

Dist	Type	Note	Next
0.0	📍	Start of route	0.0
0.0	←	Left out of Carnforth Station onto Warton Road and cross the bridge	0.5
0.5	←	Left (SP Lancashire Cycleway / Silverdale)	0.5
1.0	→	Right across the wooden footbridge (SP Lancashire Cycleway)	0.6
1.6	→	Right (SP Bay Cycle Way)	0.1
1.7	←	Left at the T-junction	3.6
5.3	←	Left (SP Silverdale)	0.3
5.6	←	Left (SP Jenny Brown's Point)	1.2
6.8	→	Right by Gibraltar Farm (for Jenny Brown's Point & Jack Scout follow the signs and retrace to here)	0.8
7.6	←	Left at the T-junction	0.8
8.5	←	Left (SP Arnside)	5.4
13.9	←	Now wait for the train from Arnside to Grange-over-Sands	5.0

13.9 kilometers. +191/-197 meters

Dist	Type	Note	Next
18.9	←	Left out of Grange-over-Sands station onto the B5277	0.1
19.0	←	Left at the roundabout	0.5
19.5	→	Right at the roundabout (SP NCR 70)	0.1
19.6	←	Left at the T-junction	1.2
20.8	→	Onto Cartmel Road (SP NCR 70)	1.3
22.1	←	Left (SP NCR 70)	1.5
23.5	→	Right (SP NCR 70)	0.9
24.4	→	Right (SP NCR 70)	1.4
25.8	→	In Cartmel square turn right through the archway	0.4
26.2	←	Left at the T-junction	1.5
27.7	→	Right (SP Lindale)	2.9
30.6	←	Left then imm. right over the dual carriageway	0.3
30.9	→	Right at the T-junction (SP Kendal)	0.1
31.0	←	Second left (by the bus shelter)	5.1

17.1 kilometers. +212/-98 meters

Dist	Type	Note	Next
36.1	←	Left (SP The Church)	2.1
38.2	→	Right at the T-junction (SP Kendal). For the Mason's Arms pub turn left	0.4
38.6	→	Right (SP Witherslack)	0.0
38.6	→	Right	1.7
40.3	→	Right (SP Witherslack)	4.2
44.5	←	Fork left	2.1
46.6	→	Right at the T-junction (SP Kendal)	0.5
47.1	←	Left opposite the Derby Arms	1.4
48.5	↑	At the 4-way junction cross straight over	2.0
50.6	←	Left onto the cycle way (SP NCR 70)	0.6
51.2	←	Left onto A5074	0.3
51.5	←	Left (SP NCR 70)	1.4
52.8	→	Right at the T-junction	0.1
52.9	→	Right by the Hare and Hounds pub then imm. left	0.7

21.9 kilometers. +145/-204 meters

Dist	Type	Note	Next
53.6	→	Right at the T-junction	0.7
54.3	↑	Take care on the A6 - can be busy - but is unavoidable	1.0
55.2	←	Left (SP Leasgill)	0.4
55.6	←	Easy to miss! In Leasgill turn right down a very narrow lane	0.1
55.7	↑	Cross the A6	1.0
56.7	←	Take first left (no SP)	0.7
57.4	→	Right at the T-junction	2.3
59.8	→	Right (SP Lancaster / NCR 6)	0.1
59.8	←	Left (SP Lancaster / NCR 6)	1.1
61.0	←	Left (SP Lancaster / NCR 6)	1.1
62.1	→	Right at the T-junction	2.3
64.4	→	Right at the T-junction (SP Lancaster)	0.8
65.3	←	Left at the T-junction	0.9
66.2	←	Left at the T-junction (SP Lancaster NCR 6)	5.5

13.3 kilometers. +139/-135 meters

Dist	Type	Note	Next
71.7	➡	Right onto Sand Lane	0.6
72.3	⬅	Left (SP NCR 6 Carnforth)	0.1
72.4	⬅	Sharp left (SP Lancashire Cycleway)	0.6
72.9	⬅	Cross back over the wooden bridge and retrace the route to Carnforth from the start of the ride	0.5
73.4	➡	Right at the T-junction	0.4
73.9	📍	End of route	0.0

7.7 kilometers. +15/-13 meters