



















03 Mountain High

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		Left out of Ravenglass Station	0.0
0.1		Right imm. after crossing the railway tracks. Follow NCR72.	2.6
2.7		Left onto A595 (SP NCR 72)	0.0
2.7		Left at the T-junction onto A595 (SP NCR 72)	0.6
3.3		Right (SP Wasdale Head)	1.3
4.6		For Irton church turn left down the track, else go straight on	3.0
7.6		Left (SP Wasdale)	0.1
7.8		Right (SP Wasdale)	3.0
10.8		Right (SP Wasdale Head)	3.1
13.8		Right (SP Wasdale Head)	5.2
19.1		At Wasdale Head turn around and retrace the route along West Water	14.7
33.8		In Gosforth, turn left at the mini roundabout	0.2

33.8 kilometers. +384/-331 meters

Dist	Type	Note	Next
34.0		Cross A595 onto B5344 - use the cycle path beside the road if preferred	2.7
36.7		Follow the the road into Seascale all the way to the sea front	6.5
43.2		Right onto A595 (SP Ravenglass)	1.2
44.4		Right (SP NCR 72). Follow the route back to Ravenglass from the start of the ride	2.6
47.1		End of route	0.0

13.3 kilometers. +58/-115 meters