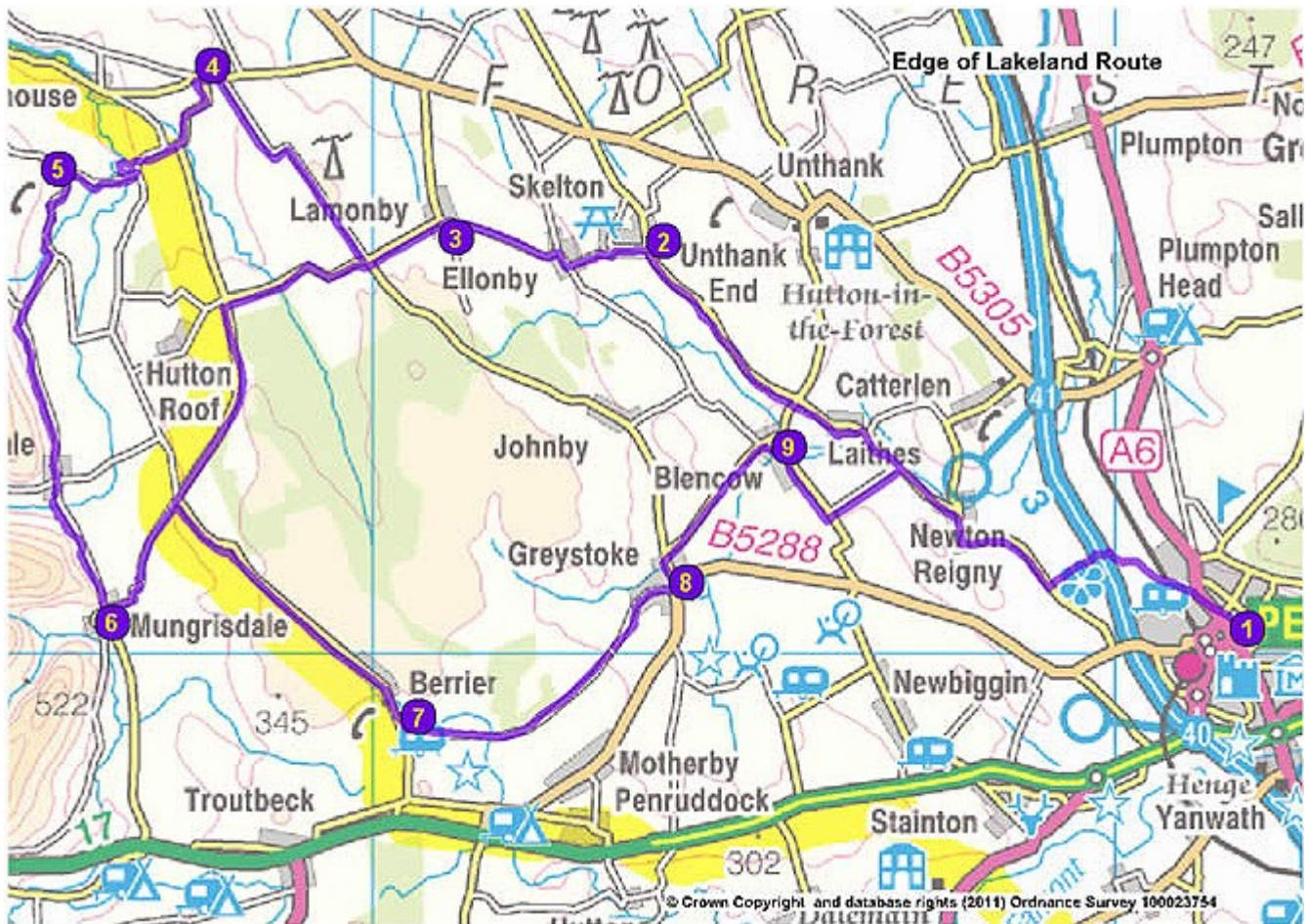


Cycle Route from Penrith: Edge of Lakeland



Cycle your way steadily westwards, marvelling at the increasingly dramatic views of high Lakeland fells which rise up steeply behind the villages of Mosedale and Mungrisdale. This is 'connoisseurs Cumbria': remote, rugged and breathtakingly beautiful. You'll be on the popular Sea to Sea (C2C) Cycle Route for much of the time.

- Start/finish: Sandgate Car Park
 - Distance: 31 miles (50km)
 - Short cut option shown on map
 - Grade: Long - Moderate, all on-road except stony track between edge of town and Newton Rigg campus
 - Pubs: Greystoke, Mungrisdale, Newton Reigny, Skelton
 - Shops: Greystoke, Skelton
 - Public loos: Penrith only
1. Turn L out of the car park, L again at the mini-roundabout and keep following the blue C2C/7 signs all the way to Skelton village in a north westerly direction.
 2. Turn L by the pub and keep L to reach Ellonby and follow signs for Lamby.
 3. SA to rise out of Lamby and turn R at next X roads (signed Caldbeck) to go over How Hill. Careful on the bends as you gather speed on a lengthy descent to a T-junction.
 4. Turn L and L again to descend steeply into Haltcliff Bridge. Turn R across the next bridge over the River Caldew.
 5. Turn L and keep on this road to the base of Carrock Fell, which has hill fort remains at its summit, then through Mosedale to Mungrisdale. Turning R in Mosedale takes you up a valley and alongside the River Caldew with its rocky pools - perfect for a summer picnic.

6. Just as you reach Mungrisdale turn L and follow the alternative C2C route all the way to Greystoke and then back to Penrith.
7. Turn L after descending from Berrier.
8. Slow down for the L turn at the cross in Greystoke. Pass the entrance to Greystoke Castle, a few hundred yards further on.
9. Deviate slightly off the C2C by turning R over the bridge in Little Blencow then L after Great Blencow (just past the big house set back on the R). Turn R after the long straight and you're on the blue C2C/7 route back into Penrith.

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

Penrith Tourist Information Centre Middlegate, Penrith
Telephone: 01768 867466
Email: Pen.TIC@westmorlandandfurness.gov.uk