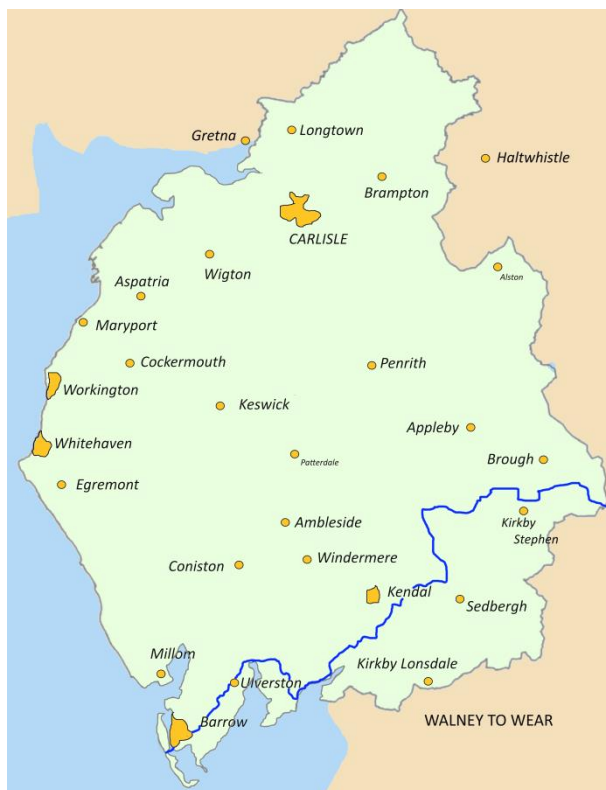


APPENDIX 6

LONG-DISTANCE CYCLE ROUTES

Pennine Cycleway: NR 68 - runs from Derby to Berwick-upon-Tweed through three National Parks. It enters Cumbria at Sedbergh, then Orton, Appleby, Melmerby, Alston and on to Haltwhistle. Much of this route will be subsumed by **The Pennine Bridleway**, a National Trail, designated in 2002, the only one specifically designed to be used by equestrians. Since the idea for the route was conceived, mountain biking has really taken off and the Trail offers a fantastic challenge for cyclists too. The Trail provides a long-distance, largely off-road ride/walk through the Pennines from Middleton in Derbyshire following old drove roads, packhorse routes and new sections of bridleway, but is only completed as far as Ravenstonedale. (2015).



W2W route, (Walney to Wear): mainly NR70 - The route was launched on June 1, 2005 to complement the popular Sea to Sea Cycle Route). It is designed to be slightly harder and longer than this other route, totalling either 149 or 151 miles (243 km).

Places of interest in Cumbria:

Walney Island	Barrow-in-Furness	Ulverston
Grange-over-Sands	Kendal	Sedbergh
Orton	Appleby	Kirkby Stephen
Brough		

Sea to Sea Cycle Route (C2C) starting NR 71 then NR 68 - the western third of the Sea to Sea route between Whitehaven or Workington to Penrith and Langwathby is comprised of NR 71. After Skirwith it joins NR68 to Melmerby and over the Pennines to Alston aiming for either Sunderland or Tynemouth.

Whitehaven	Workington	Cockermouth
Keswick	Greystoke	Penrith
Hartside Pass	Alston	



Hadrian's Cycleway NR 72 - 174 mile (280km) route running through the Hadrian's Wall World Heritage Site and the Solway Area of Outstanding Natural Beauty (AONB). In Cumbria, the route runs from Ravenglass to Gilsland, aiming for Wallsend and Tynemouth (with an alternative of South Shields) on the Tyne.



Places of interest in Cumbria:

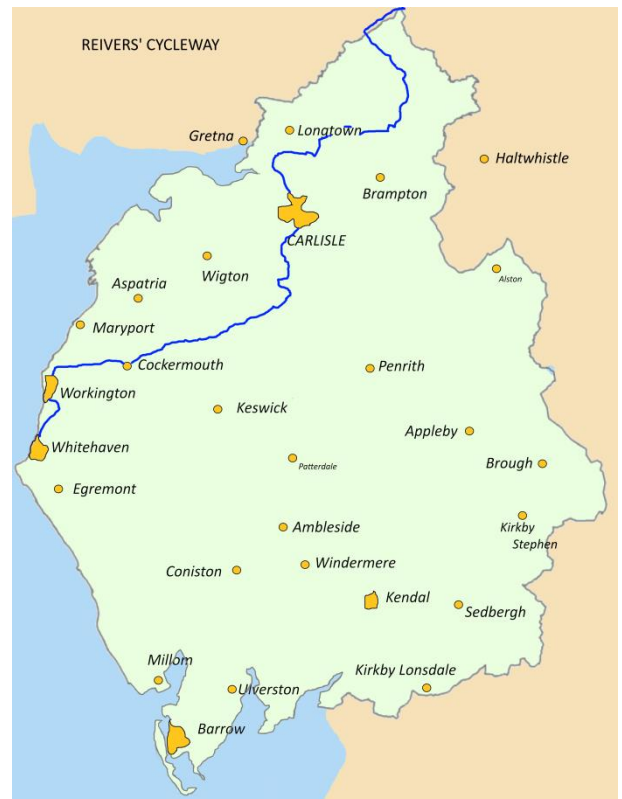
Ravenglass	Whitehaven (Moresby)	Workington
Maryport	Silloth	Bowness-on-Solway
Carlisle	Brampton	Birdoswald

Reivers Way¹: NR10 – designated in 1998 , 173 miles (280 km) in total . Runs from Whitehaven to Tynemouth through Kielder Forest.

The word Reiver means plunderer. The route is named after the murdering bandits who ran a medieval equivalent of Cosa Nostra, when marauding clans terrorised both the English and Scottish sides of the Border for 350 years, right up to the 17th century. They lived by cattle rustling, kidnapping, extortion, arson and murder.

Places of interest (in Cumbria):

Whitehaven	Workington	Cockermouth
Ireby	Caldbeck	Hesket Newmarket
Carlisle	West Linton	Bewcastle
Newcastleton		



Morecambe Bay Cycleway: (mainly NR 100) opened in 2015, runs 81 miles around the coast of Morecambe Bay from Walney to Glasson Dock south of Lancaster – the last few miles being in Lancashire.



Places of interest (in Cumbria)

<u>Walney</u>	Barrow	Ulverston
Cartmel	Grange over Sands	Arnside

¹ www.reivers-route.co.uk