

To Greystoke and back

Our shortest route has no huge hills to tackle, but the lofty northern fells are an ever-present backdrop as you ride westwards along quiet country lanes to the pretty village of Greystoke and back, with plenty of refreshment stops en-route. And if you've time, a detour up to Greystoke Moor will open up even grander vistas.

- 1 Turn R out of car park towards the town centre and turn L into the one-way system. Turn R in front of the clock tower then L after the bandstand. Turn R at far end of car park and follow the road round past sports pitches and a school through a residential area.
- 2 After the hotel entrance, turn L onto the verge path down to the motorway roundabout. Turn R and use the toucan crossings to get across the motorway bridge.
- 3 Bear R following the path alongside the dual carriageway. Go under the railway bridge, across the next road and very carefully cross all four lanes using the path between the barriers.
- 4 Turn L by Little Chef (*cycle route sign to Stainton*) and follow the road past the Rheged Centre. Cross over a low stone wall by the stile to visit the Centre.
- 5 Using the cycle paths, cross over the Ullswater road and head into Stainton.
- 6 Turn R at the X roads past the farm shop tearoom entrance and go under the road bridge. Turn L onto the cycle path alongside the A66.
- 7 Turn R onto the road into Newbiggin.

- 8 Turn first L in the village to pass the Flusco recycling centre – be ready for immediate short climb and extra traffic.
- 9 Carefully turn R at foot of descent and follow the road round and down through Greystoke Gill.
- 10 Turn R at the T-jct and R again into Greystoke to join the main blue-signed route all the way back to Penrith. Go SA by the cross, passing first the entrance to Greystoke Castle, and then the cycle cafe.

Start/finish: Sandgate Car Park

Distance: 15 miles (24km)

Grade: Medium-Moderate, all on-road and cycle path except stony track between Newton Rigg campus and edge of town

Refreshments:

Cafés: Greystoke (Friday, Saturday & 2nd Sunday each month), Rheged, Stainton

Pubs: Blencow, Greystoke, Newton Reigny, Stainton.

Shops: Greystoke, Rheged, Stainton

Public loos: Penrith only



Greystoke Moor option: At 10 turn L and gradually climb up to the A66 to turn R along the verge path. Turn R into Penruddock village and first L along a narrow lane as the road bends R. Turn L at the next T-jct and then up with Blencathra (or Saddleback) mountain almost dead ahead. Turn R at the Sportmans Inn and follow the blue C2C/7 signs back to Greystoke, with a lovely long descent down from Greystoke Moor

