















## Route 3 Cue Card

	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
	5 miles	Passing through Burgh by Sands
	11.3 miles	Passing through Port Carlisle
	12.5 miles	Passing straight through Bowness on Solway heading to Anthorn
	19.5 mile	Passing through Anthorn
	21.6 miles	Right turn heading for Kirkbride
	22.1 miles	Right turn for Newton Arlosh
	28 miles	Enter Abbeytown (Aid station next to the Abbey)
	28.4 miles	Turn Right for Silloth (straight on at the Wheatsheaf Inn)
	31.6 miles	Turn Right for Skinburness
	33.5 mile	Continue onto Skinburness Road then straight on to Criffel Street Silloth
	35.2 miles	Turn Left onto Eden Street (Golf Hotel)
	35.6 miles	Continue onto B5300 heading for Allonby
	43.1 miles	Turn Left before the bridge, Heading for West Newton (Caution SLOW narrow Road)
	46.8 miles	Turn Left for Silloth -
	48.3 miles	Turn Right for Abbeytown
	52.7 miles	Straight across the crossroads and back to the Abbey (Aid station next to the Abbey)

	53.1 miles	Turn left from the aid station then Turn Right for Silloth (straight on at the Wheatsheaf Inn)
	56.7 miles	Turn Right for Skinburness
	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	Straight across the crossroads and back to the Abbey (Aid station next to the Abbey)
	77.6 miles	Turn right out of the Aid Station 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 crossroads (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 farmhouse)
	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

	100.6 miles	Turn Right into Kirkbampton Village Hall and the finish
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### 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.