






Truck Stop LA5 9RQ to Ings LA8 9QF (92.2 miles)

	0.0 mile	Zero your speedo @ cell 1
1	0.0 mile	SECOND exit at the roundabout (SP A6 - Kendal)
2	0.3 mile	SECOND exit at the roundabout (SP A601 - Kendal & Barrow)
3	1.2 mile	SECOND exit at the roundabout (SP B5254 - Kirby Lonsdale & Over Kellet Q')
4	1.7 mile	Turn ← LEFT (SP B6254 - Kirby Lonsdale & Over Kellet)
5	5.0 mile	Turn → Right (SP Gressington & Hornby - Borwick Road)
6	6.6 mile	Narrow Bridge
7	7.1 mile	Turn ← LEFT (SP A683 - K'by Lonsdale & Skipton A687)
8	13.5 mile	Turn ← LEFT (SP A65 - Kendal & Sedbergh)
9	14.2 mile	SECOND exit at the roundabout (SP Kirby Lonsdale)
10	14.4 mile	 'T' junction Turn ← LEFT
11	14.5 mile	 'T' junction Turn ← LEFT (SP Old Town & Old Hutton - Queen's Sq
12	19.4 mile	Turn ← LEFT - <i>very narrow</i> (SP Gatebeck)
13	20.1 mile	Turn → Right (SP Gatebeck)
14	21.5 mile	'X' roads Turn → Right (no sign post, take care)
15	22.8 mile	Turn ← LEFT (Popplemire Lane)
16	24..0 mile	Turn ← LEFT (SP Kendal)
17	25.4 mile	Turn → Right (@ Station Inn LA9 7RF) (SP Sedbergh - Hayclose Lane)
18	26.2 mile	 Turn → Right (SP B684 - Sedbergh)

19	29.9 mile	Cross over M6 - then first left
20	30.2 mile	Turn ← LEFT (Old Scotch Road)
21	33.2 mile	 'T' junction Turn ← LEFT (SP B6257 - Tebay 5)
22	34.7 mile	 Turn → Right (SP B684 - Sedbergh)
23	38.8 mile	SECOND exit at the roundabout (SP B6260 - Appleby)
24	100 yds	Turn ← LEFT (B6260 - Services)
25		Coffee break - Junction 38 Truck Stop (CA10 3SS) Depart & 13.00
26	0.0 mile	Zero your speedo
27	0.0 mile	Turn ← LEFT (B6260)
28	11.8 mile	'T' junction - Turn ← LEFT (SP A66 - Penrith)
29	12.3 mile	Turn ← LEFT (SP A66 - Temple Sowerby 7 & Penrith 14)
30	12.8 mile	Slip road to A66
31	14.5 mile	Turn ← LEFT (SP Bolton 1 & Cliburn 4)
32	46.9 mile	Turn ← LEFT (SP A6 - Shap 9)
33	48.7 mile	SECOND exit at the roundabout (SP A591 - Windermere)
34	53.2 mile	Lakeland Farm Visitor Centre Turn → Right (07503 054762 LA8 9QF) @ end of the grassed area