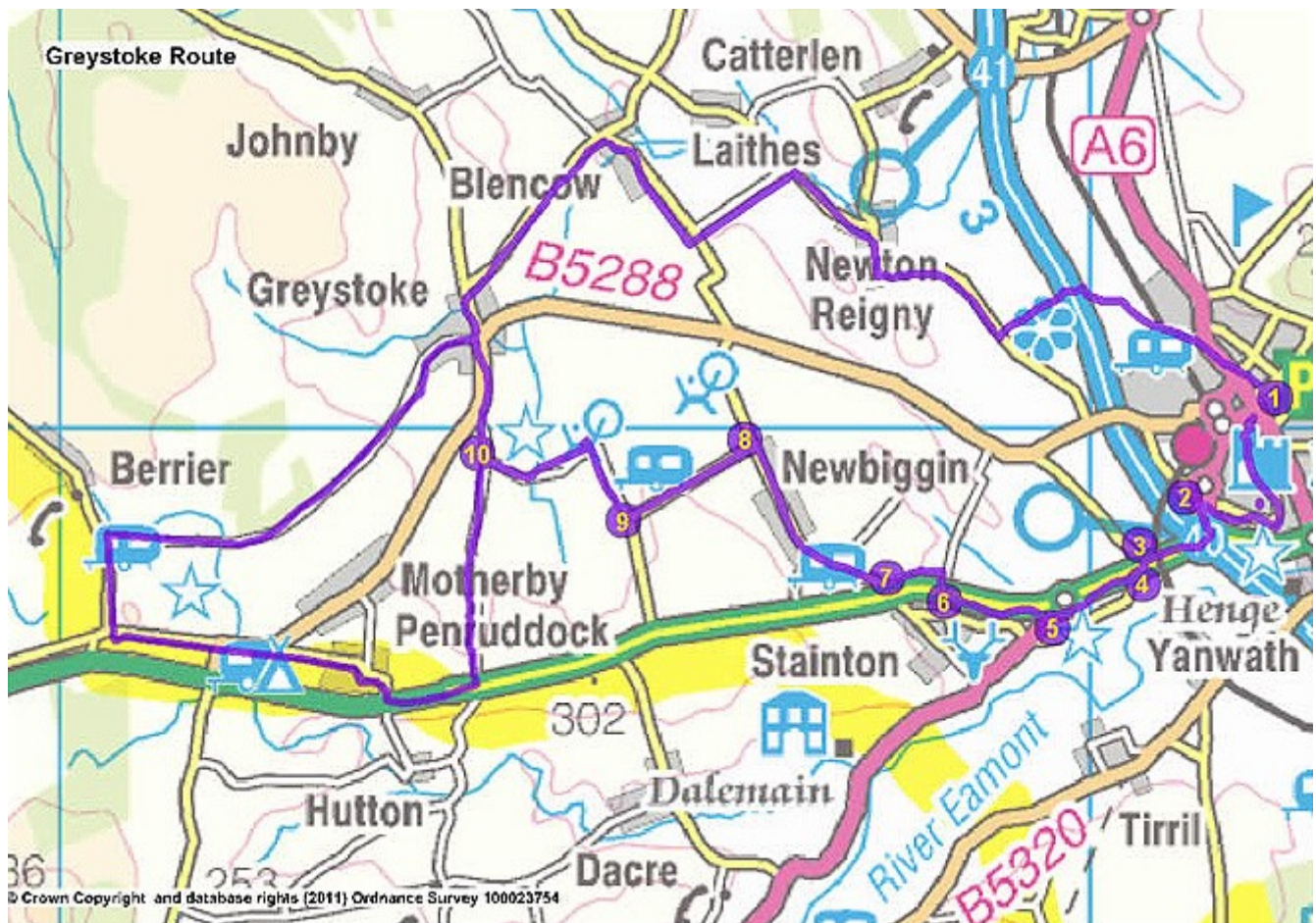


Cycle Route from Penrith: To Greystoke and Back



Our shortest route has no huge hills to tackle, but the lofty northern fells are an ever-present backdrop as you ride westwards along quiet country lanes to the pretty village of Greystoke and back, with plenty of refreshment stops en-route. And if you've time, a detour up to Greystoke Moor will open up even grander vistas.

- Start/finish: Sandgate Car Park, Penrith
 - Distance: 15 miles (24km)
 - Grade: Medium - Moderate, all on-road and cycle path except stony track between Newton Rigg campus and edge of town
 - Refreshments: Rheged, Stainton
 - Pubs: Blencow, Greystoke, Newton Reigny, Stainton
 - Shops: Greystoke, Rheged, Stainton
 - Public loos: Penrith
1. Turn R out of car park towards the town centre and turn L into the one-way system. Turn R in front of the clock tower then L after the bandstand. Turn R at far end of car park and follow the road round past sports pitches and a school through a residential area.
 2. After the hotel entrance, turn L onto the verge path down to the motorway roundabout. Turn R and use the toucan crossings to get across the motorway bridge.
 3. Bear R following the path alongside the dual carriageway. Go under the railway bridge, across the next road and very carefully cross all four lanes using the path between the barriers.

4. Turn L (cycle route sign to Stainton) and follow the road past the Rheged Centre. Cross over a low stone wall by the stile to visit the Centre.
5. Using the cycle paths, cross over the Ullswater road and head into Stainton.
6. Turn R at the X roads past the farm shop tearoom entrance and go under the road bridge. Turn L onto the cycle path alongside the A66.
7. Turn R onto the road into Newbiggin.
8. Turn first L in the village to pass the Flusco recycling centre - be ready for immediate short climb and extra traffic.
9. Carefully turn R at foot of descent and follow the road round and down through Greystoke Gill.
10. Turn R at the T-junction and R again into Greystoke to join the main blue-signed route all the way back to Penrith. Go SA by the cross, passing first the entrance to Greystoke Castle.

Greystoke Moor option: At 10 turn L and gradually climb up to the A66 to turn R along the verge path. Turn R into Penruddock village and first L along a narrow lane as the road bends R. Turn L at the next T-junction and follow the road down and then up with Blencathra (or Saddleback) mountain almost dead ahead. Turn R at the Sportsman's Inn and follow the blue C2C/7 signs back to Greystoke, with a lovely long descent down from Greystoke Moor.

Eycott Hill Nature Reserve option: At 10 follow the directions for the Greystoke Moor option until you reach the Sportsman's Inn. Turn R at the Sportsman's Inn and follow the road SA for approx. 1.6 miles, passing through the village of Berrier, the nature reserve is on your left. Cycle parking is available, please bring your own lock. Retrace your route and pick up the blue C2C/7 signs to Greystoke, where you join the main route again.

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 OL5.

Further information

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