

06 Garden of Eden

Dist	Type	Note	Next
0.0	📍	Start of route	0.0
0.0	↑	Start from the centre of Appleby heading south on Boroughgate	0.7
0.7	➡	Right (SP Colby)	2.1
2.8	←	Left (SP Kings Meaburn)	5.0
7.8	←	Sharp left (SP Maulds Meaburn)	3.5
11.3	←	Left (SP Maulds Meaburn)	2.7
14.1	➡	In Crosby Ravensworth turn right (SP Shap)	6.4
20.5	➡	Right onto A6	0.2
20.7	←	Left (SP Bampton / Shap Abbey)	0.8
21.5	←	Left (SP Shap Abbey)	0.9
22.4	↩	From Shap Abbey retrace route to the last turn	1.0
23.4	←	Left onto the road to Bampton	11.8
35.2	➡	In Askham turn right	1.5

35.2 kilometers. +529/-456 meters

Dist	Type	Note	Next
68.0	←	Left (SP NCR 68)	2.2
70.2	➡	Right	7.4
77.6	←	Left	0.1
77.7	↩	At summit of Great Dun Fell, retrace route to Knock	7.4
85.0	←	Left for climb up Great Dun Fell, else carry straight on following NCR 68	0.0
85.0	←	Left onto NCR 68	8.6
93.6	➡	Right into Appleby town centre (SP Orton)	0.1
93.7	📍	End of route	0.0

32.7 kilometers. +755/-806 meters

Dist	Type	Note	Next
36.7	←	Left onto the unsurfaced track (Lowther Castle will be behind you)	4.2
40.8	➡	Right onto Lowther Bridge, A6	0.1
40.9	←	Left onto B6262 (SP Brougham Hall)	1.7
42.6	←	Left at the 4-way junction (SP Brougham Castle)	0.5
43.2	←	Left then follow the cycle / walking track under the A66	0.9
44.0	➡	Right at the T-junction by the Cross Keys pub	2.7
46.7	➡	Right (SP Edenhall)	3.0
49.7	➡	Right onto A686 (SP Langwathby)	0.8
50.5	←	Left (SP Little Salkeld)	3.5
54.0	➡	Right (SP Hunsonby)	2.2
56.2	←	Left (SP Langwathby)	0.4
56.6	↑	Cross straight over the A686	0.5
57.1	➡	Right (SP Skirwith)	4.0
61.0	←	Left (SP Blencarn)	6.9

25.8 kilometers. +234/-279 meters