

















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 for Wigton
	28.7 miles	Turn Left at the crossroads (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

Emergency contact numbers

Medical Cover – Is available if required please call.

Graeme GCS Medical on **07923025480**, **Brian 07825354436** or **Claire 07769675045**

Mechanical Cover – Please make sure your bike is in good working order for the task ahead. If you require a bike mechanic, we will have one on the course if required phone **Joe on 07850144809**

Sweep Van – Will be available if required please call **Brian 07825354436** or **Claire 07769675045** and will arrange for you to be collected and brought back to the village hall.