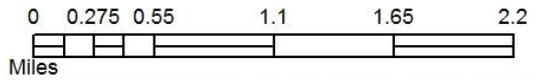


Route 7: Alston, Garrigill, Nenthead

1:44,741

24 km / 15 miles

Recommended direction - anticlockwise



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Route 7: Alston, Garrigill, Nenthead

Length: 15 miles (24km) **Time:** 2 – 2.5 hours

Start: Alston Hub Heritage Museum

Key: **R** = Right | **L** = Left | **TR** = Turn right | **TL** = Turn left | **SP** = Signposted | **T-j** = T-junction

1. TL out of the Hub Heritage Museum and TR onto the A686. Ignore the first road on the L and continue downhill crossing the bridge. A686 and TR into the Alston Hub Heritage Museum.
2. Take the first L in 400m SP to Garrigill and the National Cycle Route 7. Follow this road for 4.5 miles to Garrigill village.
3. Take the L fork at the village green and TL again SP to Nenthead and Alston on National Cycle Route 7. Cross the bridge and follow the road round to the L.
4. Take the next R up the hill SP to Nenthead. After half a mile of steep climbing, go straight over the crossroads and continue uphill.
5. Head downhill into Nenthead, TR at the T-j at the bottom of the hill and follow the road round to the L. Cross the main road and take the road to the R of Nenthead Community shop SP to Greenends.
6. TL where the road forks and follow it uphill, taking care on the cobbles and the steep S-bend. Follow this road for 2.5 miles to a sharp L bend heading downhill to a T-j.
7. TR onto the A689, over the bridge passing Nent Hall Hotel on your L.
8. TR in half a mile at the circular grass traffic island SP to B6294 Hexham. Follow this road for 3 miles.
9. After passing some buildings on your L the road heads gradually downhill. TL onto North Loaning road taking care on the steep descent. TL at the T-j onto the

