

















Route 1 Cue Card

	0.1 mile	Turn Right on B5307
	2.1 miles	Slight left for Kirk Andrews
	3.5 miles	Turn left for cycle route 72 / Brough by Sands
	5 miles	Passing through Brough by Sands
	11.3 miles	Passing through Port Carlisle
	12.5 miles	Passing straight through Bowness on Solway heading to Anthorn
	19.5 miles	Passing through Anthorn
	21.6 miles	Right turn heading for Kirkbride
	22.1 miles	Right turn for Newton Arlosh
	24.2 miles	Turn Left heading for Kirkbride (at the Joiners Arms)
	26.2 miles	Turn Right
	28.7 miles	Turn Left at the cross Roads (Bird in Hand)
	32.0 miles	After turning Left stay on this road for approx. 3.3miles - After entering Aikton Turn Right for Wiggonby/Great Orton/Carlisle
	33.5 miles	Bear left into Wiggonby
	33.9 miles	Turn Left for Kirkbampton and the finish
	36.6 miles	Turn Right into Kirkbampton Village Hall and the finish