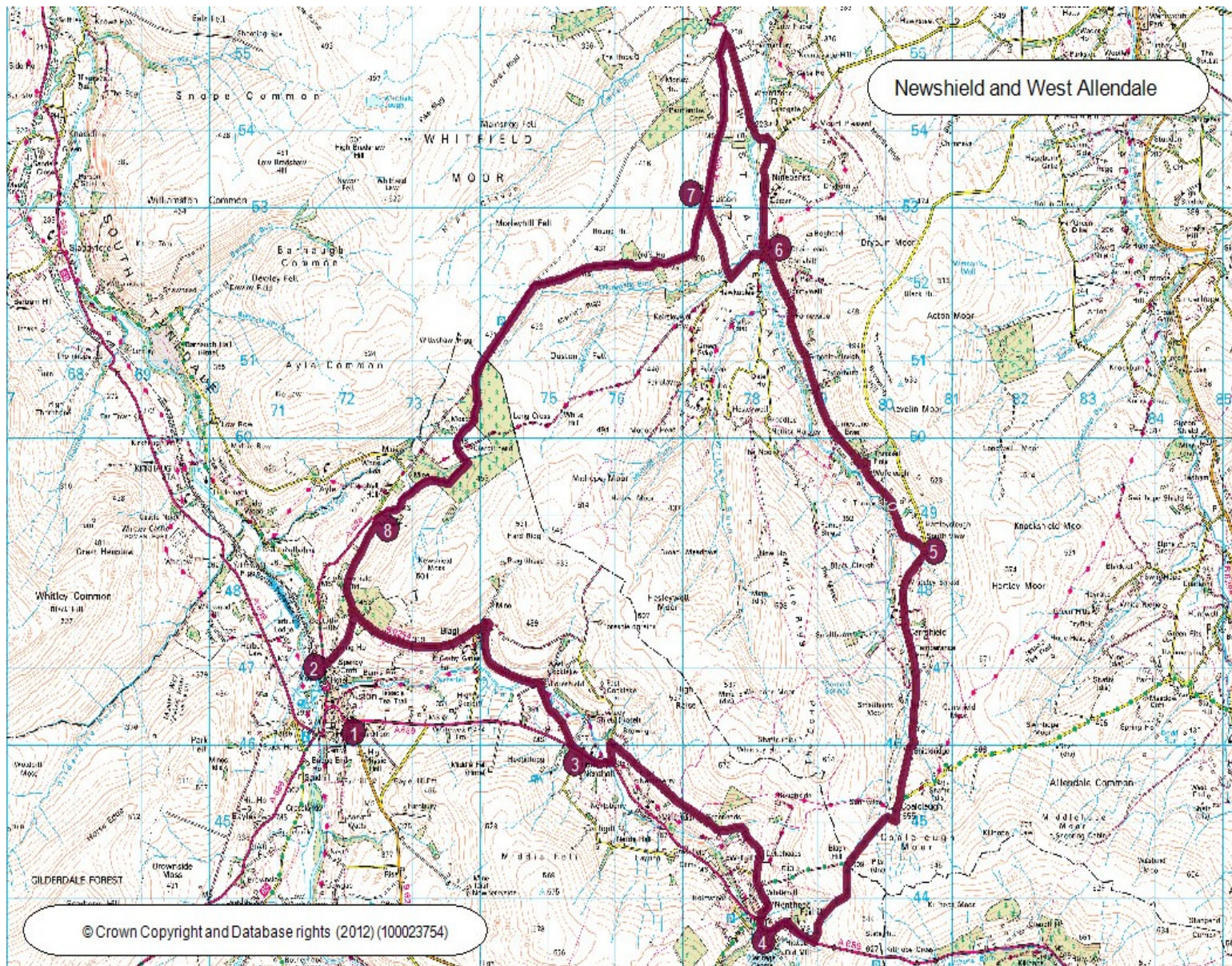


# Alston Cycle Route: Newshield and West Allendale



This route climbs out of Alston and heads down to Nenthead before exploring the fascinating upper reaches of the West Allen Valley. It provides a solid days riding, with a mix of valley lanes and some sizeable climbs on fell roads. On a misty or windy day the high points of Black Hill and Willyshaw Rigg will prove challenging to say the least, but given a blue sky and a fair breeze there can be few better spots to be on two wheels. As well as the stunning North Pennine landscape along the way there is plenty to see particularly if you are interested in industrial heritage.

Allendale was once a very important centre for lead mining and every now and again you will spot the remains of the flues that once drew fumes up long tunnels from smelters in the valley bottom.

**CAUTION:** this route features steep descents into Nenthead and on the Loaning into Alston.

For more information on the Eden area, visit [www.visiteden.co.uk](http://www.visiteden.co.uk)



- Start/Finish: Alston GR NY 718 465
  - Distance: 22 miles (35.5km)
  - Grade: Long - Challenge
  - Refreshments: Cafés: Alston
  - Pubs: Alston, Nenthead
1. From the Market Place head downhill on the main cobbled street. Turn R at the junction and follow the A686 out of Alston.
  2. Turn R (signed for Coatlith Hill and North Loaning) and climb the steep hill. Turn R at the T-jct and follow the B6294 down to the A689 and bear L into Nenthall.
  3. Cross over the River Nent and immediately turn L, then first R (sign posted for Greenend) up the hill. Take care on the steep cobbled descent into Nenthead.
  4. Turn L onto the A689 and climb out of the village. Turn L to climb to the summit of Black Hill, at 609m the highest point on the Sea to Sea (C2C). Descend north eastwards and bear L down Allendale and through Carrshield.
  5. Turn L (sign posted for Ninebanks) and continue down Allendale.
  6. Turn L to cross the river (sign posted for Alston) and bear R uphill. Turn R and climb Ouston Bank to meet the A686.
  7. Turn L (again, sign posted for Alston) and follow the A686 up and over Willyshaw Rigg.
  8. Bear L onto the B6294 and turn R (sign posted for Alston). Take care on the steep descent down North Loaning, turn L at the bottom and retrace your route back to the Market Place.

This map is provided for guidance only. You are strongly advised to take appropriate maps with you on all cycle rides and walks. The OS maps covering this area are OL31 North Pennines and OL43 Hadrians Wall.

## Further information

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