

**Sea to Sea (C2C)** 140 miles

The Sea to Sea Cycle Route is a wonderful route through the Northern Lake District and over the Pennines, beginning on the Cumbria coast at Whitehaven or Workington and finishing in Sunderland or Newcastle on the East Coast.

The popular C2C route travels along the Whitehaven to Ennerdale Cycle path, then through Loweswater, Lorton, and over the Whinlatter Pass to Keswick. An alternative start is from Workington along another old railway cycle path to Cockermouth, and onwards to Keswick

From Keswick the route goes past Castlerigg Stone Circle (or alternatively along the Keswick Railway Footpath) to Greystoke, Penrith, Langwathby and Little Salkeld . From here there is a long climb over Hartside Pass to Nenthead, then through the remote North Pennines to Consett, where the route divides to reach the North East coast at Sunderland Newcastle.

The route is covered by the National Cycle Network map no.7, and this map is essential for the ride as the route makes use of regular roads, bridleways, old railways etc and, as such, is not a single way marked cycle track.

