

Description	Comments	Signs	Dist
Turn L out of Village Hall. Keep straight on to R of Red Lion.		Red Bank	250m
R at T junc (Red Bank Road) to climb Red Bank			460m
Top of Red Bank take R fork past YHA. Descend to Elterwater	Care on descent. Cattle grid & sharp L hairpin	Colwith/Coniston	2.9km
At Xroads at bottom of descent, straight on to Elterwater		Elterwater/Langdale	4.5km
Straight across T-junc, thru Elterwater, over river. Follow signs for Colwith/Little Langdale	After Elterwater keep L to avoid challenging option/steep route		5.0km
Straight on to Ambleside/Coniston. Climb to T-junc. Turn R, climb and descend to Coniston		Coniston	7.1km
As you enter Coniston, take L turn, Shepherds Bridge Lane, towards Hawkshead	Pass Sports & Social Club on L	Hawkshead	13.2km
At T-junc, turn L onto B5285	Over small stone bridge	Tarn Hows/Hawkshead	13.6km
Turn R to follow road down E of Lake		East of Lake/Lowick	14.8km
Ride along E of Lake and take L turn at T-junc, heading to Spark Bridge		NCN 37	27.3km
Entering Spark Bridge, turn L at T-junc		NCN 37	29.5km
Continue to Xroads, straight on towards Bouth		Newby Bridge(A590)	30.3km
Take L fork to Bouth			31.2km
In Bouth follow road round to R		Finsthwaite/Rusland	32.8km
R at junc		Haverthwaite/Ulverston	34.5km
Straight across A590	CARE, VERY BUSY ROAD	Cark B5278	35.0km
Continue forward on B5278 thru Cark, Flookburgh		Flookburgh/ Grange	44.7km
Go sharp L in Flookburgh. Continue on B5277 for 2.3km then take L turn to Cartmel	CARE. Give way to oncoming traffic in red area	Boarbank/Cartmel	47.0km
At junc, bear L uphill, continue to Xroads at Cartmel. Straight on to Cartmel centre	Cycle Route 20		49.3km
Thru main square. Keep L of Cartmel Shop. Straight thru Car Park then branch L to Scout Hut behind trees	FOOD STOP SCOUT HUT	Village Hall, Parking	50.2km
Return thru Car Park. Sharp L at Cartmel Shop			
Follow road past Racecourse on L. Fork R at Greenbank Lane		Wood Broughton Cycle Route 20	51.0km
Follow CR 20 for 2.3km to road junc then bear L to T junc. Turn R		Haverthwaite, Ulverston Cycle Route 20	53.8km
Keep L after Bigland Hall			56.6km
Continue downhill thru woods to B5278. Turn R over bridge	CARE. BUSY ROAD OBSTRUCTED VIEWS		58.0km
Continue on to cross A 590	CARE, VERY BUSY ROAD		59.0km
At next junc turn R for Grizedale	Follow Brown Visitor Centre signs/road signs to Grizedale		59.5km
Continue past Grizedale Centre to summit	Moor Top		74.0km
Fast descent to Hawkshead	CARE. HAIRPIN BENDS		
Turn L at T junc towards Hawkshead			75.7km
Continue on main road bearing R to avoid Hawkshead Centre. Turn next L		Hawkshead Village Coniston, Ambleside	76.2km
Continue thru Outgate to T junc. Turn R to Ambleside		A593 Ambleside	83.0km
Before Ambleside turn sudden L to Under Loughrigg	DO NOT CONTINUE OVER RIVER BRIDGE	Under Loughrigg	83.7km
After 2.7km over bridge and turn L on A591	CARE CATTLE GRIDS	Grasmere/Keswick	86.4km
At mini roundabout straight on main road	DO NOT turn L to Grasmere		90.2km
Opposite Swan Hotel turn L to Grasmere. Village Hall on L after 500m	91.4km to Swan Inn	Grasmere	92.0km