








Sedburgh via Catford Toll - Meet Tickled Trout PR5 0UJ (10:00)

	0.0 mile	Zero your speedo	
1	0.0 mile	Turn ← Left (Out of car park)	
2	0.0 mile	FIRST exit at the roundabout (SP M6 - The Lakes)	
3	3.7 mile	Slip road ← LEFT (SP M55 - Fleetwood & Blackpool)	
4	4.2 mile	Slip road ← LEFT (SP M55 - Preston & Garstang)	
5	4.5 mile	LEFT slip road (SP A6 Preston & Garstang)	
6	4.9 mile		THIRD exit at the roundabout (SP A6 Garstang - James Towers Way)
7	5.0 mile	FIRST exit at the roundabout (SP A6 Garstang - James Towers Way)	
8	5.6 mile	FIRST exit at the roundabout (SP Brought village centre - Elswick, Woodplumpton)	
9	12.6 mile	Turn ← LEFT (SP (A585) Singleton 4 & Elswick 1 & B5269)	
10	13.5 mile	'X' Turn → Right (Ash Road Lane)	
11	13.6 mile	'X' Turn → Right (SP Gt. Eccleston 1 - Copp Lane)	
12	14.8 mile	'T' junction Turn ← LEFT (SP Blackpool 8½)	
13	15.0 mile		'T' junction Turn ← LEFT (SP A586 Blackpool 8½)
14	110 yds	Turn → Right (Blackpool Old Lane)	
15	15.3 mile	Turn → Right (SP Pilling via Toll Brd 6 - Cartford Lane)	
16	15.7 mile	Toll Bridge 60 pence	
17	110 yds	Turn → Right (SP Pilling & St, Michaels)	
18	15.7 mile	Turn ← LEFT (SP Pilling 6)	
19	20.2 mile	'T' junction Turn → Right (Lancaster Road)	BEWARE VARYING average speed cameras
20	25.1 mile	Turn → Right (SP B5272 Garstang)	

21	25.4 mile	Turn ← LEFT (Cockerham Road)	
22	27.0 mile	 Turn ← LEFT (SP A6 Lancaster)	
23	28.1 mile	Turn → Right Turn just before Askham House sign (Hampson Lane)	
24	28.6 mile	 'T' junction - Turn → Right (Stoney Lane)	
25	29.0 mile	Turn ← LEFT (SP Quernmore & Caton)	
26	32.6 mile	 'X' - Straight over	
27	34.5 mile	 Turn → Right (SP Caton 2)	
28	36.6 mile	Turn → Right (Copy Lane)	
29	36.8 mile	Turn ← LEFT (Brookhouse Road)	
30	37.0 mile	THIRD exit at the roundabout	BEWARE Average speed cameras
31	40.5 mile	Turn → Right (SP Wray & Wennington)	
32	42.1 mile	Turn → Right (SP Lowgill 5 - High Tather)	
33	42.5 mile	Turn ← LEFT (Bridge House Farm Tearoom)	LA2 8QP
34	0.0 mile	Zero your speedo	
35	0.0 mile	Turn → Right (out of the car park)	
36	0.3 mile	 'T' junction - Turn → Right (Wennington Road)	
37	2.6 mile	Turn ← LEFT (SP Bentham & Ingleton 5)	
38	4.6 mile	 Turn ← LEFT	
39	5.5 mile	 Turn ← LEFT (SP A687 Lancaster)	
40	8.2 mile	 Straight over (SP A683 Kirkby Lonsdale [Tunstall ³ / ₄])	
41	11.8 mile	 Turn ← LEFT (SP A65 Kendal & Sedbergh)	BEWARE - Average speed cameras
42	11.9 mile	Turn → Right (SP Casterton 1½ & Barbon 3)	

43	19.8 mile	Straight over (SP A684 Kendal)	BEWARE Average speed cameras
44	21.0 mile	 Turn ← LEFT (SP A684 New Hutton 4¼ & Kendal 7½)	
45	28.5 mile	Turn → Right (SP Town Centre (Avoiding low Bridge) - Sandylands Road)	
46	29.0 mile	 Turn ← LEFT (SP Town Centre - Appleby Road)	
47	100 yds	 Join main road - straight over	
48	120 yds	SECOND exit at the roundabout (SP A591 Windermere)	
49	30.9 mile	FIRST exit at the roundabout (SP A591 The South (M6))	
50	39.3 mile	SECOND exit at the roundabout (SP A65 K'by Lonsdale & Skipton)	
51	39.5 mile	THIRD exit at the roundabout (SP A6070 Holme & Burton)	
52	44.0 mile	SECOND exit at the roundabout	
53	44.8 mile	Turn ← LEFT (SP Priest Hutton - Whitebeck Lane)	
54	46.0 mile	Turn ← LEFT (Second Red telephone box) (SP Capernwray & Arkholme)	
55	49.0 mile	 Turn ← LEFT (B6254)	
56	100 yds	Turn → Right (SP Gressingham 1 & Hornby 2 - Borwick Road)	
57	51.2 mile	 Turn → Right (SP A683 Lancaster & Morecambe)	
58	51.7 mile	↑ Straight over (Do not turn right)	
59	52.7 mile	'X' Turn ← LEFT (SP B6480 Wray & Bentham)	
60	53.7 mile	Turn → Right (SP Lowgill 5 & High Tatham - Main Street)	
61	54.1 mile	Turn ← LEFT Bridge Café - Lunch LA2 8QP	

Bridge Café - 015242 37775 Jo & Allan 07582 197558