



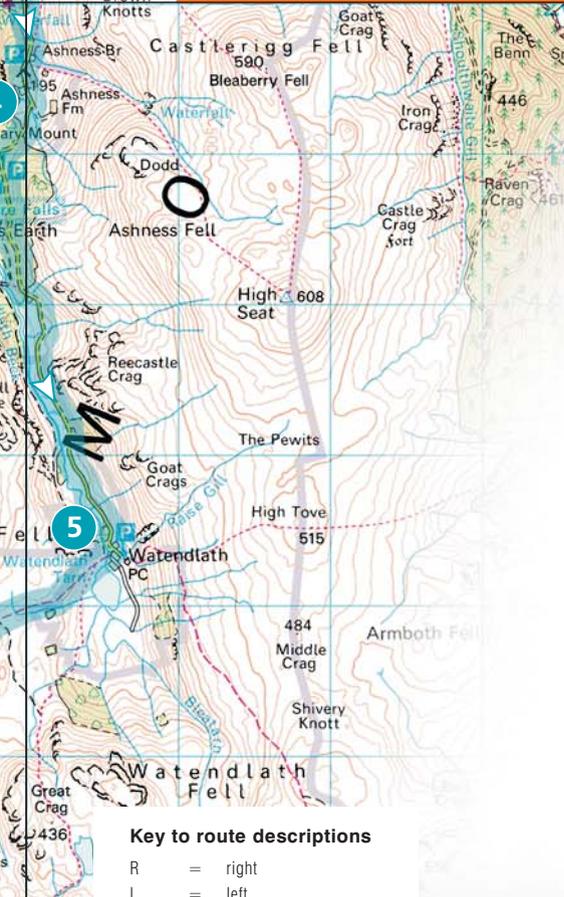
**Start/Finish:** Keswick Leisure Pool (GR NY270237)

**Distance:** 6 miles (10km)

**Grade:** Short - Easy. Relatively flat cycling on smooth tracks with no route-finding challenges. Suitable for all bikes.

**Refreshments:** Keswick, Threlkeld

**Parking:** Car parking available at the Old Railway Station.



**Key to route descriptions**

- R = right
- L = left
- SA = straight ahead/across
- ijct = junction
- X roads = crossroads
- NCN 7 = National Cycle Network (route number)
- m = metres
- km = kilometre (0.6 mile)
- Scale 20mm = 1 km (0.6 mile)

**Key to maps**

- Cycle route
- Route instruction
- Cycle path/track
- National/regional cycle route
- Footpath (no cycling)
- Bridleway
- Byway open to all traffic
- Other tracks
- Primary route
- Main road
- Secondary road
- Minor road
- Take special care at this point/section
- Gradient: 14-20% (arrow points downhill)
- Railway
- National Park Boundary



## The Old Railway Line and Castlerigg Stone Circle

Until the 1960s, Keswick had its own railway station and a daily rail service. These days, the Old Railway Line has been turned into a popular car-free walking and cycling route between Keswick and Threlkeld. The route includes beautiful wooded river scenes which open out into dramatic views of the surrounding fells with easy access to the historic landscape of the area. Follow the route extension to visit Castlerigg Stone Circle, one of Britain's most iconic monuments in an inspirational setting.

**1** Leaving Keswick, follow the old railway line for 5km. It crosses an elevated wooden walkway, has superb riverside scenery, various information points, seats and shelters. There are a number of gates, interesting bridges, and then a tunnel. The river meanders back and forth as the line cuts through the mountain landscape with a compelling echo before emerging with an 'inverted' metal bridge and on to a narrow tarmac track that joins and runs alongside the main A66 Keswick to Penrith road (GR NY314248).

**2** After a short distance follow the track L away from the A66 onto a lane which leads to the village of Threlkeld and two family friendly pubs.

**3** To return directly to Keswick, retrace the route back to the Greta Gorge and along the old railway track.

*To extend the ride to visit Castlerigg Stone Circle, retrace the route to the Greta Gorge. Cross the River Greta over the first metal bridge and go through the bridle gate on the left immediately after the bridge (note 4).*

**Route to Castlerigg Stone Circle**  
(Not suitable for very young children; some ascent/descent and cycling along narrow country lanes)

**4** Towards the end of the old railway line, just before the last 'upturned' bridge which leads to the A66, turn R through a bridle gate (GR NY314248) onto a short stretch of permissive single track passing under a flyover which carries the A66. Take care on a short slippery descent.

**5** After 300m emerge on to a minor road and turn R (GR NY315247). Cycle for 1km (0.6m) past Burns Farm then another 0.5km (0.3m) to Naddle Bridge (GR NY305239).

**6** Turn L at a sign post to Castlerigg Stone Circle, up a hill for another 1km (0.5m) past Goosewell Farm (which is the location of the Keswick Indoor Climbing Wall) to reach Castlerigg Stone Circle on the L (GR NY291236).

**7** A steep road descent of 1km (0.5m) heads back into Keswick.

**8** Immediately after crossing a busy road junction a gateway leads back onto the Old Railway Line (GR NY278238) and the return back to the Leisure Pool.

