

Description	Distance	Comments	Sign
Leave the DGH and cycle straight through Chapel Stile, take first left at Elterwater Common. Up and sharp right to climb Red Bank, past YHA and descend to Grasmere	4.5km to left turn	Category 2 climb up Red Bank, very steep descent into Grasmere – Extreme caution!!	Epic Events Yellow Signs
Cycle straight through Grasmere following signs for Keswick. On reaching A591 turn left following signs for Keswick	5km to A591	Category 2 climb on A591 from Grasmere to summit of Dunmail Raise	A591 Keswick
Following climb to Dunmail continue along A591 until left turn round back of Thirlmere signposted Armboth. Continue around lake, turn left to rejoin A591	20km to Keswick centre	A591 is busy and fast road, ride single file. Little Poggio is a category 3 climb	A591 Keswick
Follow main flow of traffic through Keswick following signs for A66 Cockermouth & Workington (do not follow A66 Penrith/M6)	1500m centre to A66	Take care in Keswick town centre, very busy and traffic lights	A66 Cockermouth & Workington
Turn left onto A66 signposted Cockermouth & Workington, follow for 1 mile and turn left into Braithwaite village, follow signs for Whinlatter Forest Park to start climb	2km A66 to start of Whinlatter	Road through Braithwaite leads to Whinlatter Pass category 1	A66 Cockermouth, Braithwaite & Whinlatter Pass
Pass sign for Whinlatter Centre at top of climb and descend 4.7km to take L fork to Lorton. At T junction turn left, and continue passed Lorton Primary School	4.7km top of climb to left fork		
Continue through Lorton following blue C2C signs to B5289 T Junction. Turn left.	700m to B5289	Keep straight on to reach B5289	C2C signs
Continue on B5289 for 3km, until fork right to Loweswater	3km on B5289		Loweswater
Continue on road past Loweswater until road climbs reaching sharp left bend signposted Egremont & Lamplugh	4km T Junction to left bend	Category 3 climb to left bend signposted Egremont and Lamplugh	Egremont & Lamplugh, C2C signs
Continue to Lamplugh, ride past church to leave village and take left turn signposted Croasdale & Ennerdale	3.5km to left turn signposted	Left turn as leaving village, take care not to miss turning, follow C2C (71) sign	Croasdale & Ennerdale, C2C (71) signs
Continue on this road until right turn to Kirkland, follow C2C signs	2.5km to right turn	Do not to go straight on towards Ennerdale, follow C2C signs	Kirkland, C2C signs
At Kirkland, leave C2C route, turn left at crossroads signposted Ennerdale. Pass through Ennerdale Bridge, follow signpost Whitehaven	1.6km to cross roads	At this point you stop following C2C route. Watch for road humps in Ennerdale Bridge	Ennerdale
400m after leaving Ennerdale Bridge take left signposted Gosforth and Calder Bridge	3km from cross roads to left turn	Category 3 climb onto 'the fell road' towards Gosforth. Mind sheep on fell road	Gosforth & Calder Bridge
Follow fell road to Calder Bridge and upon reaching Calder Bridge turn left onto A595 at T junction signposted Gosforth	11km to Calder Bridge	Busy road to Gosforth ride single file	Gosforth
As you descend road towards Gosforth, take first left turn into village signposted Gosforth and Eskdale	3.5km to Gosforth	Careful here, do not miss first left into Gosforth,	Gosforth & Eskdale
Ride through village and take right turn signposted Eskdale and Santon Bridge	800m to right turn	Careful here not to miss signpost for Eskdale and Santon Bridge	Eskdale & Santon Bridge
At Santon Bridge pass pub and cross river and passed Village Hall	5km from Gosforth to Village Hall		Epic Events Yellow Signs
Continue towards Eskdale Green. At King George pub turn left signposted Boot and Langdale via Hardknott Pass	5km from Village Hall to King George		Boot & Hardknott Pass
Climb and descend Hardknott. At T Junction turn left signposted Langdale via Wrynose pass	11km to T junction turn left	Climb of Hardknott is HC category climb. Descent is VERY DANGEROUS, please take care	Langdale via Wrynose Pass
Climb and descend Wrynose Pass to Fell Foot Farm, 200m after Fell Foot Farm turn sharp left at signpost Blea Tarn, Great Langdale	6km to left turn for Langdale	Climb of Wrynose is a category 1 climb. Descent is VERY DANGEROUS, please take care	Blea Tarn, Great Langdale
Road climbs for final time past Blea Tarn before final descent into Great Langdale, continue to finish	5km to finish	Climb to Blea Tarn is Category 2. Descent is VERY DANGEROUS, please take care	

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