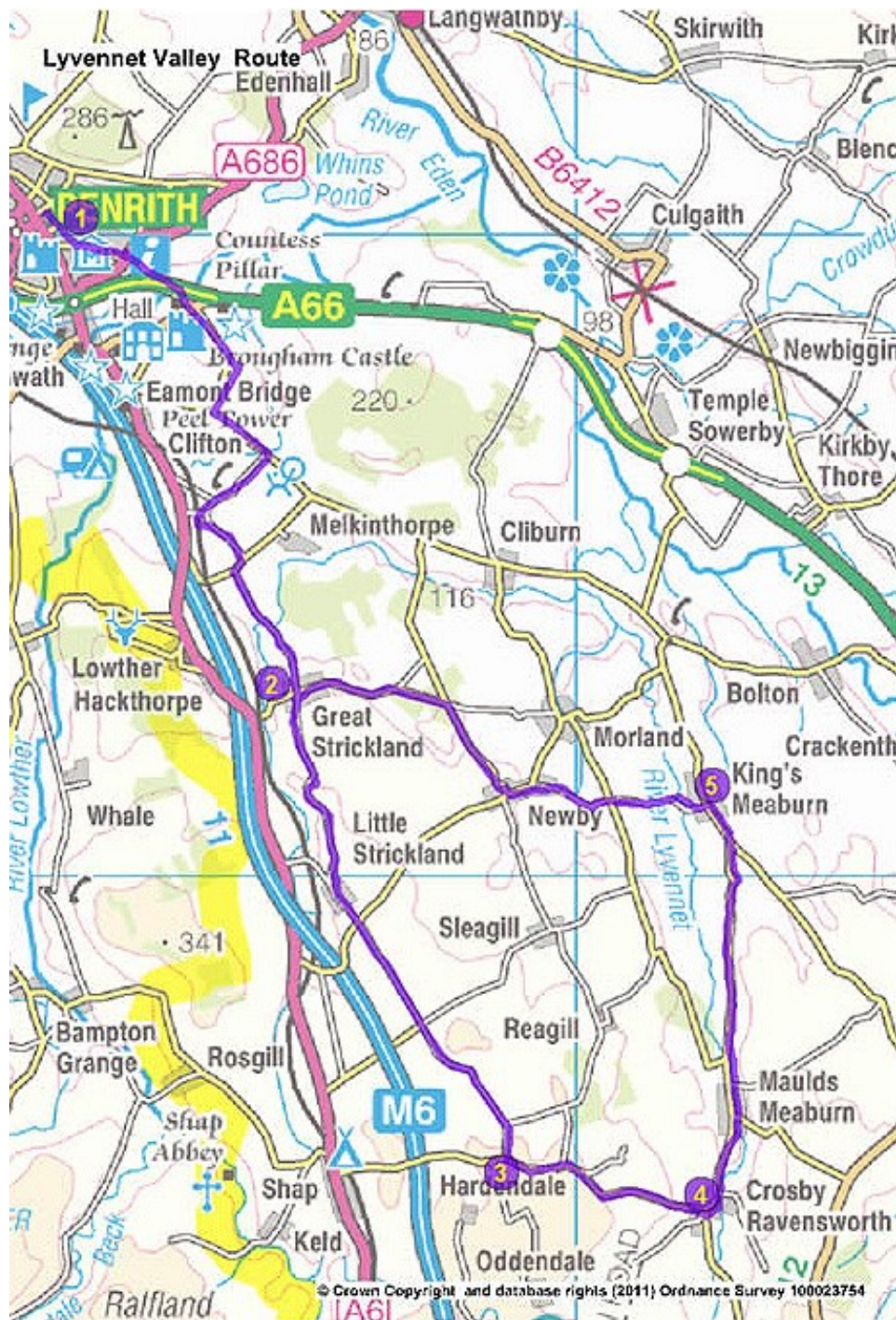


Cycle Route from Penrith: Lyvennet Valley



Pedal southwards, rising gradually to the open limestone farmland between Cumbria's High Fells and the Eden Valley. Then freewheel down to the River Lyvennet and the charming limestone villages which mark its course. Don't worry if the ford at Kings Meaburn looks too formidable: there's a footbridge next to it! Brougham Hall is an alternative start point.

- Start/finish: Sandgate Car Park or Brougham Hall
- Distance: 30.5 miles (49km) Short cut option marked on map
- Grade: Long-Moderate, all on-road except short track under A66
- Refreshments: Cafes: Abbott Lodge Ice Cream Farm, Brougham Hall
- Pubs: Crosby Ravensworth, Great Strickland, Kings Meaburn
- Public loos: Penrith and Brougham Hall

1. Turn L out of the car park, then R and SA at the mini roundabouts to follow the blue 71 signs out of town, under the A66 and past Brougham Castle all the way to Great Strickland village. From Brougham Hall bear R downhill to turn R at the X roads.
2. Turn R at the T-junction in the village and immediately L at the green. Follow this road through Little Strickland and go SA at the next two X roads.
3. Turn L at the T-junction and descend steeply (and carefully) into Crosby Ravensworth.
4. Turn L in the village and follow the road (and river) through Maulds Meaburn, turning first R and then L to King's Meaburn.
5. Back on route 71, turn L down a narrow lane before the pub to cross the river (ford or footbridge). Stay on route 71 all the way back to Penrith via Newby and Great Strickland.

Lyvennet and Lowther Valleys link route:

From 3 on the Lyvennet Valley route, use the link for a more dramatic way into the Lowther Valley via Shap village, and follow the route described from 8 onwards

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 OL5 and OL19.

Further information

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