

East to West Coast Adventure – DAY ONE

Leaving Crimdon Dene Caravan park – LEFT at TJ. A1086 Hartlepool.	0.5 m
STRAIGHT ON at next roundabout, RIGHT at next roundabout – Durham A179.	2.1
STRAIGHT AHEAD at next roundabout – B1280 Wingate.	2.6
LEFT to Trimdon.	6.0
At Crossroads – LEFT – Fishburn B1278.	10.5
RIGHT to Ferryhill – just after grass area on right, by pizza shop.	12.0
STRAIGHT ON at staggered X Roads – Ferryhill Station.	13.3
At Roundabout, LEFT to Chilton.	16.1
At Roundabout, LEFT to Town Centre, (<i>Wheatsheaf Inn</i> on right, or carry on).	18.1
T Junction and lights – LEFT ‘all routes’.	18.6
At double roundabout, RIGHT (Bishop Auckland A689), then immediately LEFT to Shildon.	18.8
RIGHT at next roundabout to Shildon/Middridge.	20.1
RIGHT to Shildon/Middridge – at British rail sign, follow straight on at mini roundabout by new houses.	21.1
LEFT – ‘STATION’ Checkpoint : Locomotion exhibits and Museum, Free entry (donations welcome). Café and toilets.	22.6
Return to main road and turn LEFT. At next roundabout, LEFT – signposted A1M & the South.	23.5
Then immediately LEFT at next roundabout (A1M/south/Darlington)	23.9
Turn RIGHT – signposted Heighington.	25.0
Easy to miss RIGHT just after 30mph sign at beginning of village into MILLBANK (no signpost).	25.3
At staggered crossroads, STRAIGHT Over, ‘WALWORTH 1.5m’ by <i>Dog</i> pub.	27.5
RIGHT at T-junction – STAINDROP B6279.	31.3
At Crossroads STRAIGHT ON – STAINDROP B6279.	32.4
T Junction – LEFT (sign posted Barnard Castle A688) follow into Staindrop Checkpoint – by bus shelter on left. (Fish & Chip shop and Café)	37.9
Leaving Staindrop, near end of village, turn RIGHT – B6279 EGGLESTON.	38.1
T Junction – RIGHT – B6279 Eggleston (Road later becomes B6282) Follow Road through Middleton-in-Teesdale – fuel at end of town, towards Alston & High Force B6277.	45.4
Checkpoint – Turn RIGHT into <i>High Force Hotel</i> forecourt; visit the High Force Waterfall if you choose – footpath opposite.	55.2
Leave hotel, turning RIGHT, follow this road for approx 18 miles into ALSTON. Follow the cobbled street downhill to the bandstand: Meeting point .	
The Hub museum may be available to visit – follow road further downhill and turn RIGHT at T Junction, then just after fuel station, LEFT signposted STATION – follow Road round to the right, through gates.	73.0

East to West Coast Adventure – DAY TWO

Starting from the car park opposite Alston House Hotel, follow right on A686 road up to HARTSIDE summit – this is a viewing point, regular bikers' stop – Checkpoint .	5.8
Leave HARTSIDE and follow road downhill towards Penrith TURN INTO FIRST RIGHT – signposted RENWICK.	7.3
T Junction – LEFT – signposted 'KIRKOSWALD.	10.2
Turn LEFT – signposted KIRKOSWALD.	10.9
T Junction – LEFT on B6413.	12.8
Through village follow B6413 towards LAZONBY/PENRITH, over stone bridge, through Lazonby village.	13.4
At Crossroads, (over A6). STRAIGHT AHEAD – signposted 'UNTHANK'. (This road later crosses over the M6)	18.6
T Junction – RIGHT – joining B5305, towards WIGTON.	20.8
LEFT to HESKET NEWMARKET – Follow this road through the villages of Millhouse, Hesketh, Caldbeck, towards Keswick.	26.0
LEFT – signposted ORTHWAITE 2.5m – this road is narrow and steep. (Back-up vehicles are able to use this road with care, OR carry on past this turn following road towards Thistlethwaite, joining the A591 then taking the road opposite Junction – B5291 signposted Thistlethwaite Lake 1m)	35.4
Follow Road to Grass Triangle – RIGHT signposted BASSENTHWAITE 1.5m. (If you wish to stop at the <i>Sun</i> pub, turn left at the stone bridge)	38.8
At Junction, RIGHT, and follow Road ahead, to next Junction.	41.3
At T Junction, RIGHT (A591) the immediately LEFT into B5291 B'thwaite.	41.4
After stone bridge, bear RIGHT Checkpoint and Lunch Stop at the Lakeside Distillery Car park, food, toilets, etc.	42.5
Take the small road beside the distillery – signposted ISEL, following this road towards Cockermouth At T Junction, RIGHT into Cockermouth, through the high street.	48.1
LEFT at mini roundabout signposted EGREMONT A5086.	48.7
T Junction/lights – RIGHT – signposted KESWICK/EGREMONT A66/A5086	49.0
Roundabout – Straight On EGREMONT A5086 (by new Premier Inn).	49.5
RIGHT signposted DEAN – this is the third turning from previous roundabout, beside the <i>Old Posting House</i> at bottom of hill.	51.8
LEFT – signposted DEAN.	52.6
Crossroads – STRAIGHT OVER signposted BRANTHWAITE – follow through village following signs to Workington.	54.3
At Roundabout (with A595) STRAIGHT OVER – signposted WORKINGTON.	57.4
T Junction – LEFT, onto A596, then immediately RIGHT signposted HIGH HARRINGTON	58.5
T Junction – LEFT – A597.	59.4
Roundabout – STRAIGHT OVER signposted DISTINGTON B5306.	60.4
Follow Road through to Howgate, and turn LEFT at the roundabout beside the Premier Inn, WHITEHAVEN.	62.9
RIGHT – WHITEHAVEN, by petrol station and follow road downhill, passing Tesco store and fuel on your right.	63.5
You are heading for the BEACON: Enter the One Way system: follow to left, take FIRST RIGHT, into Church Street, cross over at next Junction (still Church St) follow road behind Wilco store, RIGHT at next junction (opp multi-storey car park) and turning LEFT at the B&M/Argos store sign. Checkpoint will be near the <i>Beacon Tower Café</i> . (there is some car parking available – pay & display OR Tesco have a 2-hour free limit nearby).	