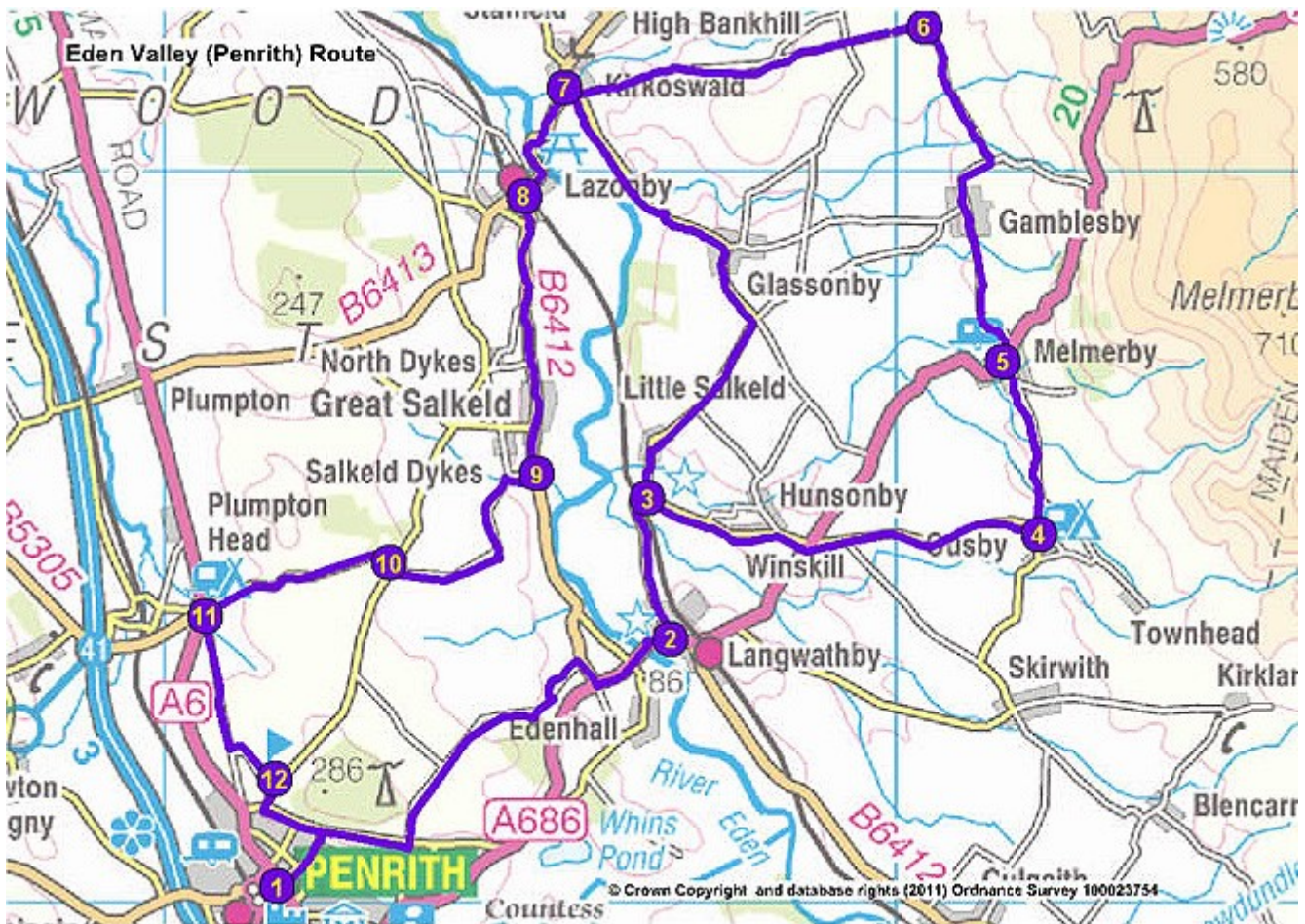


Cycle Route from Penrith: Eden Valley



Bearing around Beacon Hill in low gears initially, you'll enter and traverse the broad undulating valley of the River Eden to the edge of the North Pennines. This peaceful landscape is dotted with small red sandstone villages and crystal clear becks which flow through woodlands, meadows and moorland. And there are plenty of places to keep you fed and watered.

- Start/finish: Sandgate Car Park
 - Distance: 29 miles (46km) Short cut option shown on map
 - Grade: Long-Hard, all on road
 - Refreshments: Cafes: Langwathby, Little Salkeld, Melmerby
 - Pubs: Great Salkeld, Kirkoswald, Langwathby, Lazonby, Ousby, Melmerby
 - Shops: Kirkoswald, Langwathby, Lazonby
 - Public loos: In Penrith only
1. Turn L out of the car park and R then L at the double mini-roundabout to head up Fell Lane. Keep following the blue C2C/7 signs to Langwathby.
 2. Turn L off the main road and across the village green towards Little Salkeld.
 3. Go under the bridge carrying the Settle-Carlisle railway and turn R to Winskill. SA at the X roads after the village.
 4. In Ousby, turn L before the pub and follow blue 68 signs (the Pennine Cycleway) to Melmerby.
 5. Take care as you briefly join the main road and bear L following blue 68 signs through Gamblesby and Unthank.
 6. Turn L at X roads (Five Lane Ends) signed Kirkoswald.
 7. Turn R then L towards the river and cross the lovely bridge over the River Eden into Lazonby.

8. Pass under the railway bridge and turn L up the hill to Great Salkeld.
9. Through the village (and after cricket ground), turn R and then first L.
10. At T-junction, turn R then first L. Take care descending after initial climb.
11. Take the first exit from the roundabout (signed Fair Hill). Near the top, turn L by a white fronted cottage, then R.
12. Turn R downhill to the T-junction and L onto Beacon Edge. Take the fourth R turn into Fell Lane for a nice downhill finish.

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 OL5.

Further information

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