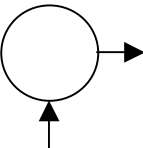
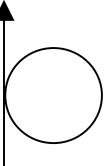
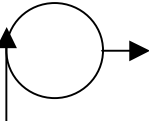
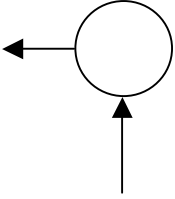
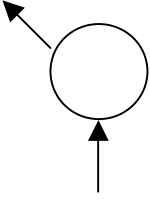
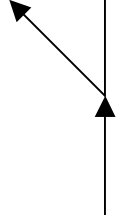
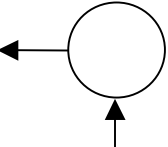
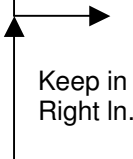
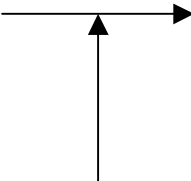
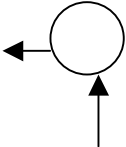
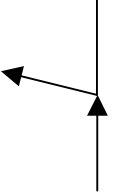
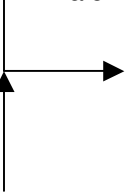
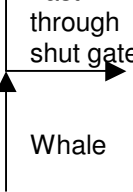
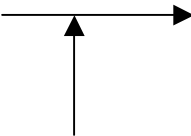
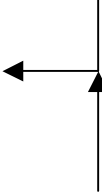
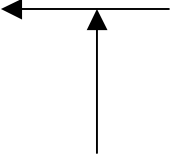
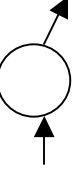
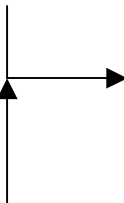
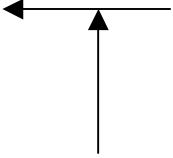
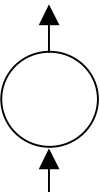
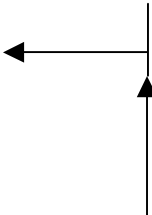
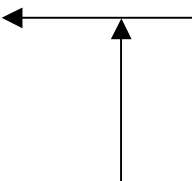
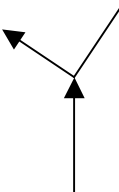
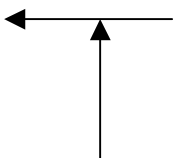
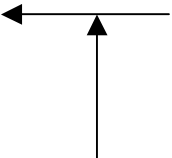

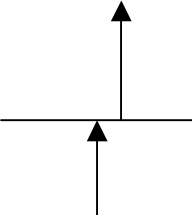
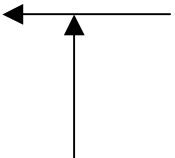

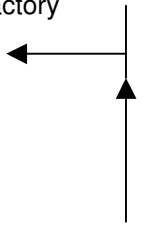
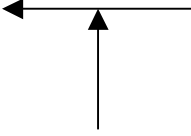
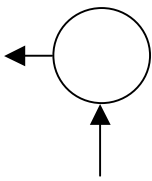
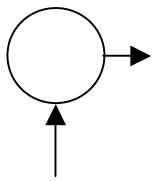
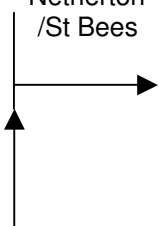
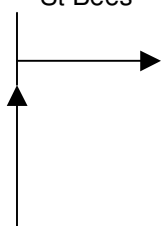
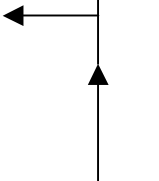
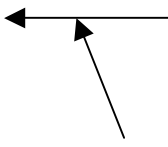
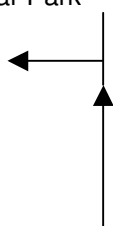
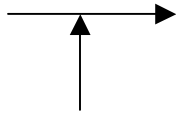
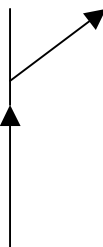
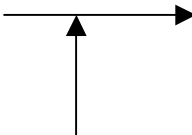
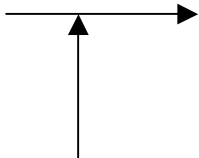
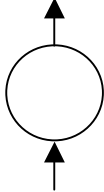
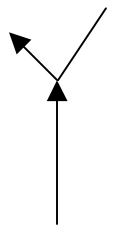
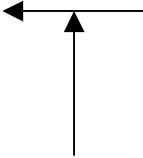
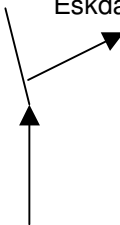
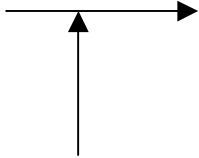
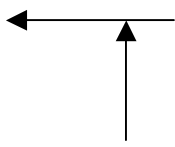
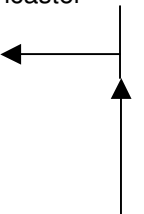
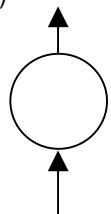
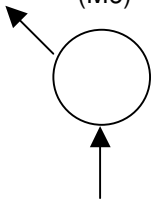
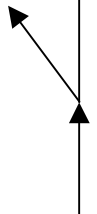
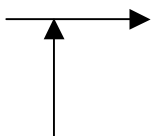
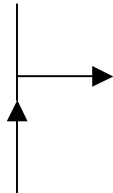
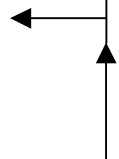


Carnforth Truck Haven Zero Trip at Exit 		Burton & Kendal A6070 	Kendal /Barrow A590 	A590 
	0.3ml 0.5k	1.00ml 1.6k	7.5ml 12.1k	7.6ml 12.2k
South Kendal A6 	Kendal A6 	Windermere A591/A6 Penrith Keep in Right In. 		Mini Roundabout Shap 
12.9ml 20.8k	13.4ml 21.6k	15.0ml 24.1k	15.5ml 24.9k	15.7ml 25.3k
Brampton 	Knipe Whale 	Telephone Box Last through shut gate Whale 	Lowther Penrith Askam 	Celleron 
31.7ml 51.0k	35.3ml 56.8k	36.4ml 58.6k	38.8ml 62.4k	39.3ml 63.2k
	Pooley Bridge Lunch Stop One Hour 	Pay & Display car park + spaces in front of shops/ pubs. Reset Trip to Zero as leaving over the Bridge at Pooley Bridge		A66 
41.6ml 66.9k	42.6ml 68.6k	Zero	5.8ml 9.3k	11.0ml 17.7k
Cockermouth 	Braithwaite 	Low Lorton Buttermere 	Lampugh Egremont 	Ennerdale Frizington 
19.6ml 31.5k	21.6ml 34.8k	28.1ml 45.2k	34.9ml 56.2k	36.6ml 58.9k
Egremont 	Salter Karting Sign 			
37.7ml 60.7k	38.8ml 62.4k	39.1ml 62.9k	42.6ml 68.6k	43.3ml 69.7k

<p>Kangol Factory</p> 	<p>Short look round café and toilets</p> <p>Zero Trip at main road</p>		<p>Egremont A595</p> 	<p>Egremont St Bees</p> 
44.3ml 71.3k		Zero	1.8ml 2.9k	2.2ml 3.5k
<p>Netherton /St Bees</p> 	<p>St Bees</p> 	<p>Station Rd</p> 		<p>Car Park</p> 
2.7ml 4.3k	4.0ml 6.4k	6.6ml 10.6k	6.9ml 11.1k	7.1ml 11.4k
<p>Quick look round and zero trip as leaving car park</p>				<p>A595 Barrow</p> 
	Zero	0.2ml 0.3k	0.5ml 0.8k	4.9ml 7.9k
<p>Barrow</p> 	<p>Gosforth</p> 		<p>Santon Bridge Eskdale</p> 	<p>Broughton</p> 
5.7ml 9.2k	9.0ml 14.5k	9.3ml 15.0k	9.5ml 15.3k	21.7ml 34.9k
<p>Broughton &amp; Lancaster</p> 	<p>A590 Kendal Lancaster</p> 	<p>A590 (M6)</p> 	<p>Lancaster (M6)</p> 	<p>Milnthorpe A6</p> 
25.4ml 40.9k	26.8ml 43.1k	41.8ml 67.3k	47.6ml 76.6k	52.3ml 84.3k
	<p>Bentham</p> 	<p>Car Park Wheatsheaf</p> 		
52.4ml 84.3k	56.3ml 90.6k	56.4ml 90.8k		

