







































## Route 3 Cue Card

### Course marked out using a Garmin Fenix 6

	0.1 mile	Turn Right on B5307 for Carlisle
	2.1 miles	Slight left for Kirk Andrews
	3.5 miles	Turn left for cycle route 72 / Burgh by Sands
	4.9 miles	Passing through Burgh by Sands
	6.4 miles	Beware cattle grid
	7.8 miles	Beware cattle grid
	11.2 miles	Passing through Port Carlisle
	12.5 miles	Passing straight through Bowness on Solway heading to Anthorn
	12.8 miles	Beware cattle grid
	15.1 miles	Beware cattle grid
	18.8 miles	Passing through Anthorn
	21.6 miles	Right turn heading for Kirkbride
	22.1 miles	Right turn for Newton Arlosh
	28 miles	Enter Abbeytown
	28.4 miles	Turn Right for Silloth (straight on at The wheatsheaf Inn)
	31.7 miles	Turn Right for Skinburness
	32.4 miles	Beware cattle grid
	33.5 mile	Continue onto Skinburness Road then straight on to Criffel Street Silloth

	35.5 miles	Turn Left onto Eden Street (Golf Hotel)
	35.9 miles	Continue onto B5300 heading for Allonby
	43.2 miles	Turn Left before the bridge, Heading for West Newton (Caution SLOW narrow Road)
	46.9 miles	Turn Left for Silloth -
	48.4 miles	Turn Right for Abbeytown
	52.8 miles	Turn Left for Silloth - <b>Aid Station Ahead</b>
	56.3 miles	Turn Right for Skinburness
	57.0 miles	Beware cattle grid
	58.1 miles	Continue onto Skinburness Road then straight on to Criffel Street Silloth
	59.9 miles	Turn Left onto Eden Street (Golf Hotel)
	60.3 miles	Continue onto B5300 heading for Allonby
	67.6 miles	Turn Left before the bridge, Heading for West Newton (Caution SLOW narrow Road)
	71.3 miles	Turn Left for Silloth
	72.8 miles	Turn Right for Abbeytown
	77.2 miles	<b>Turn Left Aid Station Ahead</b>
	77.6 miles	Turn left out of the Aid Station then take the next Right Turn (The Wheatsheaf Inn) heading back to Newton Arlosh and Kirkbride
	83.7 miles	Turn Right into Kirkbride
	83.9 miles	Turn Right at the bridge into Kirkbride
	87.4 miles	Straight through Kirkbride for approx. 3.5m then turn Left at the cross roads (Bird in Hand)
	90.7 miles	After turning Left stay on this road for approx. 3.3miles - After entering Aikton Turn Right for Wiggonby/Great Orton/Carlisle

	92.2 miles	Bear left into Wiggonby head straight on for Carlisle
	94.2 miles	Turn Right for Carlisle
	96.0 miles	Turn Left for Great Orton (at White farm house)
	97.3 mile	Enter Great Orton Turn Right for Burgh by Sands
	98.9 miles	Turn Left for Flat
	99.4 miles	Turn Right for Kirkbampton and the finish
	100.3 miles	Turn Right into Kirkbampton Village Hall and the finish