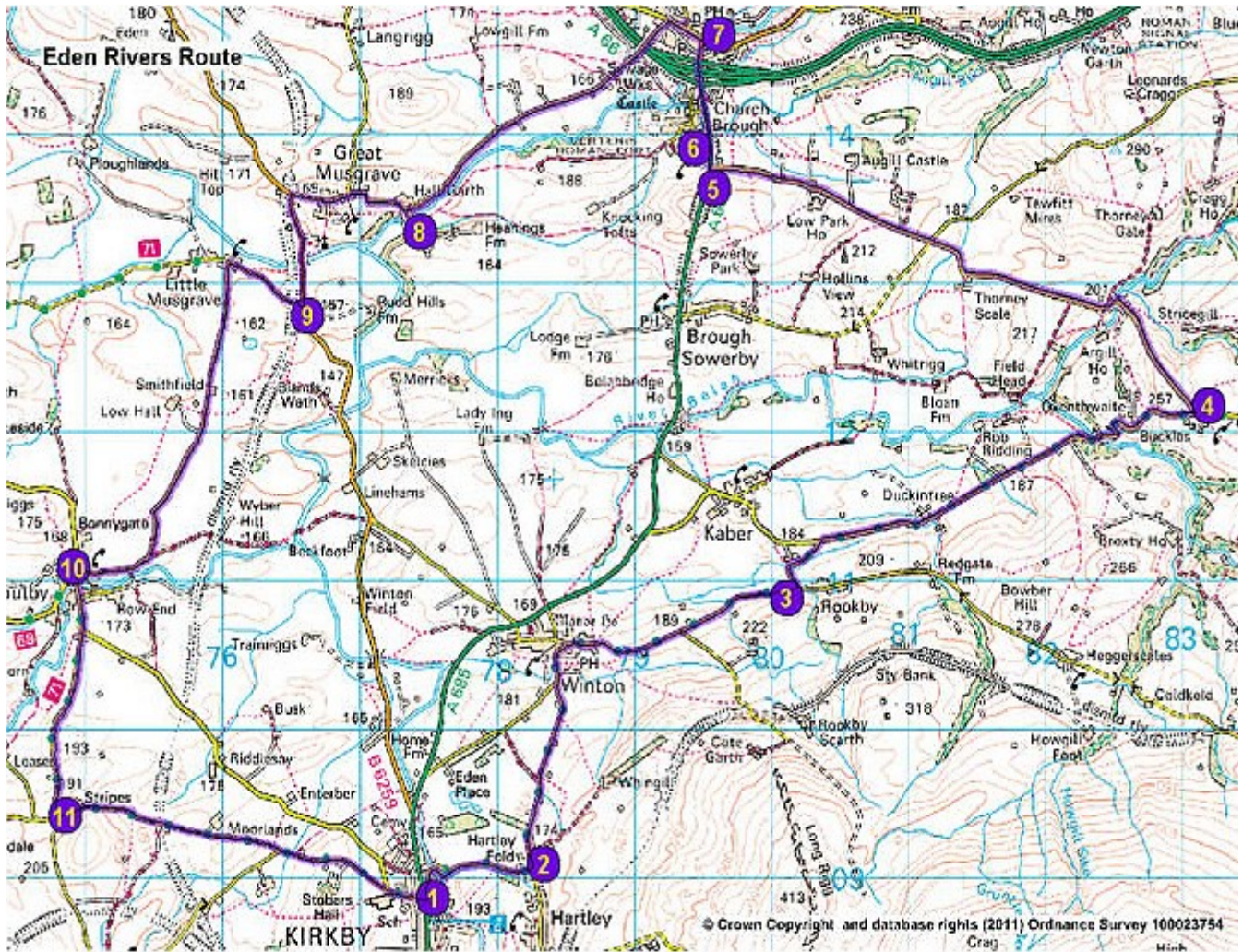


Cycle Route from Kirkby Stephen: Eden Rivers and Brough Castle Ride



Crossings of the Eden, Belah, Argill Beck, Swindale Beck and Scandal Beck rivers, plus medieval Brough Castle (English Heritage) all feature on this ride. Rebuilt by the Normans on the site of a Roman Fort which guarded the strategic Stainmore pass, Brough like other castles in the area was restored Lady Anne Clifford in the 17th century.

Only one steep uphill gradient and becomes progressively easier. Partly on National Route 71 and the Walney to Wear & Whitby Cycle Route (20) either side of Kirkby Stephen.

- Start/finish: The Upper Eden Visitor Centre, Market Square, Kirkby Stephen in the town centre (free car parking is signed)
- Distance: 16.2 miles (26km)
- Grade: Medium - Moderate (all on road)
- Refreshments: Pub in Winton; tearoom and ice cream parlour in Church Brough (near castle entrance); shops, tearoom and inn in Brough
- Public loos: Kirkby Stephen, Brough

1. Find The Upper Eden Visitor Centre in Market Square (see town plan), head north to the second mini-roundabout and turn R
2. Turn L at T jct following blue 20 and 71 signs. Bear R through Winton

For more information on the Eden area, visit www.visiteden.co.uk

3. Turn L then R again following blue 20 and 71 signs
4. Turn L just before entering Barras
5. Turn R off the road and go through tunnel under the main road. Turn R into Church Brough
6. Follow brown Brough Castle signs, park your bike and walk along path to the ruins (free entrance). Pop in to St Michael's Parish church to see the exhibition about the village, castle and the church itself (open daily between 10am and 4pm). Continue through village over bridge and onto the fenced path.
7. Go under the A66, taking extra care crossing the slip roads. Turn L at the clock tower in Brough, then L to Great Musgrave
8. Go SA through village then turn L towards Kirkby Stephen
9. Turn R to Little Musgrave then L to Soulby
10. Turn L at X roads, cross the bridge and bear R onto narrow lane at next jct
11. Turn L at X roads and follow the road back into Kirkby Stephen, turning R at mini-roundabout

To link this ride with the Mallerstang and Pendragon ride, for a longer circuit of 24.3 miles (39km): go SA from point 11 on the Eden Rivers and Brough Castle Ride to Waitby and follow the Mallerstang and Pendragon Castle Ride directions from point 5 onwards.

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 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