

u3a



Cycling Group

Ride Itinerary 2026

Cycling Group Ride Itinerary - 2026



Scheduled Ride Dates (Tuesdays)
31 st March
14 th April
28 th April
12 th May
26 th May
9 th June
23 rd June
7 th July
21 st July
4 th August
18 th August
1 st September
15 th September
29 th September
13 th October
27 th October

General Information

Rides are planned fortnightly on Tuesdays, commencing in late March.

Ride distance will generally be in the range 30 to 50 km (20 to 30 miles).

Rides will start at 10 am in Penrith (with additional pick-up points along the route if required) and will return to Penrith. Finish times will vary depending on distance.

As far as possible, we'll keep to quieter country lanes. Some hills should be anticipated!

Route details will be decided a few days in advance of each ride, taking account of weather forecast, and will be communicated to members by e-mail.

Route details will draw attention to locations where extra care may be needed.

The following pages show typical routes. Details may vary depending on conditions on the day.

When riding:

- We will be considerate of other road users.
- We'll ride as a group (or groups, if numbers necessitate).
- No-one will be left behind.
- We'll stop somewhere for coffee and cake. 😊

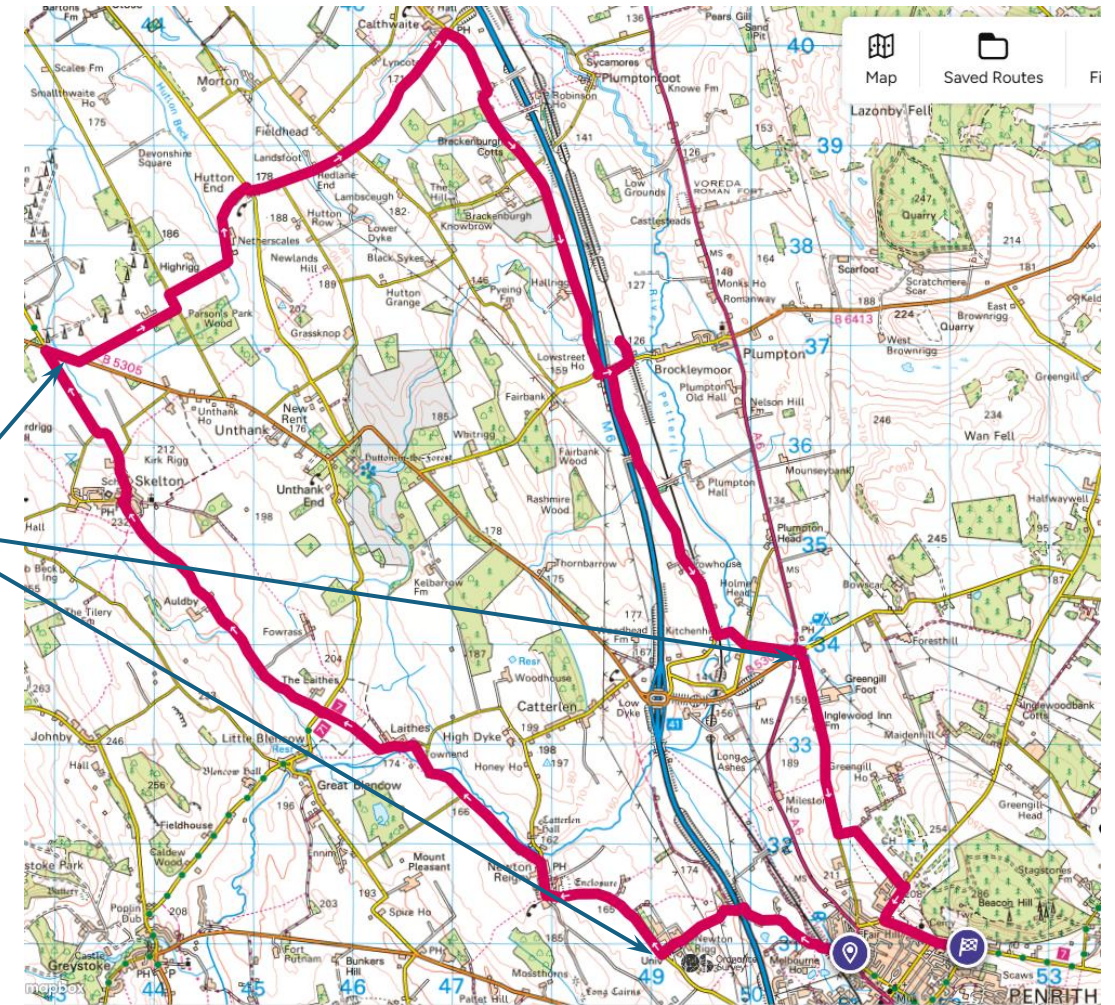
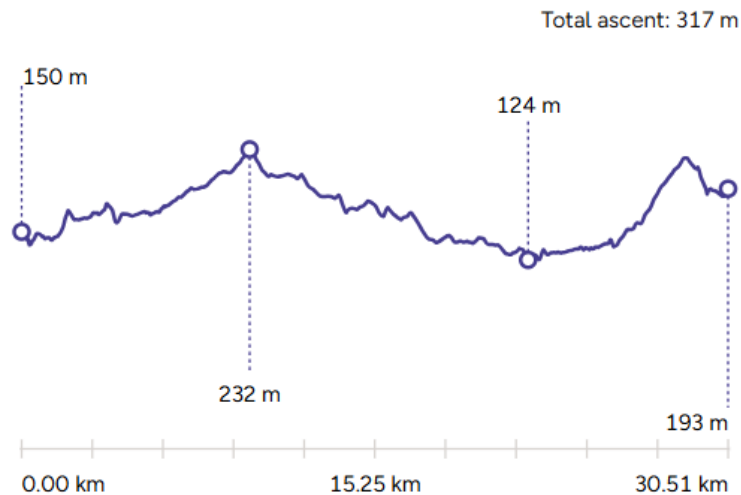
Group convenor: David Luckhurst

Contact details: David.Luckhurst@btinternet.com

07739 189 421

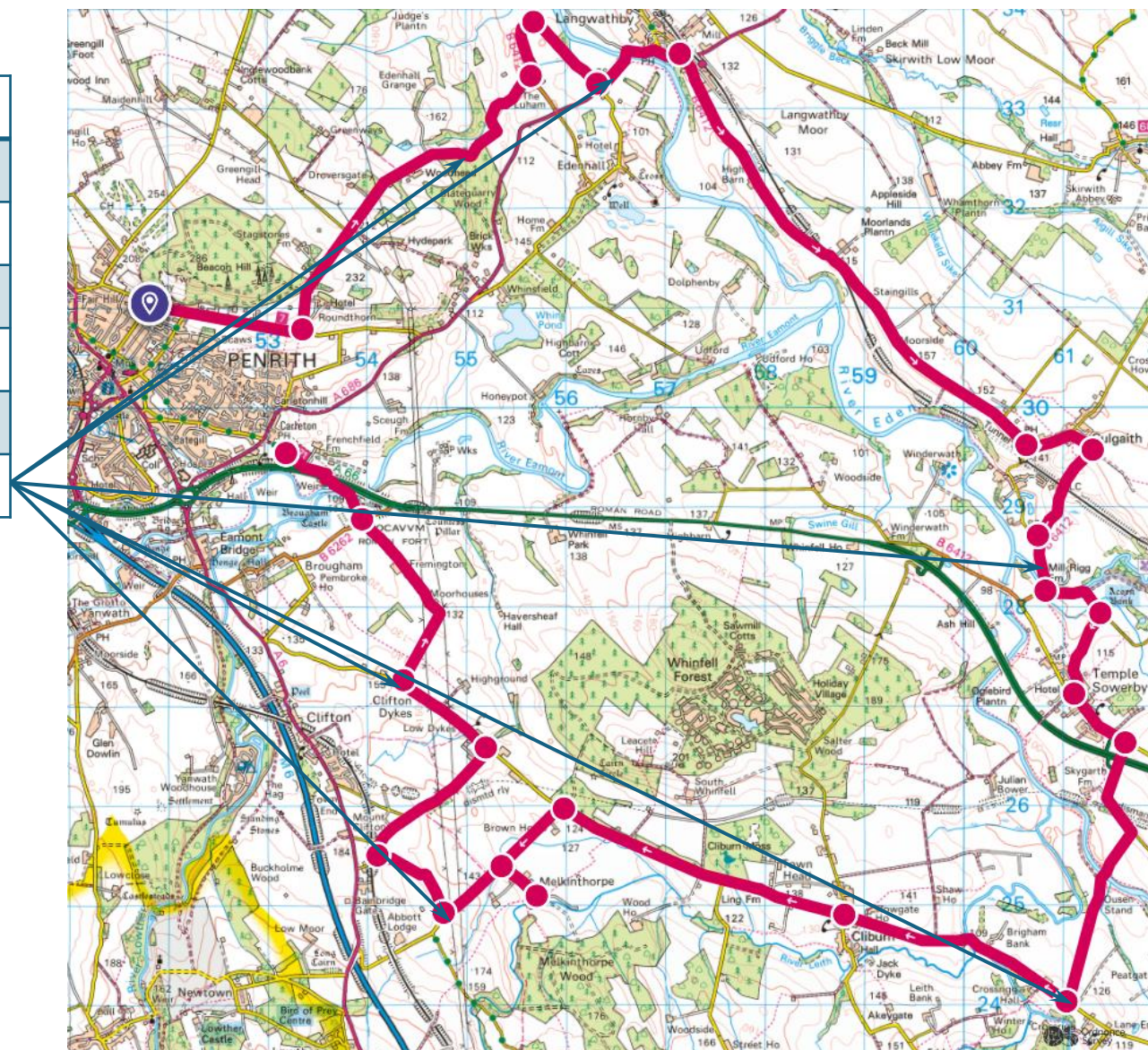
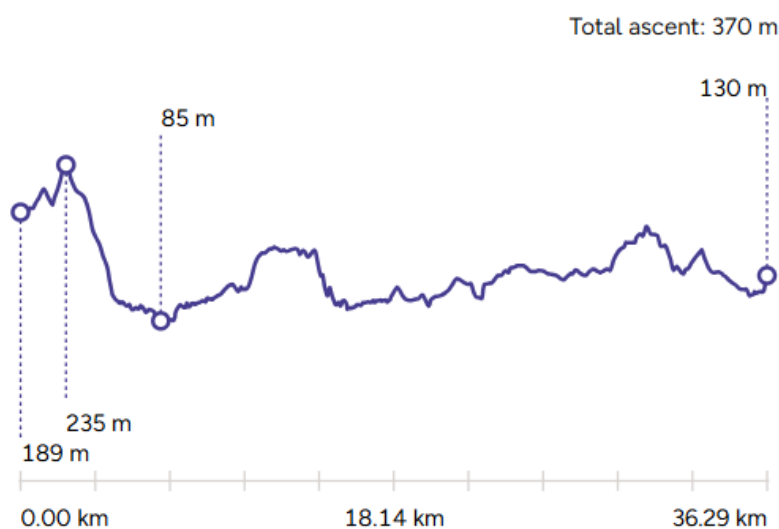
Cycling Group Ride Itinerary

Route	Skelton, Calthwaite, Plumptre.	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Coffee stop	Pot Place	
Distance	31 km	19 miles
Climbing	317 m	1,040 ft
Take extra care here		



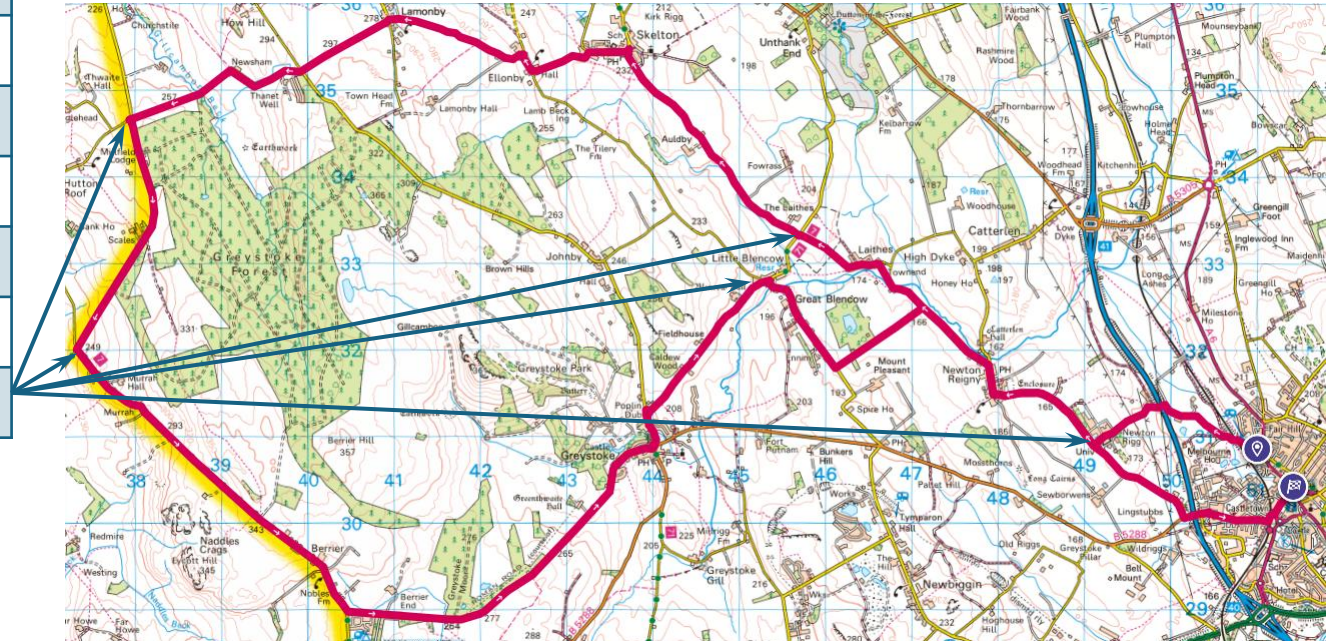
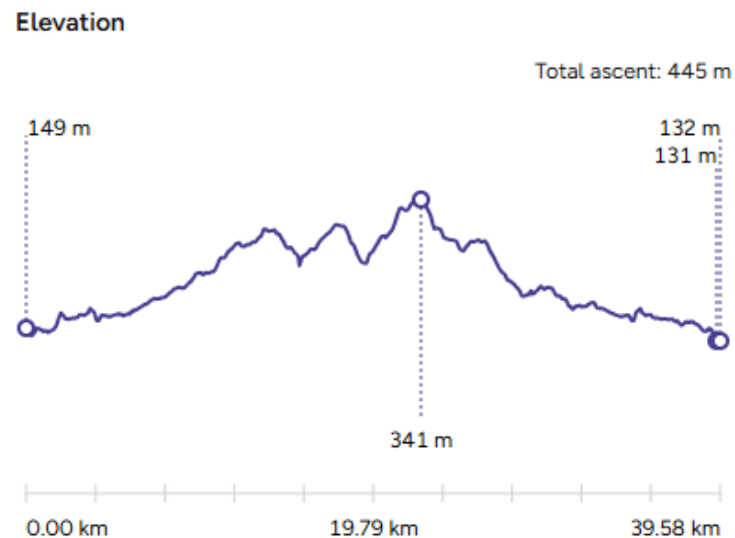
Cycling Group Ride Itinerary

Route	Culgaith, Temple Sowerby, Cliburn	
Start point	Beacon Edge (top of Wordsworth Street)	
Pick up point	By arrangement	
Coffee stop	Melkinthorpe	
Distance	36 km	23 miles
Climbing	370 m	1,214 ft
Take extra care here		



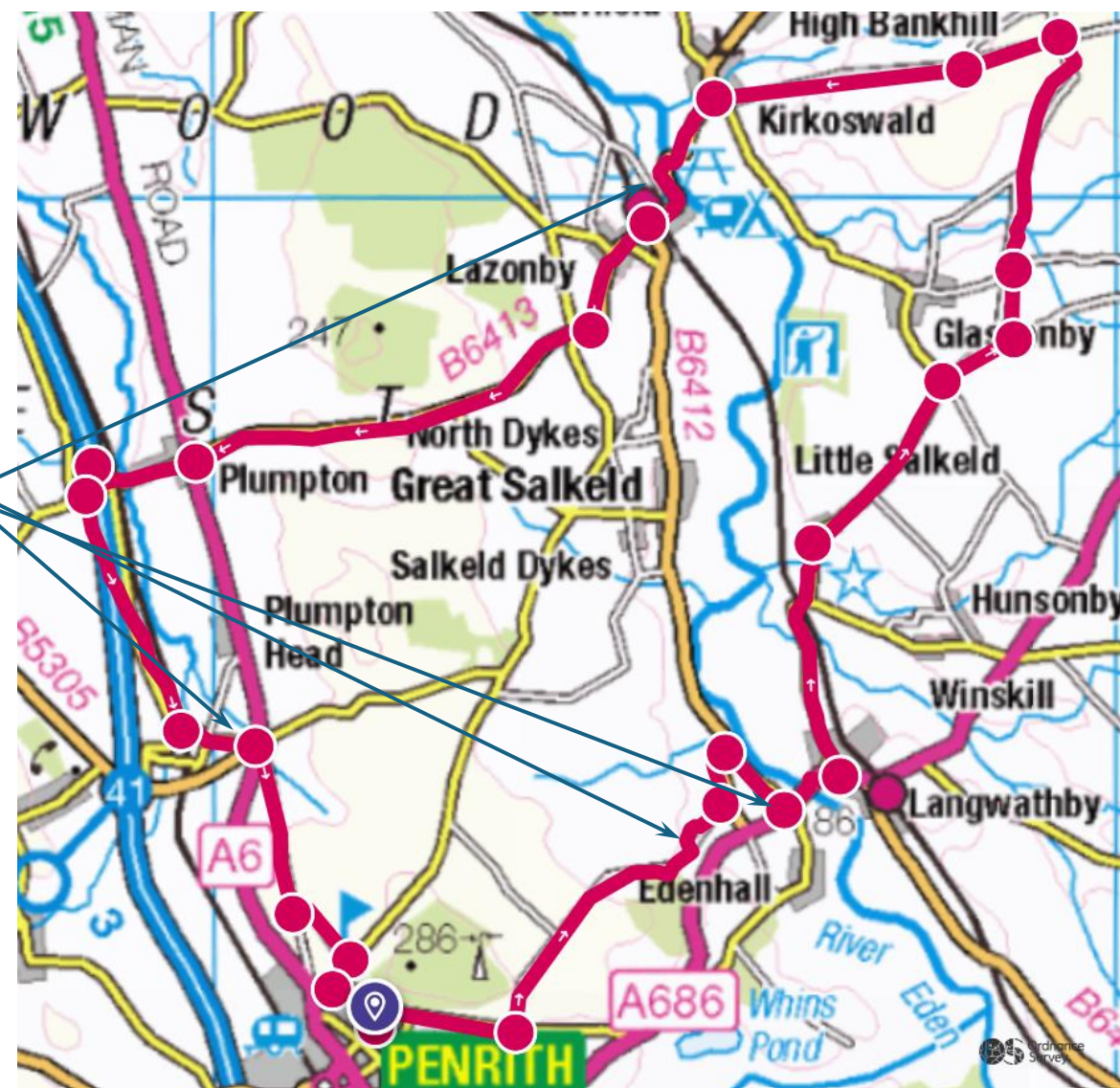
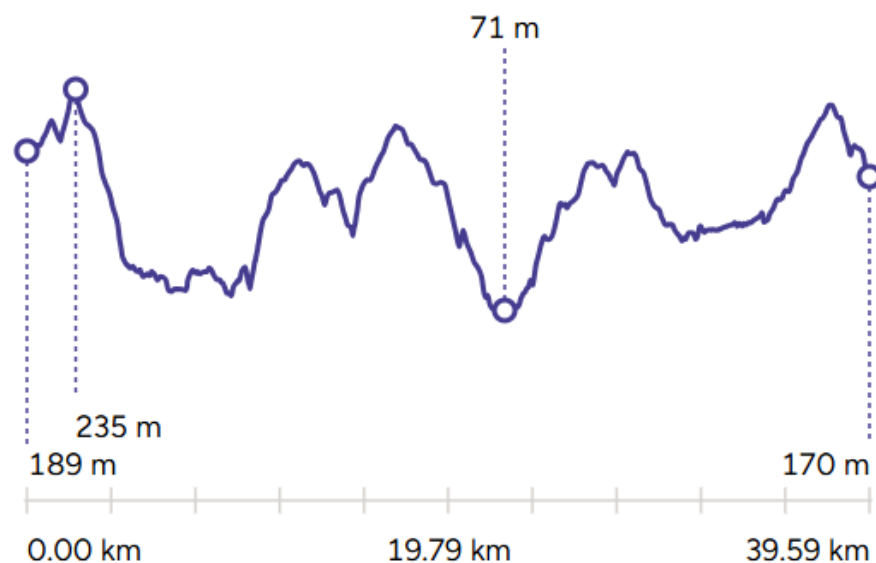
Cycling Group Ride Itinerary

Route	Skelton, Thanet Well, Berrier	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Short-cut	From Thanet Well to Greystoke	
Coffee stop	Boot & Shoe, Greystoke	
Distance	39 km	25 miles
Climbing	445 m	1,460 ft
Take extra care here		



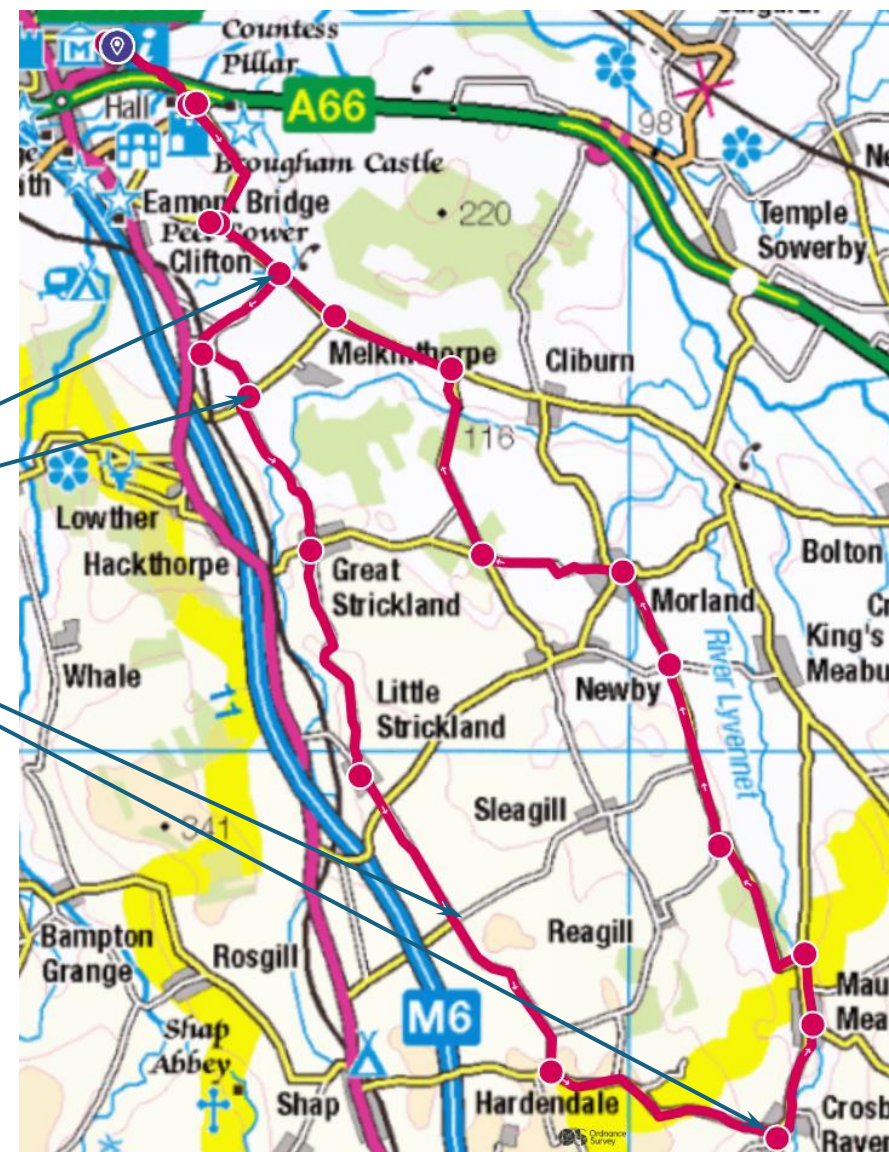
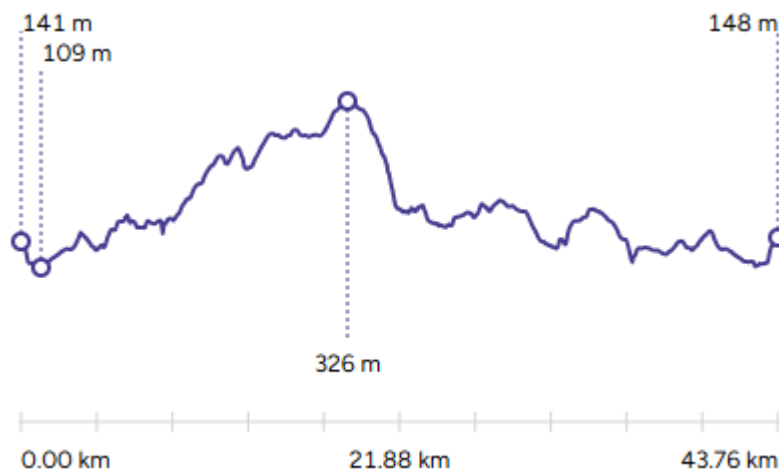
Cycling Group Ride Itinerary

Route	Langwathby – Viol Moor – Kirkoswald - Plumpton	
Start point	Beacon Edge (top of Wordsworth St)	
Pick up point	By arrangement	
Coffee stop	Pot Place	
Distance	40 km	25 miles
Climbing	550 m	1,800 ft
Take extra care here		



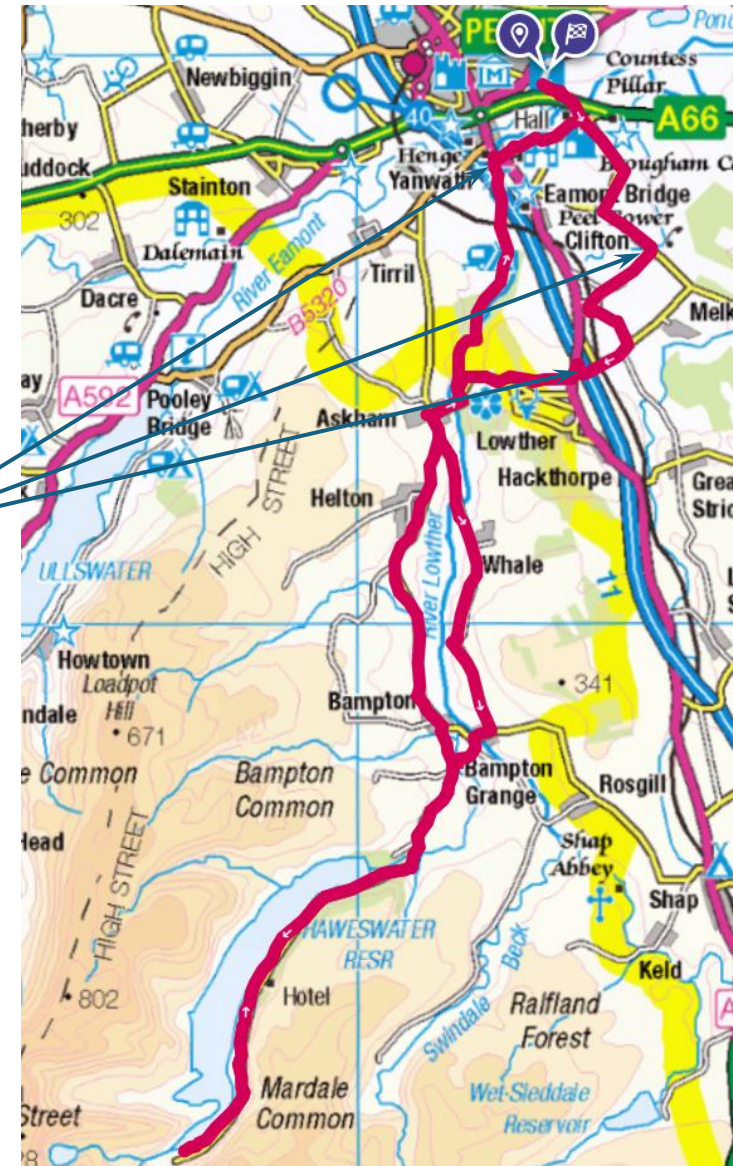
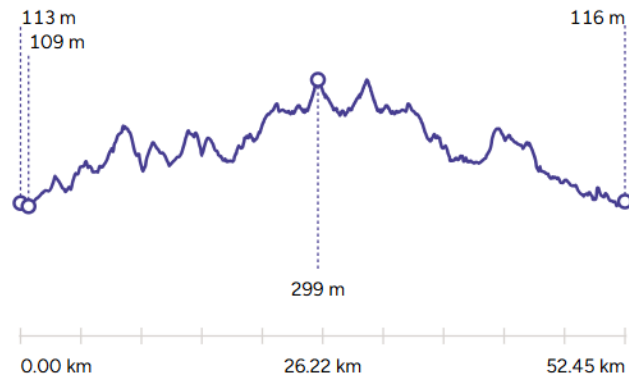
Cycling Group Ride Itinerary

Route	Stricklands, Crosby Ravensworth, Morland & Cliburn	
Start point	Cross Keys	
Pick up point	By arrangement	
Coffee stop	Morland or Melkinthorpe	
Distance	44 km	28 miles
Climbing	560 m	1,840 ft
Take extra care here		



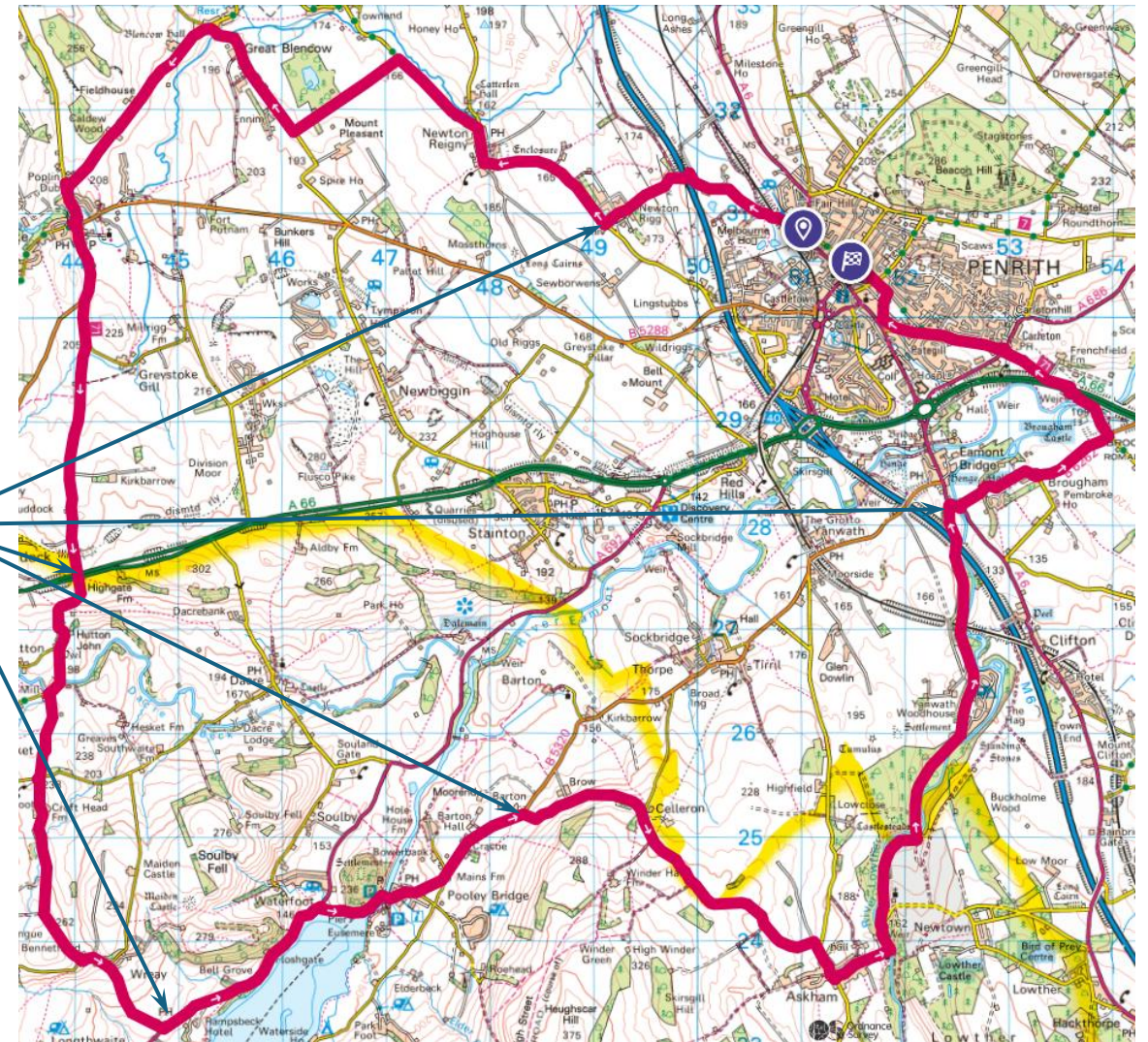
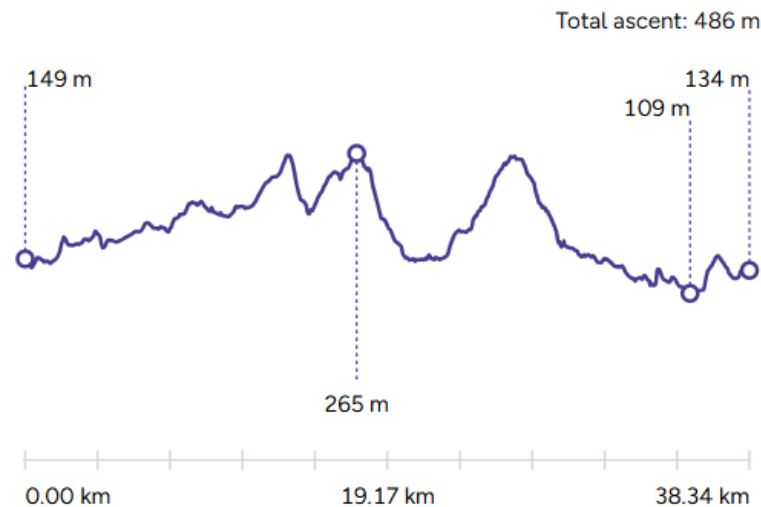
Cycling Group Ride Itinerary

Route	Mardale (Haweswater)	
Start point	Cross Keys	
Pick up point	By arrangement	
Coffee stop	Bampton	
Distance	53 km	33 miles
Climbing	750 m	2,450 ft
Take extra care here		



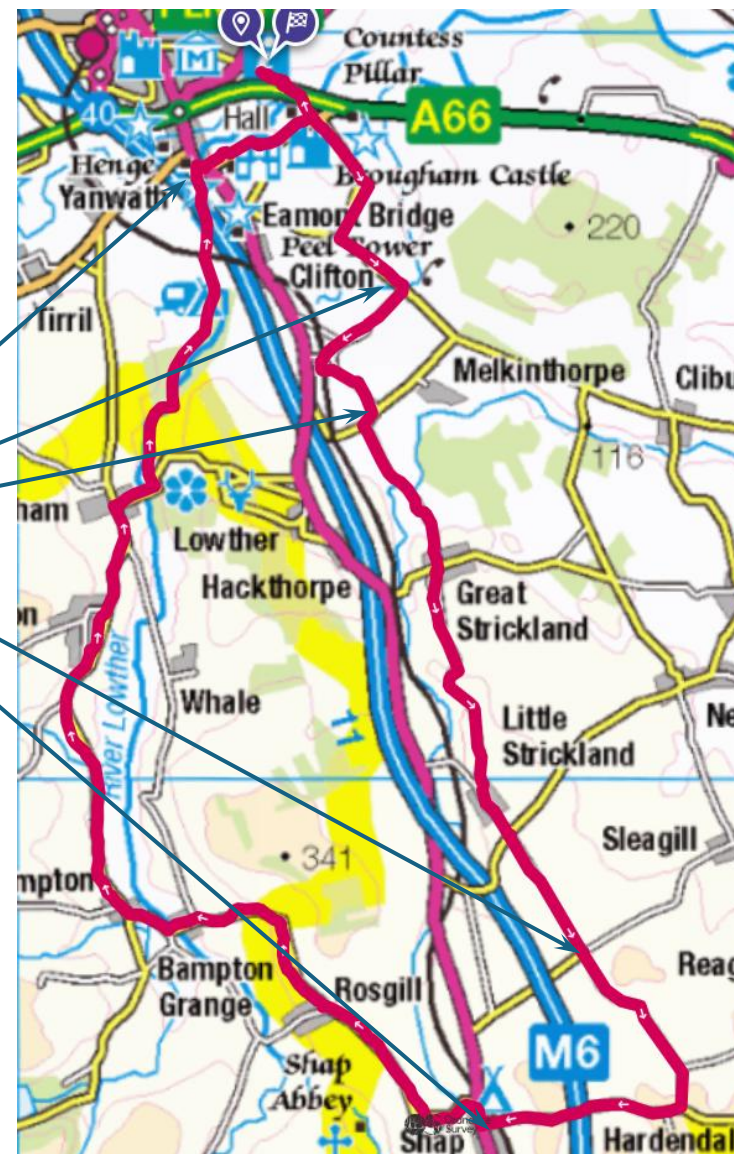
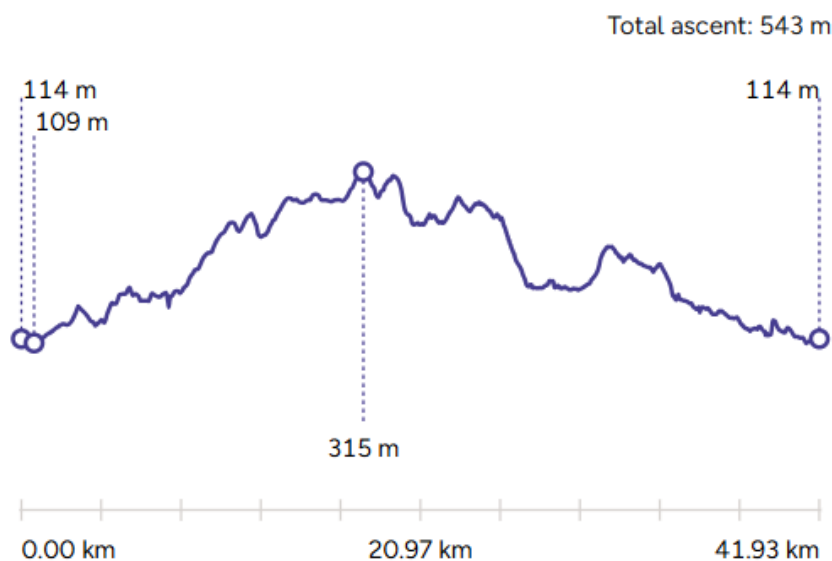
Cycling Group Ride Itinerary

Route	Greystoke – Pooley Bridge - Lowther	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Coffee stop	Pooley Bridge or Askham	
Distance	38 km	24 miles
Climbing	486 m	1,595 ft
Take extra care here		



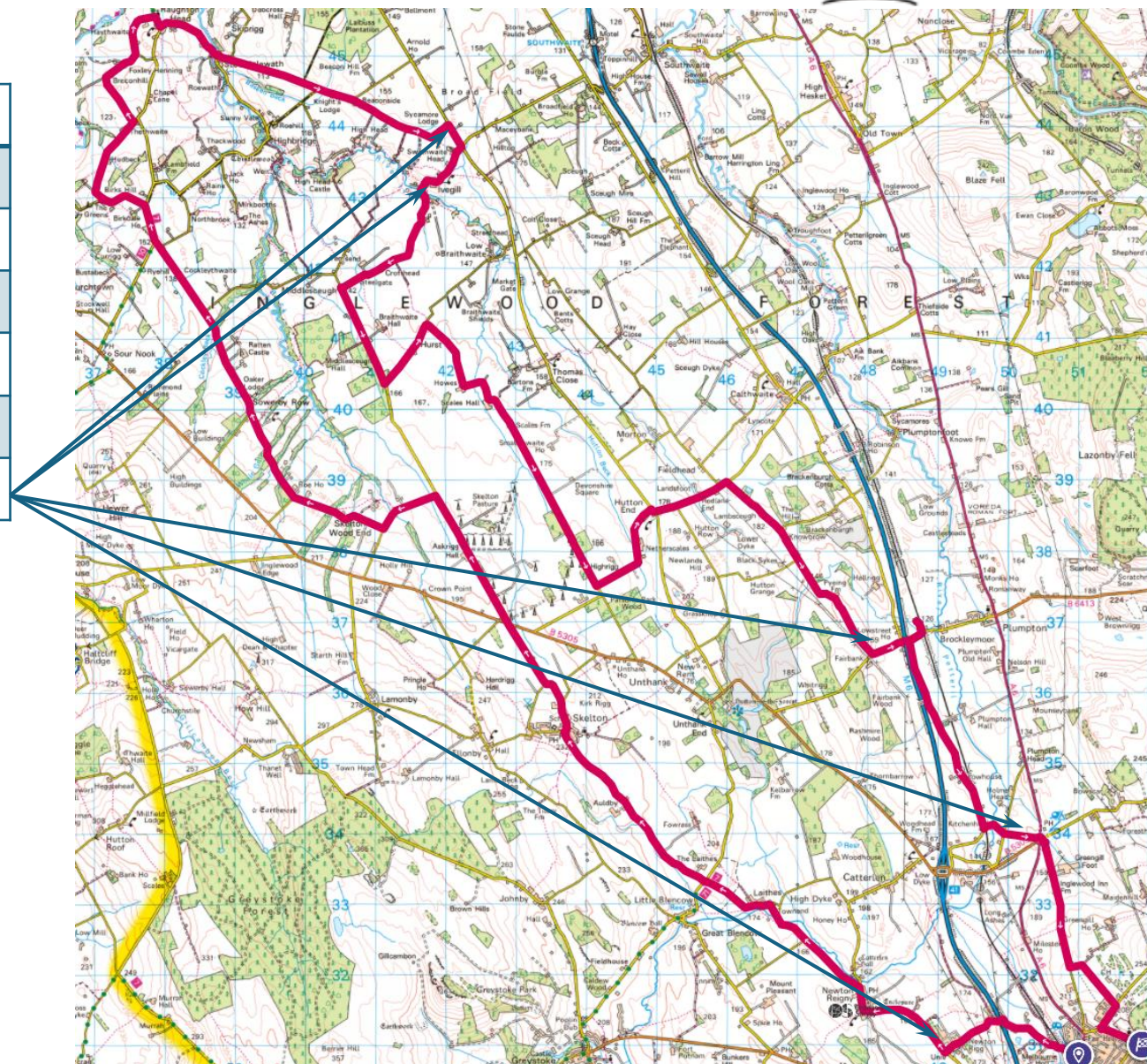
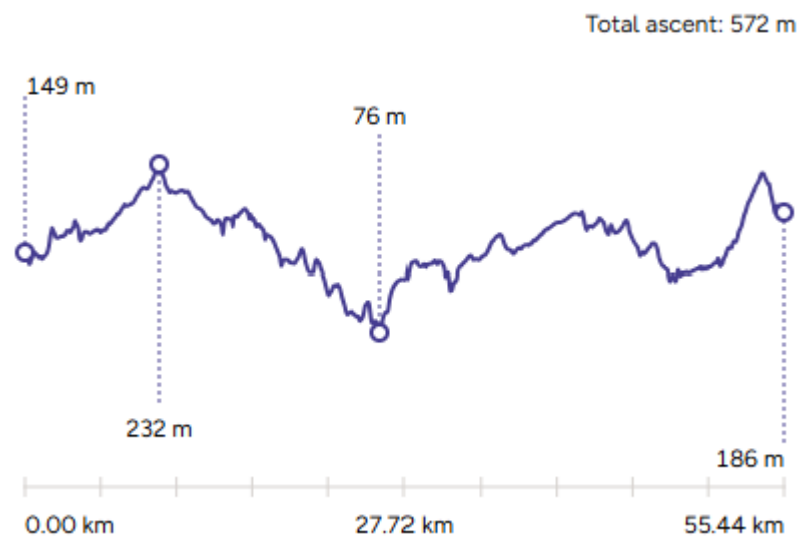
Cycling Group Ride Itinerary

Route	Stricklands, Shap, Bampton	
Start point	Cross Keys	
Pick up point	By arrangement	
Coffee stop	Bampton	
Distance	42 km	26 Miles
Climbing	543 m	1,782 ft
Take extra care here		



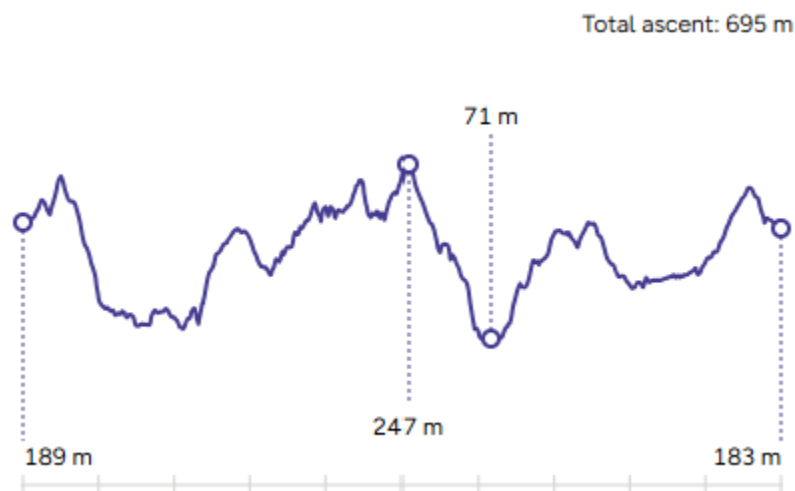
Cycling Group Ride Itinerary

Route	Skelton, Raughton Head, Hutton End	
Start point	Thaka Lane	
Pick up point	By arrangement	
Coffee stop	Pot Place	
Distance	55 km	34 miles
Climbing	570 m	1,870 ft
Take extra care here		



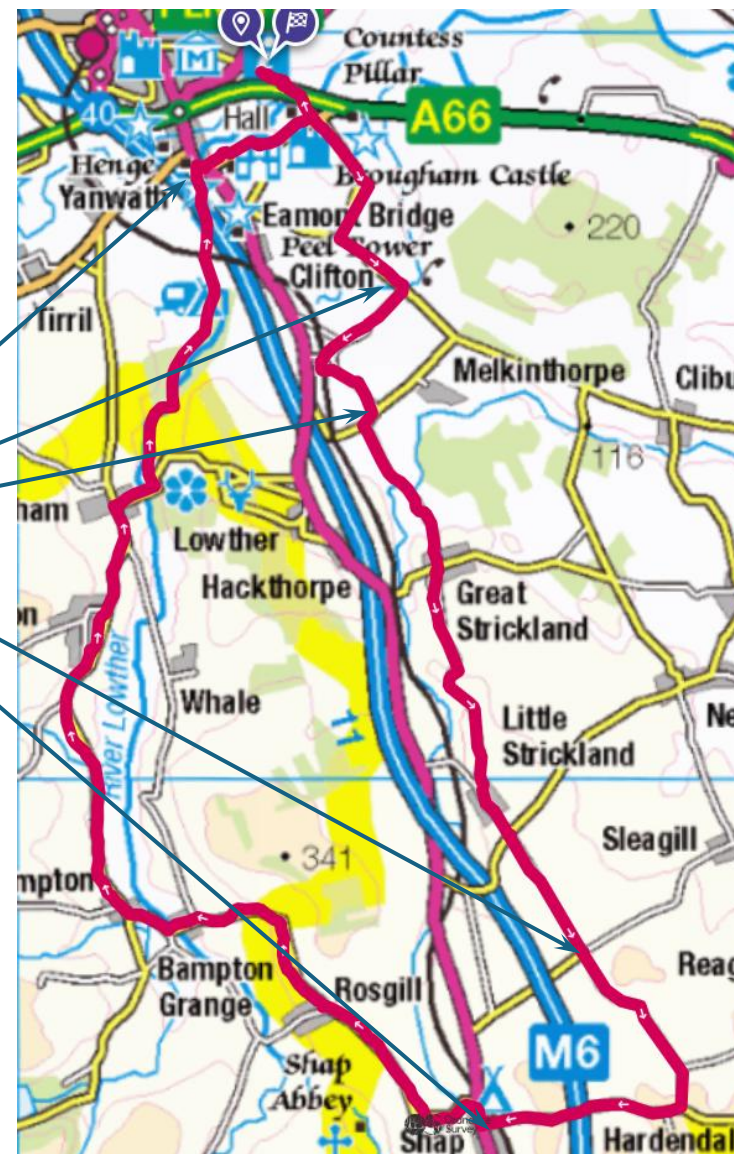
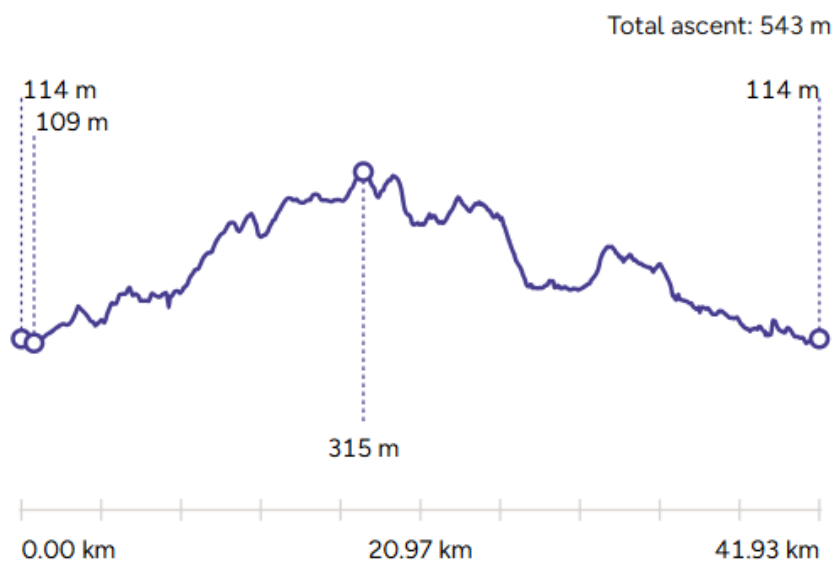
Cycling Group Ride Itinerary

Route	Langwathby – Gamblesby – Renwick – Kirkoswald – Lazonby – Plumptre	
Start point	Beacon Edge (top of Wordsworth St)	
Pick up point	By arrangement	
Coffee stop	Pot Place	
Distance	45 km	28 miles
Climbing	695 m	2,280 ft
Take extra care here		



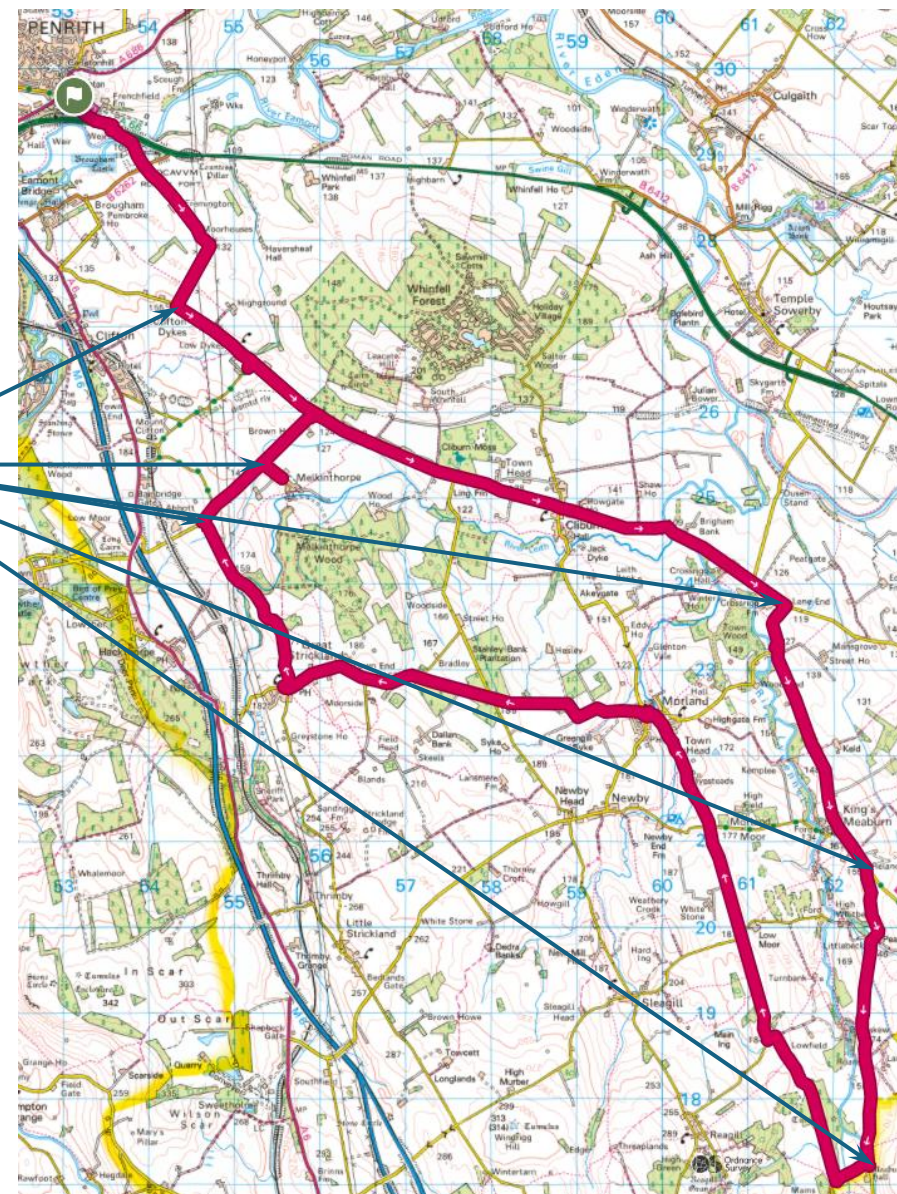
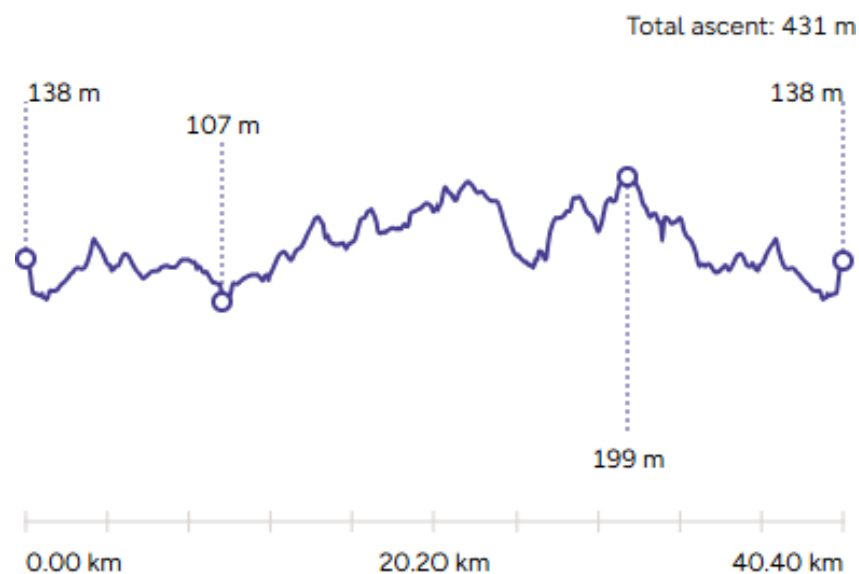
Cycling Group Ride Itinerary

Route	Stricklands, Shap, Bampton	
Start point	Cross Keys	
Pick up point	By arrangement	
Coffee stop	Bampton	
Distance	42 km	26 Miles
Climbing	543 m	1,782 ft
Take extra care here		



Cycling Group Ride Itinerary

Route	Meaburns & Morland	
Start point	Cross Keys	
Pick up point	By arrangement	
Coffee stop	Melkinthorpe	
Distance	40 km	25 miles
Climbing	431 m	1,414 ft
Take extra care here		

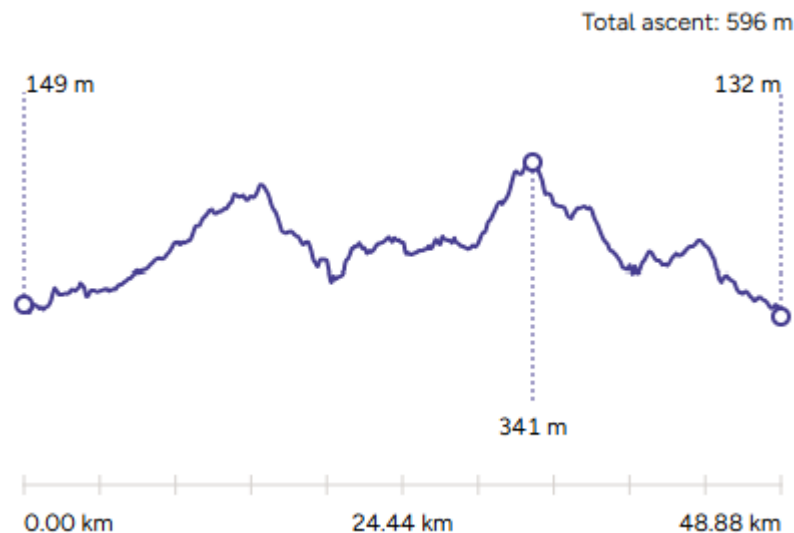
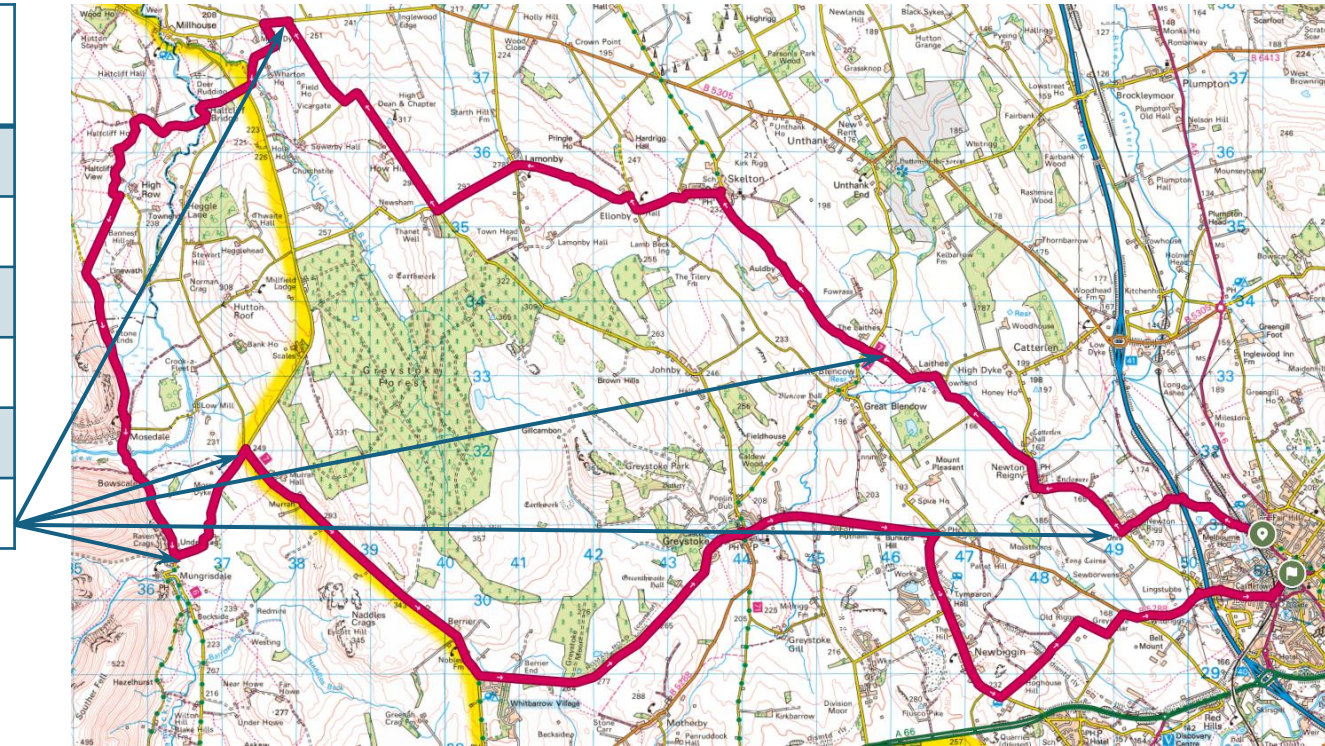


Cycling Group Ride Itinerary

Completed 23 September 2025

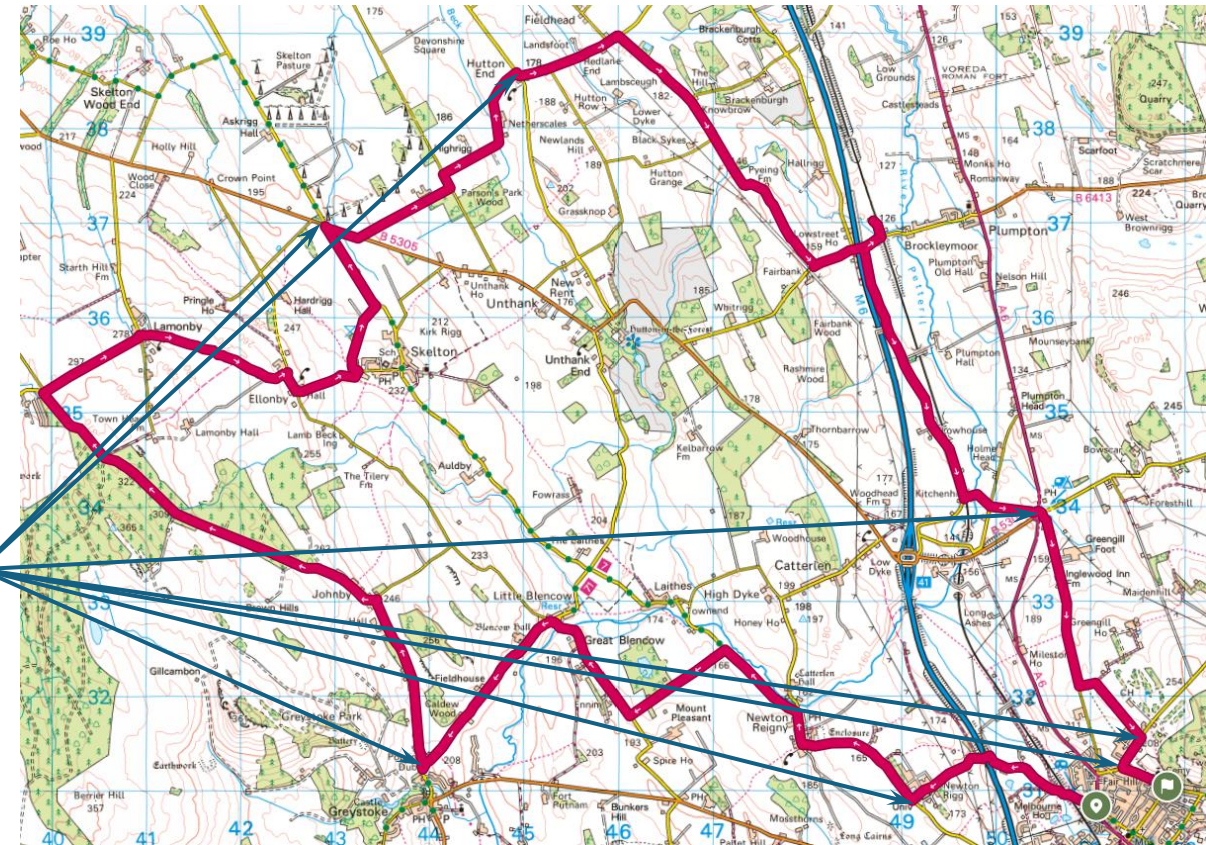
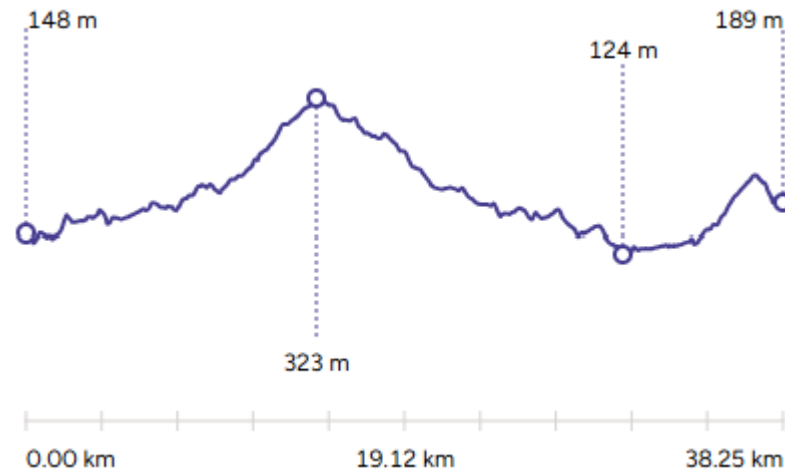


Route	Skelton, Haltcliff Bridge, Mungrisdale, Newbiggin	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Coffee stop	Neaum, Newbiggin	
Distance	49 km	31 miles
Climbing	596 m	1,955 ft
Take extra care here		



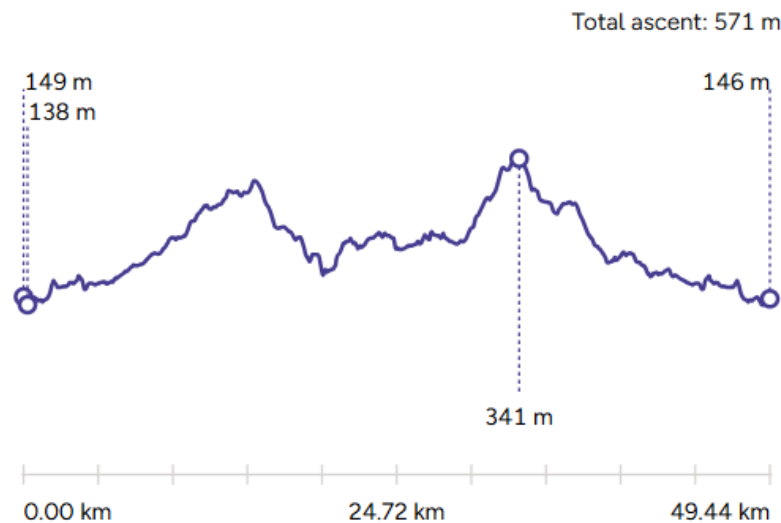
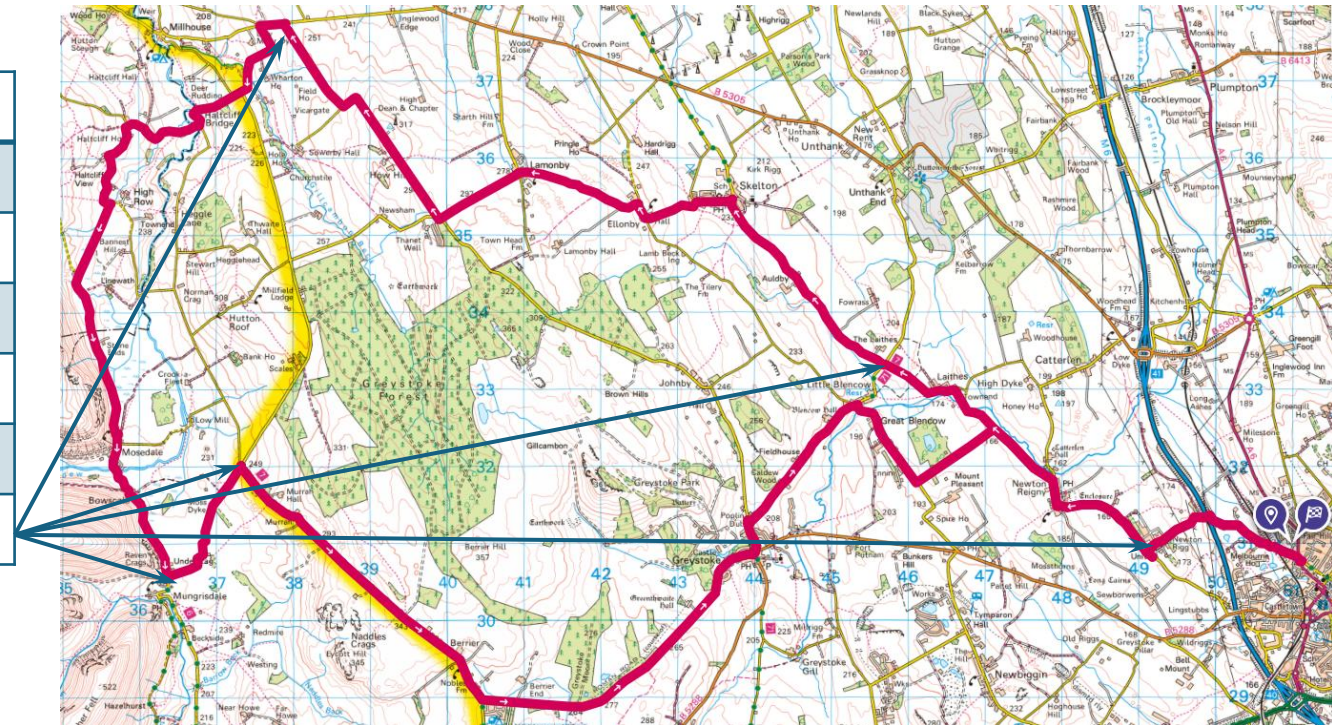
Cycling Group Ride Itinerary

Route	Greystoke – Lamonby – Skelton - Plumpton	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Coffee stop	Pot Place	
Distance	38 km	24 miles
Climbing	430 m	1,400 ft
Take extra care here		



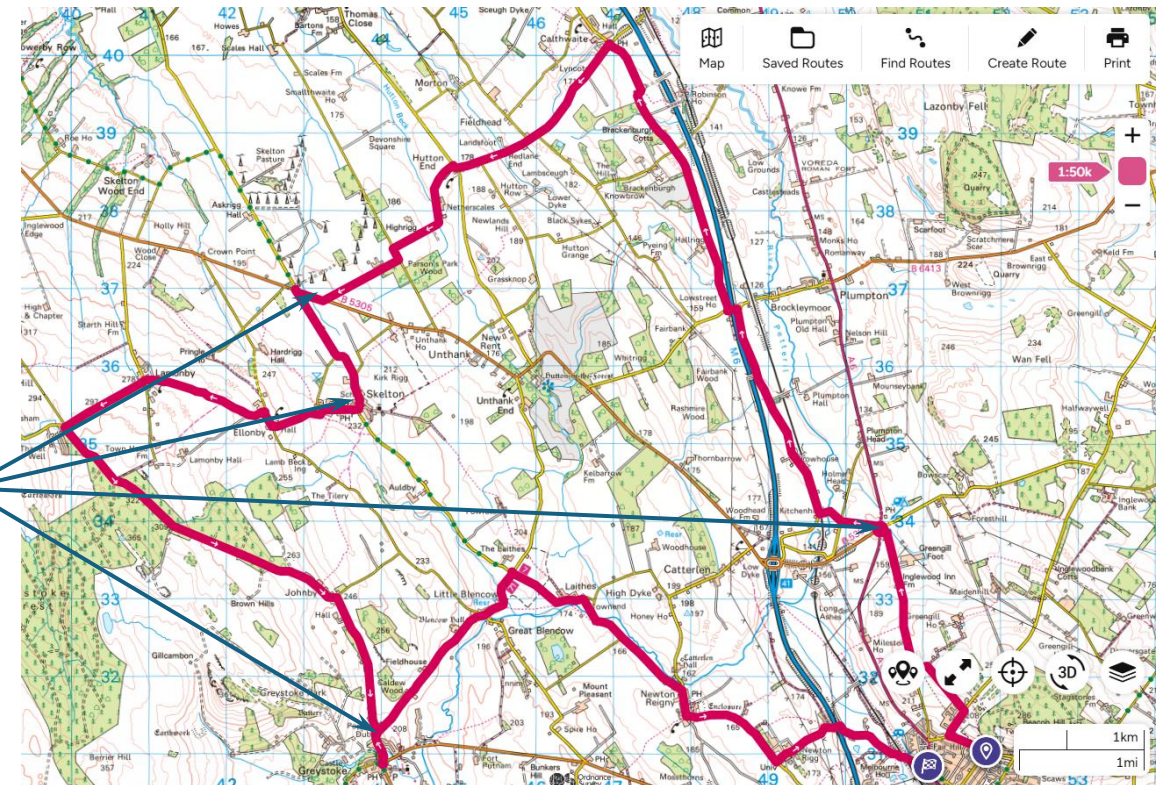
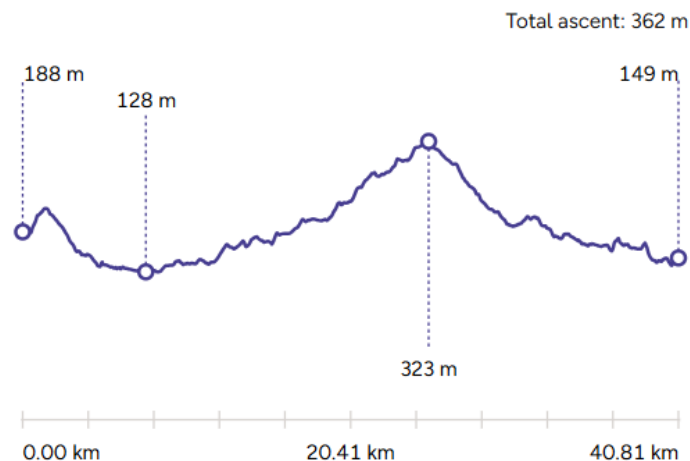
Cycling Group Ride Itinerary

Route	Skelton, Haltcliff Bridge, Mungrisdale	
Start point	Thaka Lane (Bowman's)	
Pick up point	By arrangement	
Coffee stop	Greystoke	
Distance	49 km	31 miles
Climbing	571 m	1,873 ft
Take extra care here		



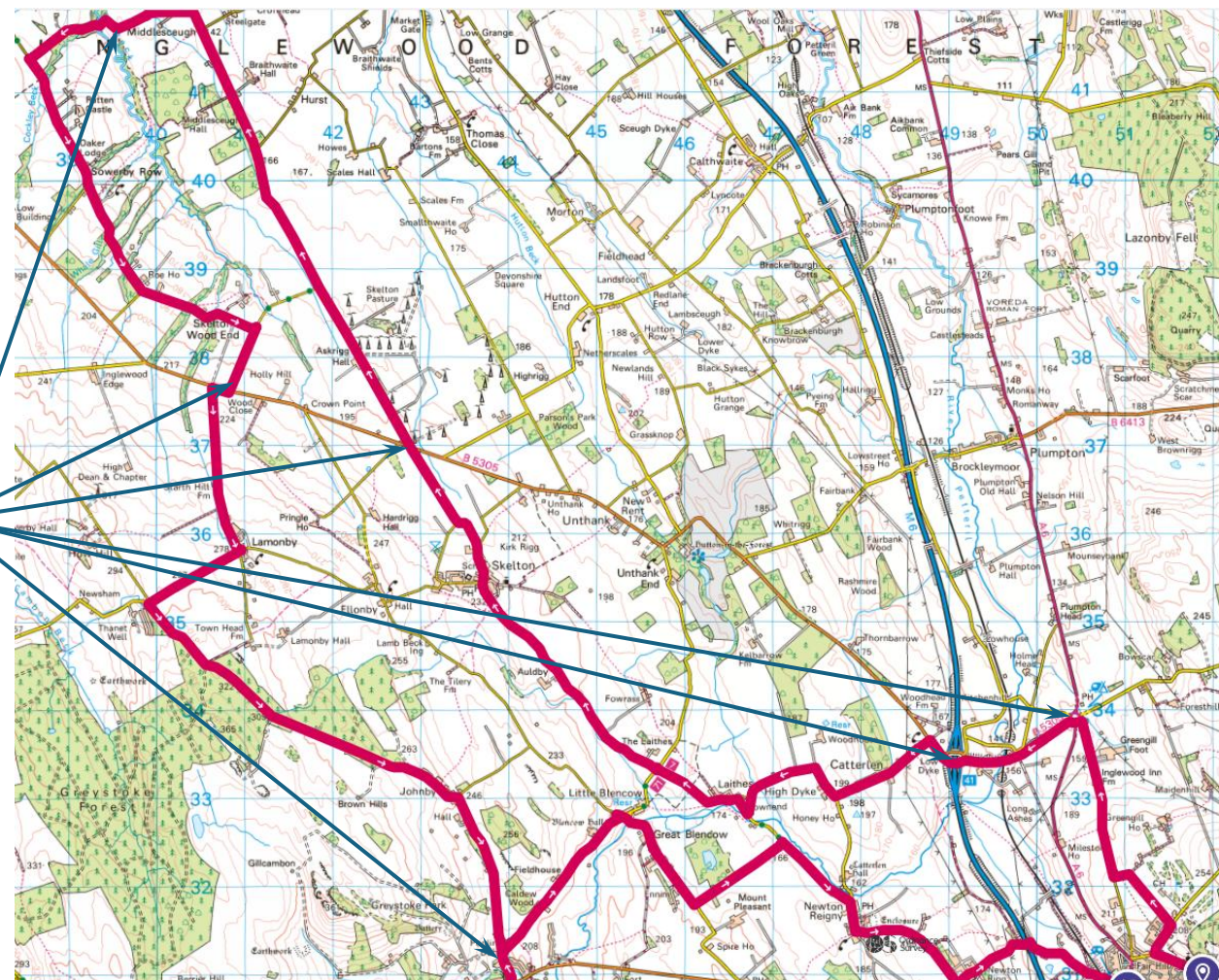
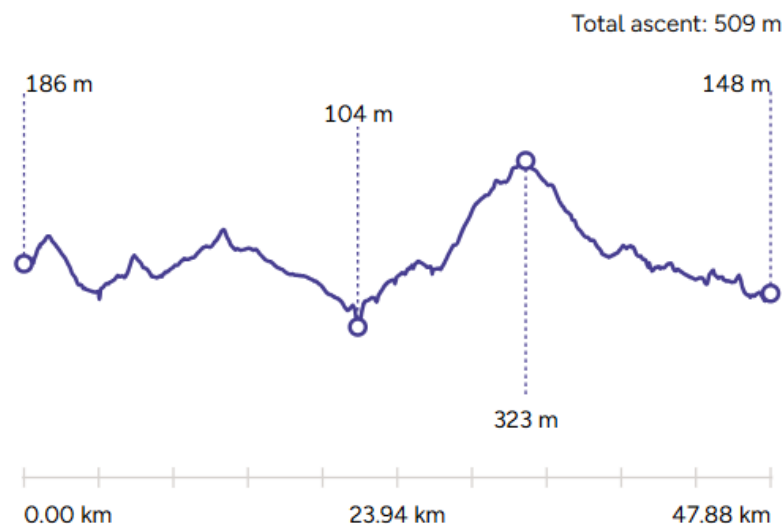
Cycling Group Ride Itinerary

Route	Calthwaite, Skelton, Lamonby, Greystoke	
Start point	Beacon Edge (top of Wordsworth St)	
Pick up point	By arrangement	
Coffee stop	Boot & Shoe, Greystoke	
Distance	41 km	25 miles
Climbing	360 m	1,180ft
Take extra care here		



Cycling Group Ride Itinerary

Route	Skelton, Ratten Castle, Greystoke	
Start point	Beacon Edge (top of Wordsworth Street)	
Pick up point	By arrangement	
Coffee stop	Boot & Shoe, Greystoke	
Distance	43 km	27 miles
Climbing	460 m	1,510 ft
Take extra care here		



Cycling Group Ride Itinerary

Route	Appleby, Blencarn, Temple Sowerby	
Start point	Cross Keys	
Pick up point	Bolton (and by arrangement)	
Coffee stop	Appleby	
Distance	56 km	35 Miles
Climbing	578 m	1,900 ft
Take extra care here		

