

Shortest distance 210km, suggested route 214km.

A75 avoidance via Cummertrees and Annan.

Note cycling access at Metal Bridge now, so no need to go by Longtown.

Coast on the flats round the Solway Firth, but from Cockermouth the hills start kicking in, taking you over Hardknott and Wrynose passes. Do what you can to avoid the middle of the day here as car drivers can get in the way on these narrow roads.

There is plenty of scope for avoiding the busy A591 after Ambleside.

Hostel near Dumfries, Mabie Forest.

<http://www.marthrownofmabie.com/>

Youth hostel at Kendal, not run by YHA anymore.

<http://kendalhostel.co.uk/>

Log from 2006, Annan now replaces Longtown as a control.

W5 (215k), Kendal, Seascale, Silloth, Longtown, Dumfries.

19/08/06, 138m on clock, 13hr7, 0505-1812. Rain, sometimes heavy until dinnertime, wind SE.

Walked some of Wrynose and all of Hardknott.

The higher it got the wetter I got. Fortunately the streams did not follow the zig-zags and flew off at most corners so there wasn't too much debris on the road. The descent of Eskdale was marked by a couple of just controllable back wheel skids .

Its a long descent and I was shivering by the time I got to Seascale.

No inclination to paddle in the sea, it was full of white horses and I was still caped up.

A welcome warm up over Cold Fell to Cockermouth where I got a butty at the garage.

Then a bit of main drag before a left to Aspatria.

As I climbed to the village the water was pouring OUT of the drains.

The rain stopped for the day as I got to Silloth and its long slippery cobbled prom.

The rain had left it's mark and I had several 30 yard puddles across the lanes with both legs in the air to stop shipping more cold water.

Missed turn and had to retrace to avoid the busier B road to Carlisle.

Easy to avoid the town centre and get the usual route on the A7 to spar shop at Longtown. Quiet B roads to Dumfries, maybe a mile longer than the A75 but much better for your health.

Train back to Manchester.

