

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		Left out of Carlisle railway station	0.0
0.1		Right at the T-junction	0.0
0.1		At the traffic lights turn left	0.2
0.3		Left at the traffic lights onto Victoria Viaduct	0.1
0.4		Right onto West Walls (by Tesco Metro)	0.6
1.0		Sharp left onto the footpath / cyclepath	0.1
1.0		Sharp left (SP NCR 10 & 7)	0.1
1.2		Right onto the cyclepath	0.7
1.9		Follow NCR 10 out of Carlisle	0.1
2.0		Left onto Thomas Street	0.1
2.0		Right onto the cycle path	0.9
3.0		Continue on the Caldew cycleway	2.0
5.0		Left to follow the Caldew cycleway	3.9

5.0 kilometers. +30/-29 meters

Dist	Type	Note	Next
8.8		Left at the T-junction onto the B5299	0.4
9.3		Sharp left onto NCR 10 / 7	1.4
10.7		Left onto B5299	0.4
11.1		Right (SP The Gill)	0.5
11.6		Left at the T-junction (SP Raughtonhead)	0.3
12.0		Right onto B5299 (SP NCR 7)	0.2
12.2		Left (SP Raughton Head)	2.8
14.9		Right by the war memorial (SP Haythwaite Lane)	2.1
17.0		Right (SP NCR 7)	2.0
18.9		Right (SP Sowerby Row NCR 7 & 10)	2.3
21.2		Left onto B5305 then imm. right (SP NCR 10)	4.7
25.9		Follow the road through Heskett Newmarket	2.3
28.2		On the way out of Caldbeck, turn right (no SP)	0.2
28.4		Left (no SP)	0.4

23.4 kilometers. +279/-156 meters

Dist	Type	Note	Next
28.8		Left onto B5299	0.4
29.1		On the way up the hill, fork left onto the narrow lost lane (no SP)	1.1
30.2		Left at the four way junction	2.3
32.5		Right at the 4-way junction (SP Caravan Park)	5.8
38.3		Left (SP Red Dial)	1.1
39.4		Sharp right	1.4
40.8		Cross the A595	2.5
43.3		In the centre of Wigton turn right	0.1
43.4		Left (SP Station)	0.5
43.9		Crossing the busy A596 is tricky - if you can carry your bike, the best way is to use the steps into the railway station then the footbridge. Else turn left onto the A596 then right - take care.	0.1
44.0		Left	0.1
44.1		Continue along the footpath	0.1

15.7 kilometers. +182/-336 meters

Dist	Type	Note	Next
44.2		Rejoin the road onto Station Hill	0.1
44.3		Right at the T-junction	2.5
46.8		Right onto B5302 (SP Abbeytown)	0.3
47.0		Right (SP Oulton)	1.1
48.2		Bear left (farm right ahead)	4.1
52.3		Slight left onto B5307	0.0
52.3		Right onto B5307 (SP Newton Arlosh)	8.3
60.6		Left (SP NCR 72)	0.9
61.5		Right (SP Bowness on Solway). Alternatively, follow the coast road around Bowness Common by turning left.	0.4
61.9		Left (SP Bowness on Solway)	5.1
67.0		Right in Bowness on Solway (SP NCR 72)	17.1
84.1		Go straight on at the roundabout (use cycle path if needed)	1.2

40.0 kilometers. +121/-125 meters

Dist	Type	Note	Next
85.3	■	Left at the T-junction	1.5
86.8	■	At roundabout, take the 4th exit onto Wigton Road, A595	0.1
86.9	■	Left onto Hawick Street	0.1
87.0	■	Right onto York Street	0.0
87.1	■	Left through the bollarded modal filter onto York Street	0.2
87.3	■	Left onto Dalston Road, B5299 then imm. right onto Junction Street	0.6
87.9	■	Left onto Nelson Bridge	0.2
88.1	■	Sharp right into the station (for Carlisle city centre, carry straight on)	0.0
88.1	■	End of route	0.0

4.0 kilometers. +9/-17 meters