

NAM Senior Rideout 19 June 2016

Seven Passes Ride

Please note that this is a rather long and demanding route. We will take in Hartside pass and all six major Lakeland passes. The distances may look small but the riding will be slow at times, with some very steep and rough roads. We will therefore have a long day in the saddle, so please be prepared for this if you join us. This is a seniors only ride – no associates or guests please.

Route:

1	Depart Seaton Burn services – A1 – A69 to Haydon Bridge, A686 to Alston then Hartside Pass . Stop at Harside café for coffee.	53 miles
2	Down Hartside Pass through Melmerby to Pooley Bridge. Down Ullswater & over Kirkstone Pass . Down the Struggle through Ambleside to Great Langdale. New Dungeon Gill for Lunch.	43 Miles
3	Wrynose Pass and Hardknott Pass . Through Ennerdale Bridge and Loweswater. Whinlatter Pass . Brief rest in Braithwaite	49 Miles
4	Newlands Pass to Buttermere then Honister Pass into Borrowdale. Keswick then A66 to Rheged visitors' centre (Penrith).	36 miles
	The ride will end at Rheged but it is approximately 75 miles back to Newcastle from there.	75 miles
	Total mileage	256 miles