

Shortest distance 210km, suggested route 215km.

Over the North Yorkshire Moors lanes crossing through Westerdale and working through B roads between Middlesborough and Darlington to Durham (when going south through Durham's one way system I've put in a way point to mark a short walk that simplifies the route).

More B roads to cross the Tyne at Blaydon Bridge, through Ponteland to near the A1. The A1 has a fairly wide shoulder north of Morpeth, or you can stick with the lanes.

I got the train home so have never stayed near Alnwick.

Log from 2007, I bottled this the first time because I didn't think I'd make it in time with the map I had. When I finally rode it I took one inch maps and it was quite straightforward.

Note I've added Durham as a control, and changed Consett for Winlaton

E8 (220km). Eastfield, Egglecliffe, Consett, Alnwick.

21/09/07 137m on clock, 13hr35, 0607-1942. Showers in morning, heavier rain after dinner, but cleared at tea time, slight northerly wind.

Stayed at Scarborough YH and set off in the dark for the ATM at Morrisons in Eastfield. None were working so retraced to Seamer roundabout and got a till receipt from the garage there which had just opened. Set off thru Seamer onto A170, after Pickering headed North to Rosedale, where it started raining.

Followed signs over the moors to Castleton until a left came up for Westerdale.

Crossed two steep sided valleys, eventually picking up signs for Stokesley. From there signs for Seamer (another one), and Hilton to the A1044. R at roundabout onto A67 to Tesco's in Egglecliffe (this and Egglecliffe seemed to be one town).

I followed signs for Elton then Redmarshall to join the A177 as late as possible, then went through Sedgfield and Coxhoe to minimise time spent on the A177 to Durham.

Straight thru Durham to pick up the A691 to Consett where I found a garage on the outskirts near Leadgate. It stopped raining.

Went into Leadgate to get on the B6310 and then A694 to Blaydon. Following B6317 I crossed the Tyne to Newburn. Thru Throckley to Ponteland where I crossed the river and followed signs for Saltwick and Morpeth. After a break I rode the last 30k on the A1, generally room for a bike on the left margin and only a couple of minor slip roads. Controlled at the Coop in Alnwick and caught last train from Alnmouth to York for a few hours kip in the waiting room before getting a train back home. Peters' Peni-Peripheral Perm trip finally completed!

