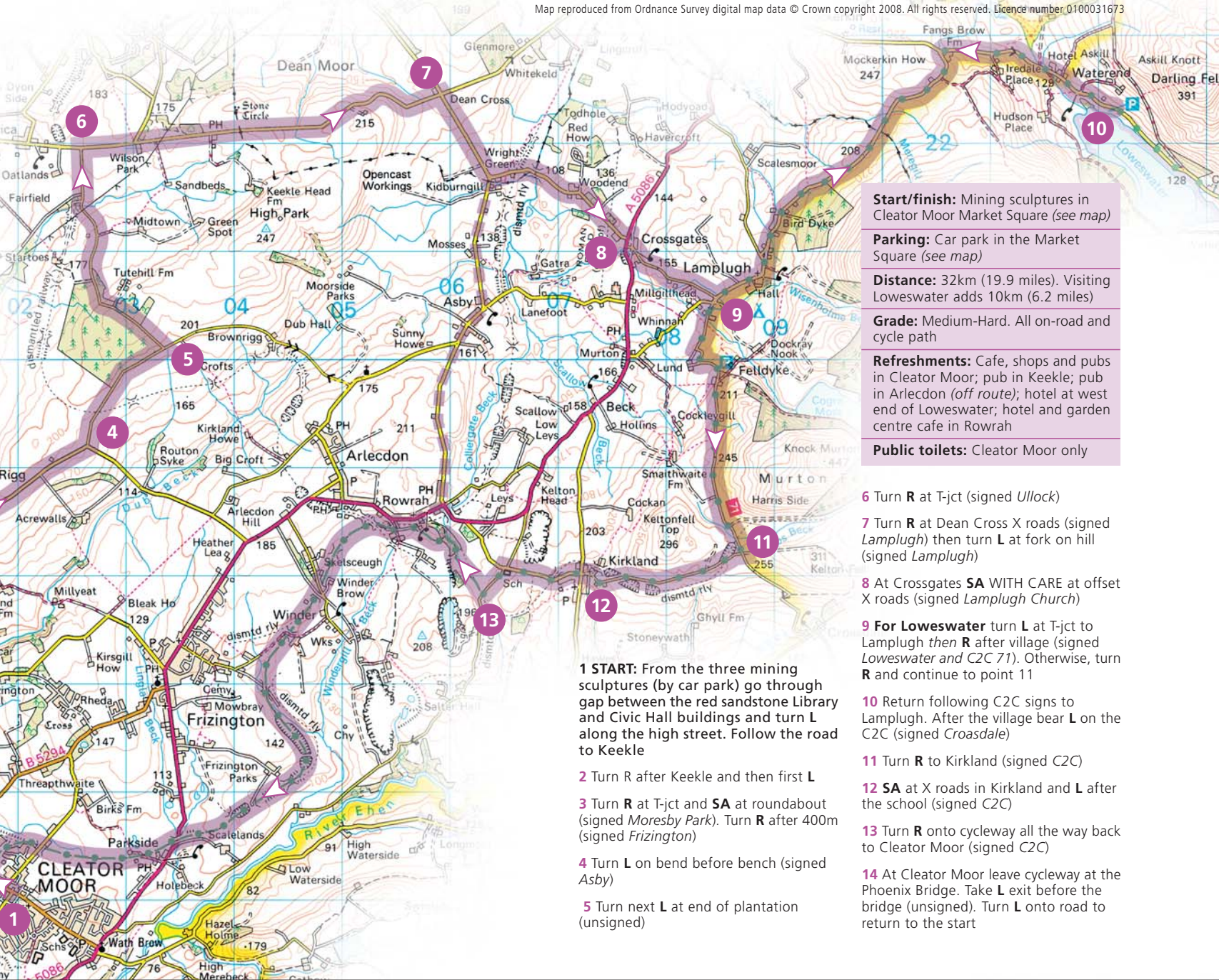


Lamplugh Loop & Loweswater

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The loop begins by skirting along the edge of the fells with dramatic and atmospheric views over the valleys of the River Keekle and Dub Beck to distant villages and the rearing hills beyond. Each small summit along the way rewards the rider with new views and short but steep descents. Finally turning towards scenic Loweswater with its long and satisfying descent which then turns into the challenging return climb! Heading back through Lamplugh following the C2C cycle route, the steep craggy lakeshore of Ennerdale Water can be seen to the left before dipping down into Kirkland and then joining the cycle path for a traffic-free spin back to Cleator Moor.



Start/finish: Mining sculptures in Cleator Moor Market Square (see map)

Parking: Car park in the Market Square (see map)

Distance: 32km (19.9 miles). Visiting Loweswater adds 10km (6.2 miles)

Grade: Medium-Hard. All on-road and cycle path

Refreshments: Cafe, shops and pubs in Cleator Moor; pub in Keekle; pub in Arlecdon (off route); hotel at west end of Loweswater; hotel and garden centre cafe in Rowrah

Public toilets: Cleator Moor only

- 6 Turn **R** at T-jct (signed *Ullock*)
- 7 Turn **R** at Dean Cross X roads (signed *Lamplugh*) then turn **L** at fork on hill (signed *Lamplugh*)
- 8 At Crossgates **SA** WITH CARE at offset X roads (signed *Lamplugh Church*)
- 9 **For Loweswater** turn **L** at T-jct to Lamplugh then **R** after village (signed *Loweswater and C2C 71*). Otherwise, turn **R** and continue to point 11
- 10 Return following C2C signs to Lamplugh. After the village bear **L** on the C2C (signed *Coasdale*)
- 11 Turn **R** to Kirkland (signed C2C)
- 12 **SA** at X roads in Kirkland and **L** after the school (signed C2C)
- 13 Turn **R** onto cycleway all the way back to Cleator Moor (signed C2C)
- 14 At Cleator Moor leave cycleway at the Phoenix Bridge. Take **L** exit before the bridge (unsigned). Turn **L** onto road to return to the start

1 START: From the three mining sculptures (by car park) go through gap between the red sandstone Library and Civic Hall buildings and turn **L** along the high street. Follow the road to Keekle

2 Turn **R** after Keekle and then first **L**

3 Turn **R** at T-jct and **SA** at roundabout (signed *Moresby Park*). Turn **R** after 400m (signed *Frizington*)

4 Turn **L** on bend before bench (signed *Asby*)

5 Turn next **L** at end of plantation (unsigned)