

# Three Rivers

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The route is about 150 -170miles. Seaton burn- Ponteland- Stanfordham- Wentworth car park café Hexham for coffee. It took me 45mins today. 30miles

Hexham - Haydon bridge - Alston- Middleton in Tessedale - Staindrop to - Sam Turners garden centre at Piercebridge for lunch. about 1pm-1.30pm. 78miles.

After a 1hr lunch stop its onto the A68 north to Fir Tree for petrol at the Jet Garage , then along the A689 through Wolsingham ,Stanhope, St Johns Chapel and on through Allendale returning to Hexham. Through Hexham main street to Riding Mill joining the A68 for a couple of miles ending at Brockbushes farm shop between 4pm-5pm. 65miles. Again about 1 1/2 hrs

Not the longest ride, but far enough if the weather is poor. Today it was a cold start with low lying mist. Care should be taken on the first leg as farm vehicles are on the move and there was a lot of pheasants on the verges .

After Hexham the roads are good, with great views. Plenty of fast bends and good overtaking. Care needs to be taken on the Cobblestones in Alston. For those in need I have arranged to stop at High force for a comfort break. (only 5mins so no visiting the falls).