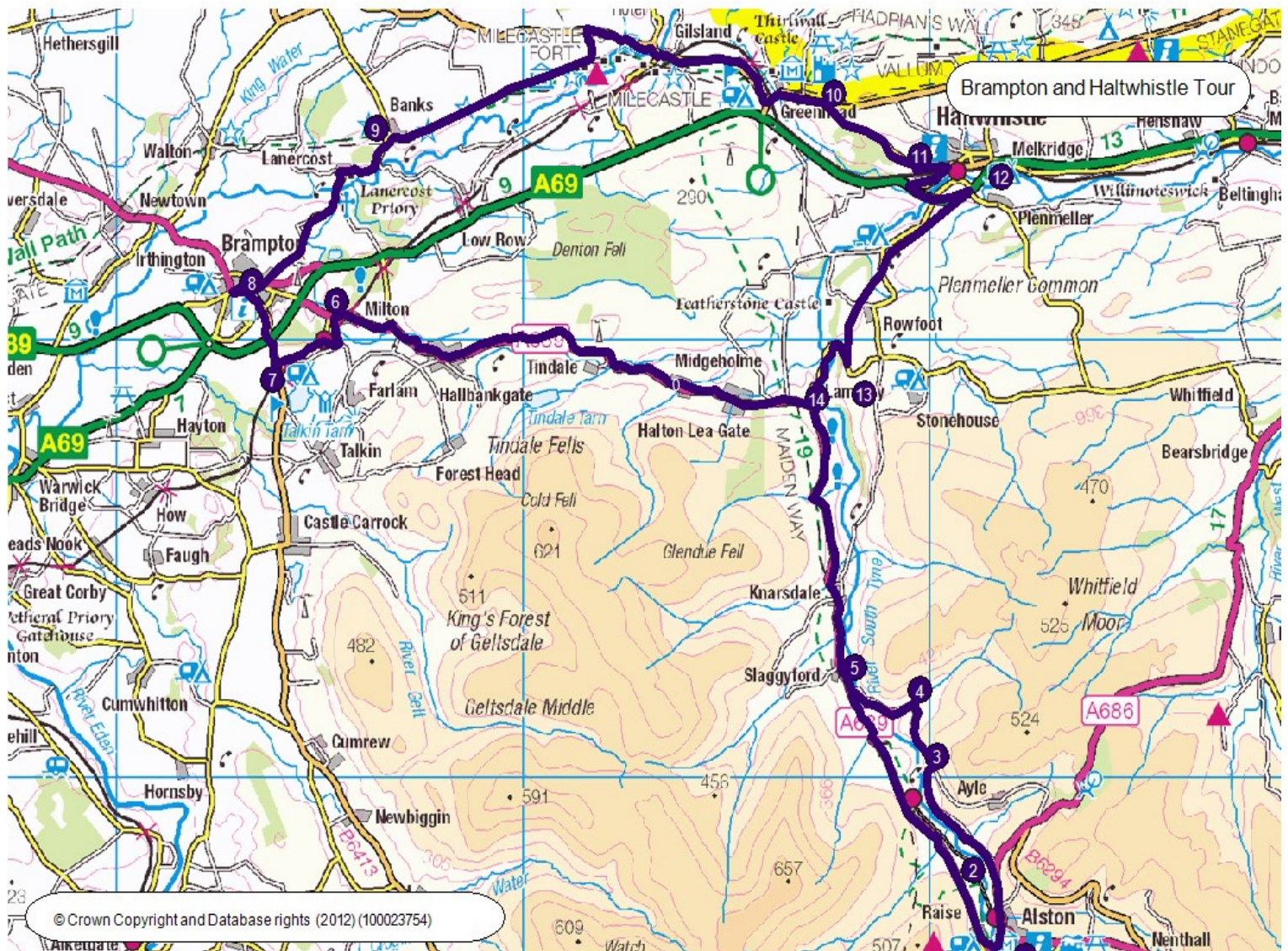


## Alston Cycle Route: Brampton and Haltwhistle Tour



This cycle tour heads north from Alston exploiting the breach in the Pennines cut by the South River Tyne to explore the stretch of Hadrian's Wall between Brampton and Haltwhistle. It is a full-on cycle tour that covers some busy sections of road as well as quiet fell lanes. The height gain and distance covered are fairly substantial, so to enjoy it you need to be an experienced cyclist. The rewards for tackling this challenging route are plentiful, and range from outstanding views of classic Pennine landscapes, through to fascinating Roman remains.

The ride heads out along quiet lanes on the east side of the South River Tyne and then braves busier fell roads to head west to Brampton. From here it turns east and shadows the impressive remains of Hadrian's Wall as far as Greenhead. It then wanders off to Haltwhistle and regains the South River Tyne by quiet back lanes. The last leg back to Alston takes the climb back up head on, along the 'roller coaster' length of the A689.

**CAUTION:** this route features a steep descent going into a tight bend, just past Barhaugh Hall.

For more information on the Eden area, visit [www.visiteden.co.uk](http://www.visiteden.co.uk)

- Start and Finish: Alston GR NY 718 465
  - Distance: 47 miles (75km)
  - Grade: Long - Challenge
  - Refreshments: Cafés: Alston, Brampton, Lanercost, Birdoswald, Haltwhistle
  - Pubs: Alston, Hallbankgate, Brampton, Haltwhistle, Rowfoot
1. From the market place in Alston head downhill on the main cobbled street and turn R at the junction.
  2. Follow the A686 to a turning on the L for Kirkhaugh Church and Randalhome.
  3. Follow the lane alongside the river and then up a short steep hill to a T-jct.
  4. Turn L for Barhaugh and Slaggyford. Follow the lane alongside the river, passing through two gates to come to a T-jct after crossing the River South Tyne.
  5. Turn R onto the A689 and follow it N then NW all the way to Milton.
  6. Take the first L at the end of Milton village (signed Farlam and Talkin), cross the railway and turn first R (signed Brampton Junction). Follow the road alongside the railway line to a T-jct.
  7. Turn R onto the B6413 and follow it into the centre of Brampton.
  8. Head out of Brampton on NCN 72 and follow it through Lanercost and Banks to cycle alongside Hadrian's Wall passing Birdoswald Roman Fort Visitor Centre.
  9. At the T-jct turn R and follow the B6318 through Gilsland to Greenhead and continue out of Greenhead for 1.7km.
  10. Turn R and follow NCN 72 into Haltwhistle town centre.
  11. Pass under the railway to the left of the station, cross over the river and turn R. Go under the A69 and turn L to follow the cycleway east alongside the bypass for about 1km.
  12. Turn R onto the road and immediately R again onto the old railway trackbed and follow the cycleway (NCN 68) to Wood Houses car park.
  13. Leave the cycleway and turn R onto the road (signed Lambley).
  14. At Lambley turn L onto the A689 and follow it S back to Alston.

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 maps covering this area are OL31 North Pennines and OL43 Hadrians Wall.

## Further information

Alston Tourist Information Centre (Local Links), Town Hall, Alston  
 Telephone: 01434 382244  
 Email: [alstonlocallinks@westmorlandandfurness.gov.uk](mailto:alstonlocallinks@westmorlandandfurness.gov.uk)

Penrith Tourist Information Centre Middlegate, Penrith  
 Telephone: 01768 867466  
 Email: [Pen.TIC@westmorlandandfurness.gov.uk](mailto:Pen.TIC@westmorlandandfurness.gov.uk)