

Leg 3 - Troutbeck to Haltwhistle

Length: 46 miles

Time to allow for cycling: 5 hours 45 minutes



- 1** From the main entrance of the Camping and Caravanning Club at Troutbeck, take a right turn onto the country lane in the direction of Troutbeck – running parallel with the A66.
- 2** After 50 metres you will reach the junction with the A66. Carefully cross the A66 and immediately take the cycle route on your right, running parallel with the A66 (cycling on the left hand side of the main road).
- 3** After approximately 0.5 miles, take the first turning on your left and continue along this road for just under a mile to the junction with the A66. Pick up the cycle track again, running parallel with the A66 towards Penrith.
- 4** After 300 metres, turn left, taking the marked cycle track. Follow this road for just over one mile, and at the give way sign, turn left.
- 5** After 150 metres, turn left – signpost Hutton Roof, Berrier, and Whitbarrow Caravan Park (the Sportman's Inn will be in front of you, on the right).
- 6** Follow this road for approximately 1 mile, then turn first right (signpost 'Seasons Whitbarrow Village'). Continue straight ahead along this road for approximately 3 miles until you reach the town of Greystoke.
- 7** There will be a war memorial in front of you. At the junction of the main road (B5288) take a left towards Blencow. After approximately 200 metres bear right and continue on the same road heading towards Blencow (signpost Blencow and Carlisle).



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- 8** Cycle through the village of Blencow, past the Crown Inn on your left. Continue out of the village, and after half a mile you will arrive at a cross roads, turn right here – signpost Laithes and Penrith.
- 9** Follow the lane for approximately 2 miles, through the village of Laithes and onwards into Newton Reigny. Continue through Newton Reigny, following signs for Newton Rigg and Penrith.
- 10** When you reach Newton Rigg, go past the University of Columbia entrance on your left and take the next left – this will be a marked cycle way/bridleway called The Drive. Follow this bridleway for just under half a mile, crossing the river and turning right towards Penrith, exiting the bridleway on Thacka's Lane.
- 11** Follow Thacka's lane for just under a mile to the junction of the A6. Turn right onto the A6 (Scotland Road), then immediate left into Drovers Lane. Continue straight ahead – note that the road will become Meeting House Lane after a few hundred metres.
- 12** After several hundred metres, take a left turn at the mini roundabout into Fell Lane continuing to the end of this road to the junction with Beacon Edge Road. Turn right onto Beacon Edge Road.
- 13** Continue ahead for just under 1 mile, until you reach a left turn, signpost Roundthorn (Stagstones Road). Turn left here and follow the lane for approximately 2.5 miles, until you reach a give way sign at the junction of the B6412.
- 14** Turn left and continue along this road for just under half a mile until you reach a signpost for Edenhall and Langwathby. Turn right here. After 0.6 miles you will reach a stop sign at Tollbar Cottage, turn left onto the A686 towards Langwathby and Alston.
- 15** Continue along the A686 for approximately 0.5 miles until you reach Langwathby Bridge. Cross the bridge and bear right until you see a war memorial in front of you and a pub called the Shepherd's Inn.
- 16** Turn left just before the Shepherd's Inn towards Little Salkeld on the Salkeld Road. Continue along Salkeld Road for approximately 2 miles until you reach the village of Little Salkeld. Continue through Little Salkeld and follow the signs for Glassonby and Gamblesby.
- 17** Continue straight ahead for just under two miles until you reach the junction of three roads. Take the second road on your right – signpost Gamblesby and Alston.
- 18** After approximately 0.5 miles turn left, following the marked cycle route. Follow this road for approximately 1.5 miles until you reach a give way sign (a few hundred metres after a sharp left-hand turn). Go straight ahead at the crossroads – signpost 'Alston (on road)'.
- 19** After approximately 1 mile you will reach a give way sign. Turn right into Renwick. After 100 metres, turn right at the crossroads – signpost Gamblesby, Melmerby, Alston.
- 20** After 0.5 miles, turn right towards Gamblesby and Melmerby (immediately after crossing Raven Bridge). After 0.5 miles you will reach a cross roads. Take the first cycle track on your left (traffic free route). Follow this cycle track for 1.5 miles until you reach the road.



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-  Turn right and follow the road for approximately 150 metres until you see a cycle track on your left. Turn left onto the cycle track and follow this for 1.5 miles until you reach the main road (A686). Cross straight over the A686 and continue along this track for 300 metres until you reach the main road at Hartside Summit – Hartside cafe will be on your right.
-  Turn right and join the A686, following this road for 2.5 miles until you reach a sign for Leadgate and Carrigill.
-  Turn right here, following the marked cycle route to Leadgate. After a mile you will reach the village of Leadgate and a give way sign. At the junction, turn left towards Alston.
-  After approximately 2 miles, you will reach a give way sign at the junction with the A686. Turn right and join the A686, following the main road directly into Alston.
-  Continue through Alston remaining on the A686. Exit the town, passing through national speed limit signs.
-  After approximately 0.5 miles, turn left – signpost Randalholm. Follow this road for just over two miles, passing over Randalholm Bridge and through Underbank to a main junction with farm buildings directly opposite you.
-  Turn left here, towards Barhaugh and Slaggyford. Follow this road for approximately 2.5 miles through Barhaugh and over the river to the junction of the A689.
-  Cross straight over the road, following the traffic-free track way into Slaggyford. Continue along this cycle route for approximately 2 miles, through Slaggyford and past Knarsdale.
-  Cross the A689 continuing along the marked cycle route (South Tyne Trail), running parallel with the A689 towards Softley. Continue along this track for 2.5 miles; turning left to follow a narrow lane towards the main road.
-  Turn right onto the A689 towards Lambley. Follow the A689 for approximately 0.5 miles and take the second turning on the right, signpost Coanwood and Haltwhistle.
-  Follow this road for just over 1 mile, past Lambley Farm. Turn left following the brown signs to Lambley Viaduct – South Tyne Trail.
-  Follow this trail for approximately 1.5 miles, past Featherstone and into Park Village. When you reach the main road in Park Village, turn left.
-  After 500 metres, turn left following the signposts for The Camping and Caravanning Club and Kellah. Follow this road for approximately 400 metres, turning right into the entrance of the Camping and Caravanning Club site at Haltwhistle

