

Cycle Route from Appleby: Eden Valley Ride



Across the valley floor and along its undulating sides, courtesy of stone bridges over the Eden and Lyvennet rivers (and numerous becks that feed them), this ride has excellent views to the eye-catching contours of the North Pennines and distant Lakeland fells. Picturesque Dufton and Morland villages in particular provide refreshment stops, and there's the option of a short riverside walk at Acorn Bank Gardens.

- Partly on the Pennine Cycleway (68) and National Route 71
 - Start/finish: Appleby TIC in the town centre (pay and display car park is signed)
 - Distance: 26.7 miles (43km)
 - Grade: Long - Hard (all on road)
 - Refreshments: Pub in Dufton; tea room at Acorn Bank Gardens (National Trust); hotels in Temple Sowerby; café and pub in Morland; pub in King's Meaburn
 - Public loos: Appleby
1. Find the Tourist Information Centre in Boroughgate, turn R by the church cloisters, go over the bridge and turn R.
 2. Turn L along Drawbriggs Lane, bear R from under bridge and follow blue 68 signs out of Appleby by Hilton and through Murton, Dufton and Knock along the fell side.
 3. Turn L (signed Newbiggin and Temple Sowerby) and follow signs to Newbiggin then Temple Sowerby. Acorn Bank Gardens entrance is just beyond L turn into Temple Sowerby.
 4. Turn L, following main road out of village, and turn R (signed Morland) under the A66

For more information on the Eden area, visit www.visiteden.co.uk

- bypass bridge. Bear R to cross River Eden again.
5. Turn L, then R and R again to reach Morland.
 6. Turn L just past café and pub (Water Street), picking up blue 71 signs. Turn L at the next X roads.
 7. Use the footbridge or ford to cross the River Lynennet and get into low gear (or get off) for the steep but short climb up into King's Meaburn. Turn R and continue following blue 71 signs all the way back through Colby to your starting point, turning L at the green as you re-enter Appleby, following the road round underneath the castle.

These maps are provided for guidance only. You are strongly advised to take appropriate maps with you on all cycle rides and walks. The OS map covering this area is OL19.

Further information

Appleby Tourist Information Centre, Moot Hall, Boroughgate

Telephone: 017683 51177

Email: tic@applebytown.gov.uk

Penrith Tourist Information Centre Middlegate, Penrith

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