

## Cumbrian Cracker Route Card – 100 miles Route

**EMERGENCY CONTACT TEL NUMBER:****07494 029628**

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
At the descent of Red Bank, take the right turn towards GT Lanngdale Chapel Style.		GT Langdale	2.8m
Continue along Langdale past the New Dungeon Ghlyll Hotel to head up Blea Tarn.	Climb to Blea Tarn is Category 2. <b>Descent is VERY DANGEROUS, please take care</b>		6.19m
On the descend of Blea Tarn take the right turn.	Please note that this is a SHARP right turn to head up towards Wynose	Wynose Pass Eskdale	8.63m
Pass Fell Foot Farm, 200m after the farm turn sharp right. Climb and descend Wrynose Pass	Climb of Wrynose is a category 1 climb. <b>Descent is VERY DANGEROUS, please take care</b>	Wynose Pass Eskdale	8.87m
At T Junction turn right signposted Eskdale via Hardknott Pass. Climb and descend Hardknott.	Climb of Hardknott is HC category climb. <b>Descent is VERY DANGEROUS, please take care. A medic is positioned at the summit here.</b>	Eskdale via Hardknott Pass	12.59m
At King George IV pub turn left signposted Ulpha & Broughton	Left turn at King George pub	Ulpha & Broughton	19.2m
Continue along the road and turn right signposted Birkby Road	This is a single-track narrow road. Please take care.	Birkby Road	19.82m
Continue along this road. Take a left turn signposted Barrow onto the A595	<b>This is a busy A road. Take care when entering this road.</b>	Barrow A595	22.96m
Keep on the A595 past Waberthwaite			25.05m

Continue on the A595 until you reach A5093 Millon and Haverigg and continue ahead through Silecroft	Do note turn left to follow the A595 Barrow. You need to continue ahead.	A5093 Silecroft	32.74m
As you head into Millom, at the roundabout (Petrol Station on your left), take the first exit and continue on the A5903 road	First exit on the roundabout		36.22m
Continue along the A5903. Take the right turn at the end of this road Barrow & Broughton A595	This is a busy road. Take EXTRA care when turning right.	Barrow & Broughton A595	39.93m
Continue on the A595 past Duddon Bridge.	This is a traffic light bridge as the bridge crossing is a single lane. Follow the traffic light signals at all times.		42.46m
Take the L turn to Broughton and then immediate left turn onto the A593 Trover & Coniston	Do not head down the hill to Broughton. Turn left before the Broughton in Furness sign..	Broughton and then Trover & Coniston	43.18m
Continue along the A593 towards Coniston and Trover		A593 Conison & Trover	44.48m
Continue through Trover to Coniston. Once in Coniston continue past the petrol station over the bridge. Take the R turn (B5285 Hawkshead).		Hawkshead	52.25m
As you leave Coniston, take R turn, towards Hawkshead	Pass Sports & Social Club on L	East of Lake Lowick	53.22m
Ride along E of Lake and take L turn at T-junc, heading to Spark Bridge		NCN 37	61m
Entering Spark Bridge, turn L at T-junc		NCN 37	62.41m
Continue to Xroads, straight on towards Bouth		Newby Bridge(A590)	
Take L fork to Bouth			63.22m
In Bouth follow road round to R		Finsthwaite/Rusland	64.49m
R at junc		Haverthwaite/Ulverston	65.50m
Straight across A590	CARE, VERY BUSY ROAD	Cark B5278	65.82m
Continue forward on B5278 thru Cark, Flookburgh		Flookburgh/ Grange	

Go sharp L in Flookburgh. Continue on B5277 for 2.3km then take L turn to Cartmel	<b>CARE.</b> Give way to oncoming traffic in red area	Boarbank/Cartmel	71.83m
At junc, bear L uphill, continue to Xroads at Cartmel. Straight on to Cartmel centre	Cycle Route 20		74.94m
Thru main square. Keep L of Cartmel Shop. Straight thru Car Park then branch L to Scout Hut behind trees	<b>FOOD STOP</b> <b>SCOUT HUT</b>	Village Hall, Parking	75.05m
Return thru Car Park. Sharp L at Cartmel Shop			
Follow road past Racecourse on L. Fork R at Greenbank Lane	Caution crossing to the right as this turn is on a blind bend.	Wood Broughton Cycle Route 20	75.31m
Follow CR 20 for 2.3km to road junc then bear L to T junc. Turn R		Haverthwaite, Ulverston Cycle Route 20	76.73m
Keep L after Bigland Hall			78.86m
Continue downhill thru woods to B5278. Turn R over bridge	<b>CARE. BUSY ROAD</b> <b>OBSTRUCTED VIEWS</b>		79.68m
Continue on to cross A 590	<b>CARE, VERY BUSY ROAD</b>		80.4m
At next junc turn R for Grizedale	Follow Brown Visitor Centre signs/road signs to Grizedale		80.71m
Continue past Grizedale Centre to summit	Moor Top		89.72m
Fast descent to Hawkshead	<b>CARE. HAIRPIN BENDS</b>		
Turn L at T junc towards Hawkshead			90.82m
Continue on main road bearing R to avoid Hawkshead Centre. Turn next L		Hawkshead Village Coniston, Ambleside	91.12m
Continue thru Outgate to T junc. Turn R to Ambleside		A593 Ambleside	95.33m

Before Ambleside turn sudden L to Under Loughrigg	<b>DO NOT CONTINUE OVER RIVER BRIDGE</b>	Under Loughrigg	95.75m
After 2.7km over bridge and turn L on A591	<b>CARE CATTLE GRIDS</b>	Grasmere/Keswick	97.41m
At mini roundabout straight on main road	<b>DO NOT</b> turn L to Grasmere		99.75m
Opposite Swan Hotel turn L to Grasmere. Village Hall on L after 500m	91.4km to Swan Inn	Grasmere	100.5m